

## WEEK 1

### Day 1

Warmup: jog 3-5 minutes

Dynamic Warmup w/ running drills

Field work:

4x pro agility (5-10-5) 2 each direction

4x L-drill (2 ea direction)

Weightroom:

Hng Pwr Sn + OH Sqt + OH Lunge 3x5

Rev Hypers 3x10

Ankle on disc 3x:30

Squats 10@40%      8@50%      6@60%      5@70%      5@75%      5@80%

Box Jumps 3x5

Pullups 3x10

DB Bench 3x8-10

Glute Ham 3x8

MB Abs 3x30

Speed skaters 3x12T/6ea

Stretch for 10 minutes

### Day 2

Bike or Jog 3-5 minutes

Dynamic Warmup

Hill sprints x6

Weightroom:

Plate w/u

Box Agility (4 exercises done 2x for 10sec.)

Hng Cln + F Sqt + Press 3x4

DB Swings 3x8

1-leg Bal Sqt 3x3 ea

Pwr Clns 5@50%      5@60%      5@65%      5@70%

BW Split Jumps 3x12T

DB Inc. 3x8-10

Bar Rows 3x10-12

Bar Stepups 3x5/40kg

1-leg DB RDL 3x6 ea (25lbs+)

Body Holds 3x:30 ea pos

BW Pwr Stepovers 3x12T

### **Day 3**

Jump Rope 5 min.

Dynamic w/u

Field work: Sprints (1:30 rest between reps)

4x60yd

6x40yd

6x60yd

Weightroom:

Pick any Crossfit

Stretch afterwards for 10 minutes