

Monday:

Stretching - Hamstring, Quads, Calves, Back, Arms, Neck

Circuit - Plank Rows, Jog 40, Sprint 40, Plyo Pushups, Jog 40, Sprint 40, Back Flys, Jog 40, Sprint 40, Ladder Shuttle, Jog 40, Sprint 40, Medicine Ball speed throws against wall, Jog 40, Sprint 40, Side Shuffle, Jog 40, Sprint 40, Medicine Ball overhead wall throws, Jog 40, Sprint 40, Squat with Med Ball, Jog 40, Sprint 40, Torso twists, Jog 40, Sprint 40

Perform circuit 3 times - 1st set each exercise is 25 sec., 2nd set is 20 sec., 3rd set is 10 sec.

Tuesday:

Stretching - Hamstring, Quads, Calves, Back, Arms, Neck

Warm up on bike - 5 min.

Side walks with band ~ 10 lbs. of resistance, 25 yards up and back x 2

Leg drives with band ~ 25 lbs. of resistance, hold 15 sec. x 3 each leg, drive up 15 x 3 each leg

Leg curls 75 lbs. each leg 3 x 15

Wall accelerators 3 x 40 sec

Weighted Chain runs 6 x 30 yards

Box Jump down (28 in) into sprint x 6

Squats 240 lbs. 15x3

Shoulder Press 30 lbs. Each arm 12 x 3

Forearm Weighted Roll 8 lbs. 3 x 3

Wednesday:

Stretching - Hamstring, Quads, Calves, Back, Arms, Neck

In the afternoon:

Hill Runs - 8 x 45 yards. Rest 15 sec. between reps. Rest 3 min. Do another 8 x 45 yards. Rest 15 sec. between reps.

In the evening:

Warm up on bike - 5 min.

10 Corrective Squats

Ladder drills: Icky Shuffle, Ali Shuffle, Hop Scotch, 2 in 2 out, 2 in 2 out lateral x 3 each

Clean and Jerk 40 lbs. 8 reps x 3

Overhead throws 10 x 3 7-lb. medicine ball

Standing row with rope cable 12 x 3 200 lbs.

Pull-ups assisted 10 x 3

Tri pulls 110 lbs. 12 x 3, 90 lbs. 8 x 3

Lunge throw 10-lb. med ball against the wall 10 x 3 each leg

Back Fly 12 x 3 move in 8 x 3

Grip plate carry 30 lbs. by 80 yards x 3

Thursday:

Run 3 miles ~ 24 min.

Throw with teammates for 45 min.

Friday:

Rest Day

Saturday:

Stretching - Hamstring, Quads, Calves, Back, Arms, Neck

Warm up on bike - 5 min.

Wall accelerators 3 x 40 sec.

Serpentine Cone drill x 20 yards x 6

Explosive step ups 8 x 3 x 30 in each leg

Jump overs 6 x 3 x 18 in each leg

Slide board 30 sec x 5. 30 sec rest.

Chest fly 45 lbs. each arm

Swiss chest press each arm 12 x 3 x 45, 8 x 3 x 30

Bicep curls each arm 12 x 3 x 25 lbs., 8 x 3 x 20 lbs.

Rice Bucket Hand, 40 times each hand

Sunday:

Pick-up game for 2.5 hours

Stretch, foam roll legs, back and neck