

WEEK: 1

**2014 Winter Off Season Sample
Speed Agility Quickness**

MONDAY	TUESDAY	THURSDAY	FRIDAY
<p align="center">Pre Strength/Power Workout</p>	<p align="center">Pre Strength/Power Workout</p>	<p align="center">Pre Strength/Power Workout</p>	<p align="center">Pre Strength/Power Workout</p>
<p><u>Dynamic Warm Up</u> Walking/Skipping Toe Touch - 20 yards High Knee Crossover - 20 yards Backward Skip - 20 yards High Knees (reps) - 20 yards Backward High Knees (reps) - 20 yards</p> <p><u>Foot Speed Development</u> Speed Ladder 5 - 7 Sets</p> <p><u>Ab - Core Development</u> Hokie Leg Raises - 1 X 20 Twisting Sit Ups - 1 X 20 ABC Sit Ups - 1 X 10</p>	<p><u>Dynamic Warm Up</u> Walking/Skipping Knee Hugs - 20 yards Low Slow Shuffle - 20 yards Lunge and Twist - 20 yards Backward Lunge and Reach - 20 yards</p> <p><u>Foot Speed Development</u> Jump Rope - Moving - 5-6 sets - 20 yards</p> <p><u>Ab - Core Development</u> Flutter Kick - 1 X 30 - 45 seconds Bicycle - 1 X 30 - 45 seconds Dying Cockroach - 1 X 30 - 45 seconds</p>	<p><u>Dynamic Warm Up</u> Inch Worm - 10 yards Backward Reach - 20 yards Lunge Elbow to Ankle - 20 yards Backward Skip - 20 yards Starts - 2 - 4 5 yard starts</p> <p><u>Foot Speed Development</u> Dot Drills 3 - 4 sets - 10 seconds each</p> <p><u>Ab - Core Development</u> Partner Leg Throws - 1 X 30, 1 X 20 Partner Sit Ups - 1 X 30, 1 X 20</p>	<p><u>Dynamic Warm Up</u> Walking/Skipping Toe Touch - 20 yards Dyno Walks - 10 yards Straight Leg Shuffle - 20 yards Carioca</p> <p><u>Foot Speed Development</u> Jump Rope - Stationary - 1:00-1:30 minutes</p> <p><u>Ab - Core Development</u> Pikes 10 reps Front Plank 1:00 Side Plank- 30 sec. each Front Plank 1:00</p>
<p align="center">Strength/Power Workout</p>	<p align="center">Strength/Power Workout</p>	<p align="center">Strength/Power Workout</p>	<p align="center">Strength/Power Workout</p>
<p><u>Resisted Running-Acceleration-Cond.</u> Prowler Sled Push 6-8 reps - 15 yards</p> <p><u>Flex-Recover</u> <u>Hurdle Routine</u> High Hurdles - Scissor Kick, 2 sets Low Hurdles Forward/Backward Step Over Lateral Step Over 6 Hurdles Each</p>	<p><u>Agility</u> <u>Programmable Drill</u> Cone Drills A. Perimeter Drill B. 360's C. Figure 8's D. Backward L</p> <p><u>Reaction Drill</u> Cone Reaction Drill (sight) 4 Sets</p> <p><u>Competitive Drill</u> Get Up and Sprint 4-6 sets Multiple Stances</p> <p><u>Flex-Recover</u> Static Stretch Foam Roller</p>	<p><u>Agility- Acceleration</u> <u>Programmable Drill</u> 5-10-5 Shuttle 4 timed shuttles</p> <p><u>Acceleration Drill</u> Speed Sack Pulls 25-50 pounds 8 reps - 25 yards</p> <p><u>Flex - Recover</u> Hurdle Routine High Hurdle Mike Tyson's 2 sets</p>	<p><u>Conditioning - Running</u> 5 Modified Suicides 10 yards and back, 15 yards and back, 20 yards and back OL, DT - 22 seconds Combo Group 20 sec. Speed-Skill Group- 18 Sec. Rest 1:00 between sets</p> <p><u>Flex -Recover</u> Static Stretch Foam Roller</p>

WEEK: 2

**2014 Winter Off Season Sample
Speed Agility Quickness**

MONDAY	TUESDAY	THURSDAY	FRIDAY
<p align="center">Pre Strength/Power Workout</p>	<p align="center">Pre Strength/Power Workout</p>	<p align="center">Pre Strength/Power Workout</p>	<p align="center">Pre Strength/Power Workout</p>
<p><u>Dynamic Warm Up</u> Walking/Skipping Toe Touch - 20 yards High Knee Crossover - 20 yards Backward Skip - 20 yards High Knees (reps) - 20 yards Backward High Knees (reps) - 20 yards</p> <p><u>Foot Speed Development</u> Speed Ladder 5 - 7 Sets</p> <p><u>Ab - Core Development</u> Hokie Leg Raises - 1 X 20 Twisting Sit Ups - 1 X 20 ABC Sit Ups - 1 X 10</p>	<p><u>Dynamic Warm Up</u> Walking/Skipping Knee Hugs - 20 yards Low Slow Shuffle - 20 yards Lunge and Twist - 20 yards Backward Lunge and Reach - 20 yards</p> <p><u>Foot Speed Development</u> Jump Rope - Moving - 5-6 sets - 20 yards</p> <p><u>Ab - Core Development</u> Flutter Kick - 1 X 30 - 45 seconds Bicycle - 1 X 30 - 45 seconds Dying Cockroach - 1 X 30 - 45 seconds</p>	<p><u>Dynamic Warm Up</u> Inch Worm - 10 yards Backward Reach - 20 yards Lunge Elbow to Ankle - 20 yards Backward Skip - 20 yards Starts - 2 - 4 5 yard starts</p> <p><u>Foot Speed Development</u> Dot Drills 3 - 4 sets - 10 seconds each</p> <p><u>Ab - Core Development</u> Partner Leg Throws - 1 X 30, 1 X 20 Partner Sit Ups - 1 X 30, 1 X 20</p>	<p><u>Dynamic Warm Up</u> Walking/Skipping Toe Touch - 20 yards Dyno Walks - 10 yards Straight Leg Shuffle - 20 yards Carioca</p> <p><u>Foot Speed Development</u> Jump Rope - Stationary - 1:00-1:30 minutes</p> <p><u>Ab - Core Development</u> Pikes 10 reps Front Plank 1:00 Side Plank- 30 sec. each Front Plank 1:00</p>
<p align="center">Strength/Power Workout</p>	<p align="center">Strength/Power Workout</p>	<p align="center">Strength/Power Workout</p>	<p align="center">Strength/Power Workout</p>
<p>Resisted Running- Acceleration- Cond. Board Push 8-10 reps 10-15 yards</p> <p><u>Flex - Recover</u> Hurdle Routine Low Hurdles -- 6 hurdles Step Overs- Forward, Backward, Lateral</p>	<p>Speed - Agility Speed Technique Start Technique 6-8 Starts</p> <p>Agility Programmable Agility Texas Cone Drill - 4 reps - 2 from each side</p> <p>Reactive Agility 2 Point Wave Drill - 4 sets</p> <p>Flex-Recover Strap - Active Isolation Stretches Foam Roller</p>	<p>Agility - Acceleration Accelertion Wall Runs on Cadence and for time 4 total reps</p> <p>Agility Programmable Agility L-Drill 4 reps</p> <p>Acceleration Speed Sack Pulls - 25 -50 pounds 6 sets - 20 yards</p> <p>Flex - Recover Hurdle Routine 3 hurdles each High - Low Hurdles --Duck Under/ Step Over 2 sets</p>	<p>Conditioning - Running 6 Modified Suicides OL,DT 22 Sec. Combo Group 20 Sec. Speed- Skill Group - 18 Sec. Rest 45 sec. between Sets</p> <p>Flex - Recover Static Stretch Foam Roller</p>

WEEK: 3

**2014 Winter Off Season Sample
Speed Agility Quickness**

MONDAY	TUESDAY	THURSDAY	FRIDAY
Pre Strength/Power Workout	Pre Strength/Power Workout	Pre Strength/Power Workout	Pre Strength/Power Workout
<p><u>Dynamic Warm Up</u> Walking/Skipping Toe Touch - 20 yards High Knee Crossover - 20 yards Backward Skip - 20 yards High Knees (reps) - 20 yards Backward High Knees (reps) - 20 yards</p> <p><u>Foot Speed Development</u> Speed Ladder 5 - 7 Sets</p> <p><u>Ab - Core Development</u> Hokie Leg Raises - 1 X 20 Twisting Sit Ups - 1 X 20 ABC Sit Ups - 1 X 10</p>	<p><u>Dynamic Warm Up</u> Walking/Skipping Knee Hugs - 20 yards Low Slow Shuffle - 20 yards Lunge and Twist - 20 yards Backward Lunge and Reach - 20 yards</p> <p><u>Foot Speed Development</u> Jump Rope - Moving - 5-6 sets - 20 yards</p> <p><u>Ab - Core Development</u> Flutter Kick - 1 X 30 - 45 seconds Bicycle - 1 X 30 - 45 seconds Dying Cockroach - 1 X 30 - 45 seconds</p>	<p><u>Dynamic Warm Up</u> Inch Worm - 10 yards Backward Reach - 20 yards Lunge Elbow to Ankle - 20 yards Backward Skip - 20 yards Starts - 2 - 4 5 yard starts</p> <p><u>Foot Speed Development</u> Dot Drills 3 - 4 sets - 10 seconds each</p> <p><u>Ab - Core Development</u> Partner Leg Throws - 1 X 30, 1 X 20 Partner Sit Ups - 1 X 30, 1 X 20</p>	<p><u>Dynamic Warm Up</u> Walking/Skipping Toe Touch - 20 yards Dyno Walks - 10 yards Straight Leg Shuffle - 20 yards Carioca</p> <p><u>Foot Speed Development</u> Jump Rope - Stationary - 1:00-1:30 minutes</p> <p><u>Ab - Core Development</u> Pikes 10 reps Front Plank 1:00 Side Plank- 30 sec. each Front Plank 1:00</p>
Strength/Power Workout	Strength/Power Workout	Strength/Power Workout	Strength/Power Workout
<p><u>Resisted Running- Acceleration -Cond.</u> Prowler Sled Push 8 reps 10 yards 4 reps low handles, 4 reps high handles</p> <p><u>Flex- Recover</u> Hurdle Routine Low Hurdles-- 6 hurdles Walk Overs Forward, Backward, Lateral <u>2 sets each</u></p>	<p><u>Speed - Agility</u> Speed Technique Starts-- 6-8 Starts</p> <p><u>Programmable Agility</u> Star Cone Drill 2-3 reps each sde</p> <p><u>Reactive Agility</u> Tennis Ball Drops 4-6 reps Standing, Kneeling, Prone Position</p> <p><u>Flex - Recover</u> Strap Active Isolation Stretches Foam Roller</p>	<p><u>Agility - Acceleration</u> <u>Acceleration</u> Acceleration Ladder - 6 reps</p> <p><u>Agility</u> <u>Programmable Agility</u> 5-10-5 Shuttle 4 timed shuttles</p> <p><u>Acceleration</u> Speed Sack Pulls 4-6 sets 25-50- pounds</p> <p><u>Flex- Recover</u> Hurdle Routine High Hurdles --6 hurdles Mike Tyson's 2 sets</p>	<p><u>Conditioning - Running</u> 6 Modified Suicides OL,DT 22 Sec. Combo Group 20 Sec. Speed- Skill Group - 18 Sec. Rest 45 sec. between Sets</p> <p><u>Flex - Recover</u> Static Stretches Foam Roller</p>

WEEK: 4

**2014 Winter Off Season Sample
Speed Agility Quickness**

MONDAY	TUESDAY	THURSDAY	FRIDAY
Pre Strength/Power Workout	Pre Strength/Power Workout	Pre Strength/Power Workout	Pre Strength/Power Workout
<p><u>Dynamic Warm Up</u> Walking/Skipping Toe Touch - 20 yards High Knee Crossover - 20 yards Backward Skip - 20 yards High Knees (reps) - 20 yards Backward High Knees (reps) - 20 yards</p> <p><u>Foot Speed Development</u> Jump Rope - Moving - 5-6 sets - 20 yards</p> <p><u>Ab - Core Development</u> Medicine Ball Sit Ups w/Partner - 1 X 20 Hokie Leg Raises - 1 X 20</p>	<p><u>Dynamic Warm Up</u> Walking/Skipping Knee Hugs - 20 yards Low Slow Shuffle - 20 yards Lunge and Twist - 20 yards Backward Lunge and Reach - 20 yards</p> <p><u>Foot Speed Development</u> Dot Drills 3 - 4 sets - 10 seconds each</p> <p><u>Ab - Core Development</u> Flutter Kick - 1 X 30 - 45 seconds Bicycle - 1 X 30 - 45 seconds Dying Cockroach - 1 X 30 - 45 seconds</p>	<p><u>Dynamic Warm Up</u> Inch Worm - 10 yards Backward Reach - 20 yards Lunge Elbow to Ankle - 20 yards Backward Skip - 20 yards Starts - 2 - 4 5 yard starts</p> <p><u>Foot Speed Development</u> Speed Ladder 5 - 7 Sets</p> <p><u>Ab - Core Development</u> Partner Leg Throws - 1 X 30, 1 X 20 Partner Sit Ups - 1 X 30, 1 X 20</p>	<p><u>Dynamic Warm Up</u> Walking/Skipping Toe Touch - 20 yards Dyno Walks - 10 yards Straight Leg Shuffle - 20 yards Carioca</p> <p><u>Foot Speed Development</u> Jump Rope - Stationary - 1:00-1:30 minutes</p> <p><u>Ab - Core Development</u> Pikes 10 reps Front Plank 1:00 Side Plank- 30 sec. each Front Plank 1:00</p>
Strength/Power Workout	Strength/Power Workout	Strength/Power Workout	Strength/Power Workout
<p><u>Resisted Running- Acceleration- Cond. Acceleration</u> Board Pushes 10 reps 10 yards</p> <p><u>Flex - Recover</u> Hurdle Routine High Hurdles- Stepping Leg Swings 2 sets High Hurdles- Skipping Leg Swings 2 sets <u>Low Hurdles Walk Overs</u> Walk Overs Forward, Backward and Lateral 2 sets each</p>	<p><u>Speed- Acceleration - Agility Speed-Technique</u> Starts- 6 Starts</p> <p><u>Acceleration</u> Bullet Belt Starts- 4 reps</p> <p><u>Reactive Agility</u> Cone Reaction Drills A. Visual B. Sound C. Colors</p> <p><u>Flex - Recover</u> Strap Active -Isolation Stretches Foam Roller</p>	<p><u>Agility - Competitive Programmable Agility</u> Cone Drills A. Perimeter B. 360's C. Figure 8 D. Backward L</p> <p><u>Reactive Agility</u> Tennis Ball Drops A. Forward B. Lateral C. Back to Coach</p> <p><u>Competitive Game</u> Shark in the Tank Tag Game 4 reps - 12 sec. each</p> <p><u>Flex- Recover</u> Hurdle Routine High\Low- Over Under</p>	<p><u>Conditioning Running</u> 6 Modified Suicides 10 yards and back 15 yards and back 20 yards and back OL,DT 22 Sec. Combo Group 20 Sec. Speed- Skill Group 18 Sec Rest 45 Sec. between sets</p> <p><u>Flex - Recover</u> Static Stretch Foam Roller</p>

WEEK: 5

**2014 Winter Off Season Sample
Speed Agility Quickness**

MONDAY	TUESDAY	THURSDAY	FRIDAY
<p>Dynamic Warm Up Walking/Skipping Toe Touch - 20 yards High Knee Crossover - 20 yards Backward Skip - 20 yards High Knees (reps) - 20 yards Backward High Knees (reps) - 20 yards</p> <p>Foot Speed Development Speed Ladder 5 - 7 Sets</p> <p>Ab - Core Development Hokie Leg Raises - 1 X 20 Twisting Sit Ups - 1 X 20 ABC Sit Ups - 1 X 10</p>	<p>Pre Strength/Power Workout</p> <p>Dynamic Warm Up Walking/Skipping Knee Hugs - 20 yards Low Slow Shuffle - 20 yards Lunge and Twist - 20 yards Backward Lunge and Reach - 20 yards</p> <p>Foot Speed Development Jump Rope - Moving - 5-6 sets - 20 yards</p> <p>Ab - Core Development Flutter Kick - 1 X 30 - 45 seconds Bicycle - 1 X 30 - 45 seconds Dying Cockroach - 1 X 30 - 45 seconds</p>	<p>Pre Strength/Power Workout</p> <p>Dynamic Warm Up Inch Worm - 10 yards Backward Reach - 20 yards Lunge Elbow to Ankle - 20 yards Backward Skip - 20 yards Starts - 2 - 4 5 yard starts</p> <p>Foot Speed Development Dot Drills 3 - 4 sets - 10 seconds each</p> <p>Ab - Core Development Partner Leg Throws - 1 X 30, 1 X 20 Partner Sit Ups - 1 X 30, 1 X 20</p>	<p>Pre Strength/Power Workout</p> <p>Dynamic Warm Up Walking/Skipping Toe Touch - 20 yards Dyno Walks - 10 yards Straight Leg Shuffle - 20 yards Carioca</p> <p>Foot Speed Development Jump Rope - Stationary - 1:00-1:30 minutes</p> <p>Ab - Core Development Pikes 10 reps Front Plank 1:00 Side Plank- 30 sec. each Front Plank 1:00</p>
<p>Strength/Power Workout</p>	<p>Strength/Power Workout</p>	<p>Strength/Power Workout</p>	<p>Strength/Power Workout</p>
<p>Resisted Running Acceleration Prowler Sled Push 10 reps - 10 yards</p> <p>Flex - Recover Hurdle Routine High- Low Hurdles Duck under - Step over Forward, Lateral 2 sets each</p>	<p>Speed - Acceleration- Agility Speed Technique Starts 6 Starts</p> <p>Acceleration Acceleration Ladder - 6 reps</p> <p>Agility Reactive Agilty 2 Point Wave Drill - 4 sets</p> <p>Flex - Recover Strap Active - Isolation Stretches Foam Roller</p>	<p>Agility - Competitive Programmable Agility 5-10-5 Shuttle 4 timed reps</p> <p>Competitive- Acceleration Get Up and Sprint Various Stances 6-8 reps -10 yards</p> <p>Flex - Recover Hurdle Routine Low Hurdles - 6 hurdles Walk Overs-Forward Backward, Lateral 2 sets each</p>	<p>Conditioning Running 6 Modified Suicides 10 yards and back 15 yards and back 20 yards and back OL,DT 22 Sec. Combo Group 20 Sec. Speed- Skill Group 18 Sec Rest 45 Sec. between sets</p> <p>Flex- Recover Static Stretches Foam Roller</p>

WEEK: 6

**2014 Winter Off Season Sample
Speed Agility Quickness**

MONDAY	TUESDAY	THURSDAY	FRIDAY
Pre Strength/Power Workout	Pre Strength/Power Workout	Pre Strength/Power Workout	Pre Strength/Power Workout
<p><u>Dynamic Warm Up</u> Walking/Skipping Toe Touch - 20 yards High Knee Crossover - 20 yards Backward Skip - 20 yards High Knees (reps) - 20 yards Backward High Knees (reps) - 20 yards</p> <p><u>Foot Speed Development</u> Jump Rope - Moving - 5-6 sets - 20 yards</p> <p><u>Ab - Core Development</u> Medicine Ball Sit Ups w/Partner - 1 X 20 Hokie Leg Raises - 1 X 20</p>	<p><u>Dynamic Warm Up</u> Walking/Skipping Knee Hugs - 20 yards Low Slow Shuffle - 20 yards Lunge and Twist - 20 yards Backward Lunge and Reach - 20 yards</p> <p><u>Foot Speed Development</u> Dot Drills 3 - 4 sets - 10 seconds each</p> <p><u>Ab - Core Development</u> Medicine Ball Sit Ups Throws - 2 X 30 Bicycle - 1 X 30 - 45 seconds Dying Cockroach - 1 X 30 - 45 seconds</p>	<p><u>Dynamic Warm Up</u> Inch Worm - 10 yards Backward Reach - 20 yards Lunge Elbow to Ankle - 20 yards Backward Skip - 20 yards Starts - 2 - 4 5 yard starts</p> <p><u>Foot Speed Development</u> Speed Ladder 5 - 7 Sets</p> <p><u>Ab - Core Development</u> Hokie Leg Raises - 1 X 20 Flutter Kick - 1 X 20 Sit Ups - 1 X 20</p>	<p><u>Dynamic Warm Up</u> Walking/Skipping Toe Touch - 20 yards Dyno Walks - 10 yards Straight Leg Shuffle - 20 yards Carioca</p> <p><u>Foot Speed Development</u> Jump Rope - Stationary - 1:00-1:30 minutes</p> <p><u>Ab - Core Development</u> Pikes 10 reps Front Plank 1:00 Side Plank- 30 sec. each Front Plank 1:00</p>
Strength/Power Workout	Strength/Power Workout	Strength/Power Workout	Strength/Power Workout
<p><u>Resisted Running - Acceleration-Cond.</u> Prowler Sled Push 8 reps-10-15 reps</p> <p><u>Flex - Recover</u> Hurdle Routine High Hurdles - 6 hurdles Mike Tyson's Duck Unders 2 sets</p>	<p><u>Speed - Agility - Competitive</u> <u>Speed Technique</u> Starts 6 Starts</p> <p><u>Programmable Agility</u> <u>Bag Drills</u> A. High Knee B. Double Leg Hop C. Zig Zag D. Lateral Shuffle</p> <p><u>Competitive</u> Shark in the Tank Tag Game 4-5 reps 12 Sec. each</p> <p><u>Flex - Recover</u> Strap Active Isolation Stretches Foam Roller</p>	<p><u>Agility - Competitive</u> <u>Programmable Agility</u> L-Drill 4 timed reps</p> <p><u>Reactive Agility</u> Cone Reaction Drills A. Visual B. Sound C. Colors</p> <p><u>Competitive</u> Get Up and Sprint Various Stances 6-8 reps 10 yards</p> <p><u>Flex - Recover</u> Hurdle Routine Low Hurdles - 6 hurdles Walk overs - Forward, Backward, Lateral 2 sets each</p>	<p><u>Running - Conditioning</u> 6 Modified Suicides 10 yards and back 15 yards and back 20 yards and back OL,DT 22 Sec. Combo Group 20 Sec. Speed- Skill Group 18 Sec Rest 45 Sec. between sets</p> <p><u>Flex - Recover</u> Static Stretches Foam Rollers</p>