

## 6 week mid-summer high school training plan

### Week 1

#### Day 1: Monday:

Exercise	Sets	Reps	Rest
Box Jumps- 2 leg landing	3	5 x	30 seconds between sets
Med Ball crow hop throw	2	10 throws	30 seconds between sets
Prime Timer's (15 yds)	1	5	Walk back to the start
Lean and Fall sprints (15 yd sprints)	1	5 runs	Walk back to the start
Hill sprints (15 seconds)	1	10 runs	Walk back to the start

**Note:** you can also use a HR monitor and repeat the sprints when your heart gets back to 130 bpm.

#### Day 2: Tuesday (Condition)

##### Exercise

**Cardiac Output:** Perform 30 minutes of aerobic work where your heart rate stays in the 120-150 bpm for the entire time. You do not need to run for 30 minutes. You could do a circuit where you pick 5-6 exercises and rotate through them for 15 minutes and then switch to another 5-6 exercises for the final 15 minutes. Here is an example: Circuit #1: 5 minutes of continuous running + 5 minutes of jump rope + Tempo runs on grass (80% effort)

#### Day 3: Thursday (Speed and Agility Drill)

Exercise	Sets	Reps	Rest
Skate hops w/ a bounce and stick	2	3 x per side	15 seconds
Medicine ball hip hinge and reach	2	5x/side	NA
Mini band knees lateral deceleration	2	10/side	15 seconds
Lateral 5 yd shuffle to forward sprint (15 yds)	2	4 sprints/side	75 seconds
Backpedal 5 yds to a forward sprint (15 yds)	1	5 sprints	75 seconds

**Note:** you can also use a HR monitor and repeat the sprints when your heart gets back to 130 bpm.

#### Day 4: Saturday (Condition)

Exercise	Sets	Reps	Rest
18 to 18 runs (linear runs) @ 90% effort	1	6 runs	45 seconds
Tempo runs on grass (80% effort)	1	20 minute run	NA

### Week 2

#### Day 1: Monday:

Exercise	Sets	Reps	Rest
Box Jumps- 2 leg landing	4	5 x	30 seconds between sets
Med Ball crow hop throw	3	10 throws	1 minute after 10 throws
Prime Timer's (15 yds)	1	6	Walk back to the start
Lean and Fall sprints (15 yd sprints)	1	6 runs	Walk back to the start
Hill sprints (15 seconds)	1	12 runs	Walk back to the start

**Note:** you can also use a HR monitor and repeat the sprints when your heart gets back to 130 bpm.

#### Day 2: Tuesday (Condition)

##### Exercise

**Cardiac Output:** Perform 35 minutes of aerobic work where your heart rate stays in the 120-150 bpm for the entire time. You do not need to run for 35 minutes. You could do a circuit where you pick 5-6 exercises and rotate through them for 20 minutes and then switch to another 5-6 exercises for the final 15 minutes. Here is an example: Circuit #1: 5 minutes of continuous running + 5 minutes of jump rope + 5 minutes of a medicine ball circuit (med ball throws) + 5 minutes of sled pushes. Rest 3 minutes and repeat.

#### Day 3: Thursday (Speed and Agility Drill)

Exercise	Sets	Reps	Rest
Skate hops w/ a bounce and stick	2	4 x per side	15 seconds
Medicine ball hip hinge and reach	3	6/side	NA
Mini band knees lateral deceleration	3	10/side	15 seconds
Lateral 5 yd shuffle to forward sprint (20 yds)	2	5 sprints/side (10 total/side)	65 seconds
Backpedal 5 yds to a forward sprint (20 yds)	1	7 sprints	65 seconds

**Note:** you can also use a HR monitor and repeat the sprints when your heart gets back to 130 bpm.

#### Day 4: Saturday (Condition)

Exercise	Sets	Reps	Rest
18 to 18 runs (linear runs) @ 90% effort	1	8 runs	40 seconds
Tempo runs on grass (80% effort)	1	25 minute run	NA

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### Week 3

#### Day 1: Monday:

Exercise	Sets	Reps	Rest
Box Jumps- 2 leg landing	4	6 x	30 seconds between sets
Med Ball crow hop throw	3	10 throws	1 minute after 10 throws
Prime Timer's (20 yds)	1	6	Walk back to the start
Lean and Fall sprints (20 yd sprints)	1	8 runs	Walk back to the start
Hill sprints (20 seconds)	1	12 runs	Walk back to the start

**Note:** you can also use a HR monitor and repeat the sprints when your heart gets back to 130 bpm.

#### Day 2: Tuesday (Condition)

##### Exercise

Perform 40 minutes of aerobic work where your heart rate stays in the 120-150 bpm for the entire time. You do not need to run for 40 minutes. You could do a circuit where you pick 5-6 exercises and rotate through them for 20 minutes and then switch to another 5-6 exercises for the final 20 minutes. Here is an example: Circuit #1: 5 minutes of continuous running + 5 minutes of jump rope + 5 minutes of a medicine ball circuit (med ball throws) + 5 minutes of sled pushes. Rest 3 minutes and repeat.

#### Day 3: Thursday (Speed and Agility Drill)

Exercise	Sets	Reps	Rest
Skate hops w/ a bounce and stick	3	4 x per side	15 seconds
Medicine ball hip hinge and reach	3	6/side	NA
Mini band knees lateral deceleration	3	12/side	15 seconds
Lateral 5 yd shuffle to forward sprint (25 yds)	2	5 sprints/side	60 seconds
Backpedal 5 yds to a forward sprint (20 yds)	1	10 sprints	60 seconds

**Note:** you can also use a HR monitor and repeat the sprints when your heart gets back to 130 bpm.

#### Day 4: Saturday (Condition)

Exercise	Sets	Reps	Rest
18 to 18 runs (linear runs) @ 90% effort	1	8 runs	40 seconds
Tempo runs on grass (80% effort)	1	30 minute run	NA

### Week 4

#### Day 1: Monday:

Exercise	Sets	Reps	Rest
Box Jumps- single leg landing (Linear)	2	5 jumps/side	10 seconds between jumps
Med Ball broad jump and throw to a wall	2	10 throws (20 total)	10 seconds between throws
Linear bounding- 3 steps into a sprint (15 yds)	1	5	Walk back to the start
Tennis ball partner sprints (10 yds)	1	5 runs	Walk back to the start
Fly In sprints (10 yd jog + 30 yd sprint)	1	5 runs	Walk back to the start. Full recovery

**Note:** you can also use a HR monitor and repeat the sprints when your heart gets back to 130 bpm.

#### Day 2: Tuesday (Condition)

Exercise	Sets	Reps	Rest
Shuttle runs- 300 yard	2	1 = 300 yds	60 seconds or HR under 130 bpm

**Note:** Set 2 cones 25 yds apart. You run up and back for a total of 300 yds

#### Day 3: Thursday (Speed and Agility Drill)

Exercise	Sets	Reps	Rest
Skate Hops and stick	3	4 x per side	15 seconds
Resisted band lateral shuffle and back	3	5 reps/side	30 seconds
Lateral shuffle w/ no band (5 yds and back)	3	3reps/side	30 seconds
Resisted forward sprints (10 yds)	2	5 (10 total runs)	75 seconds
Linear sprints (20 yds)	1	5 sprints	75 seconds

**Note:** you can also use a HR monitor and repeat the sprints when your heart gets back to 130 bpm.

#### Day 4: Saturday (Condition)

Exercise	Sets	Reps	Rest
Threshold runs	3	3 minutes	3 minutes or HR under 120 bpm

Runs are done below your anaerobic threshold (HR between 155-165 for most people). Effort is hard but not a sprint. RPE 8/10

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### Week 5

#### Day 1: Monday:

Exercise	Sets	Reps	Rest
Box Jumps- single leg landing (Linear)	3	5 jumps/side	10 seconds between jumps
Med Ball broad jump and throw to a wall	2	10 throws (20 total)	10 seconds between throws
Linear bounding- 3 steps into a sprint (15 yds)	2	3 (6 total)	Walk back to the start.
Tennis ball partner sprints (10 yds)	2	4 runs (8 total)	Walk back to the start
Fly In sprints (10 yd jog + 30 yd sprint)	1	8 runs	Walk back to the start. Full recovery

**Note:** you can also use a HR monitor and repeat the sprints when your heart gets back to 130 bpm.

#### Day 2: Tuesday (Condition)

Exercise	Sets	Reps	Rest
Shuttle runs- 300 yard	3	1 = 300 yds	60 seconds or HR under 130 bpm

Note: Set 2 cones 25 yds apart. You run up and back for a total of 300 yds

#### Day 3: Thursday (Speed and Agility Drill)

Exercise	Sets	Reps	Rest
Skate Hops and stick	3	5 x per side	15 seconds
Resisted band lateral shuffle and back	3	6 reps/side	30 seconds
Lateral shuffle w/ no band (5 yds and back)	3	3 reps/side	30 seconds
Resisted forward sprints (10 yds)	2	6 (12 total runs)	75 seconds
Linear sprints (20 yds)	1	8 sprints	75 seconds

**Note:** you can also use a HR monitor and repeat the sprints when your heart gets back to 130 bpm.

#### Day 4: Saturday (Condition)

Exercise	Sets	Reps	Rest
Threshold runs	4	3 minutes	3 minutes or HR under 120 bpm

Runs are done below your anaerobic threshold (HR between 155-165 for most people). Effort is hard but not a sprint. RPE 8/10

### Week 6

#### Day 1: Monday:

Exercise	Sets	Reps	Rest
Box Jumps- single leg landing (Linear)	3	5 jumps/side	10 seconds between jumps
Med Ball broad jump and throw to a wall	2	8 throws (16 total)	10 seconds between throws
Linear bounding- 3 steps into a sprint (15 yds)	2	4 (8 total)	Walk back to the start.
Tennis ball partner sprints (10 yds)	1	5x	Walk back to the start
Fly In sprints (10 yd jog + 30 yd sprint)	1	10 runs	Walk back to the start. Full recovery

**Note:** you can also use a HR monitor and repeat the sprints when your heart gets back to 130 bpm.

#### Day 2: Tuesday (Condition)

Exercise	Sets	Reps	Rest
Shuttle runs- 300 yard	4	1 = 300 yds	60 seconds or HR under 130 bpm

**Note:** Set 2 cones 25 yds apart. You run up and back for a total of 300 yds

#### Day 3: Thursday (Speed and Agility Drill)

Exercise	Sets	Reps	Rest
Skate Hops and stick	2	5 x per side	15 seconds
Resisted band lateral shuffle and back	3	5 reps/side	30 seconds
Lateral shuffle w/ no band (5 yds and back)	3	3 reps/side	30 seconds
Resisted forward sprints (10 yds)	1	8 runs	75 seconds
Linear sprints (30 yds)	1	5 sprints	75 seconds

**Note:** you can also use a HR monitor and repeat the sprints when your heart gets back to 130 bpm.

#### Day 4: Saturday (Condition)

Exercise	Sets	Reps	Rest
1 mile time trial	1	1 mile as fast as possible	NA

After a good warm-up, test yourself in a 1 mile time trial on a track. Keep track of how long it takes for your heart rate to get below 120 bpm