

Emphasis on Sprint Ability and Recovery;

Endurance/Long Distance 30 minutes 4-5 X per week

Options:

20-yd dash sprints

stadium steps (up & down);

120 sec steps; 60 sec rec

18 minutes (6 sets)

3 x per day, not same day as

wt training

jump rope, agility, ladder drills, line drills

All of above will enhance footwork and first step

Options:

Bike/stationery 30 minutes at mod resistance, 75-80 rpms

Elliptical 30 minutes at mod resistance (3 miles distance)

treadmill 30 minutes at mod resistance, 8 min mile pace

Outside running (same applies)