

WYOMING COWBOY FOOTBALL SPEED – AGILITY – CONDITIONING
NEW ATHLETE TRAINING PLAN
WEEK 9

MONDAY**LIFT**

DYNAMIC WARM FORWARD LUNGE & TWIST 1 X 10 YDS
 BACKWARD LUNGE & REACH OVERHEAD 1 X 10 YDS
 WALKING HI KNEE HUG 1 X 10 YDS
 HI KNEE 1 X 20 YDS BUTTKICK 1 X 20 YDS
 CARIOCA 2 X 20 YDS BACKWARD RUN 1 X 20 YDS

PERFORM WYOMING STRETCH ROUTINE

110'S X 16 / BIG - 18 SEC MID - 16 SEC SKILL - 14 SEC / REST 70 SECS

5 MINUTE COOLDOWN OF TOTAL BODY STRETCHING.

REHYDRATION / RECOVERY WITH CARBOHYDRATE AND PROTEIN WITHIN 5 MINUTES OF COMPLETING WORKOUT! (EX. – 20 OUNCE SPORT DRINK & 20 GRAMS PROTEIN)

TUESDAY**LIFT**

DYNAMIC WARM LATERAL JACKS 20 YDS X 2
 WALKING HI KNEE HUG 1 X 20 YDS
 A SKIP 2 X 20 YDS
 BACKWARD OPEN HIP SKIP 2 X 20 YDS
 SHUFFLE 2 X 20 YDS

PERFORM WYOMING STRETCH ROUTINE

PLYOS SKI HOPS FORWARD 2 X 20 YDS TUCK JUMPS 3 X 5
 LATERAL CONE HOPS 2 X 8 SECS

2 CONE DRILL X 6 / REST 45 SECS

20 YD SPRINT X 3 / STANDING STANCE / REST 60 SECS

30 YD SPRINT X 3 / FOOTBALL STANCE / REST 75 SECS

40 YD SPRINT X 3 / SPRINTER STANCE / REST 1:30

5 MINUTE COOLDOWN OF TOTAL BODY STRETCHING.

REHYDRATION / RECOVERY WITH CARBOHYDRATE AND PROTEIN WITHIN 5 MINUTES OF COMPLETING WORKOUT! (EX. – 20 OUNCE SPORT DRINK & 20 GRAMS PROTEIN)

FRIDAY**LIFT**

DYNAMIC WARM BACKWARD JOG 1 X 20 YDS COWBOY WALK 1 X 20 YDS
 FAST HIGH KNEES 1 X 10 YDS / STRIDE 10 YDS
 FAST BUTTKICKS 1 X 10 YDS / STRIDE 10 YDS
 TAPIOCA 2 X 20 YDS B SKIP 1 X 20 YDS
 C SKIP FOR HEIGHT 1 X 20 YDS

PERFORM WYOMING STRETCH ROUTINE

SPEED LADDER DRILLS / 5 DRILLS X 2 **OR JUMP ROPE**

PLYOS SKI HOPS BACKWARDS 2 X 20 YDS BOUNDING 2 X 20 YDS
 DOUBLE LEG HOP 2 X 6

4 CONE DRILL X 6 / REST 60 SECS

60 YD SHUTTLE X 3 / ALL SPRINTS! / REST 50 SECS

BUILDUPS: 0-25 YDS PRGRESS FROM JOG TO SPRINT / FROM 25-50 YDS SPRINT 100% X 5
 REST 75 SECS

5 MINUTE COOLDOWN OF TOTAL BODY STRETCHING.

REHYDRATION / RECOVERY WITH CARBOHYDRATE AND PROTEIN WITHIN 5 MINUTES OF COMPLETING WORKOUT! (EX. – 20 OUNCE SPORT DRINK & 20 GRAMS PROTEIN)

This completes your winter training program. You now are faster, stronger and more powerful. You are now even closer to becoming an impact player for YOUR University of Wyoming Cowboys. At this point, you NEED to take 1 week off and get recovered physically and mentally. If you have done this entire program and done it correctly, the week off is much deserved and NEEDED. The down time will allow your body to heal and prepare for the next big challenge and allows the hard training to “set in”.

The summer program is coming and will even bring you closer to your goal of becoming the next great Wyoming Cowboy. Please call me if you need any questions answered. I am excited that we are now much closer to working together as player and coach!