



6 WEEK RUNNING PROGRAM

Tuesday

Linear Acceleration Focus

EXERCISE		WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	REST
Technical Work	<u>Hop Series</u> (2 leg/1 leg Linear)	1x10 ea	1x10 ea	1x10 ea	1x10 ea	1x10 ea	1x10 ea	30s
	<u>Heavy Banded 2-Point Starts</u> (3 hard steps)	1x4 ea	1x4 ea	1x4 ea	1x4 ea	1x4 ea	1x4 ea	30s
	<u>High Knee Falling Starts</u> (1 hard step)	1x4 ea	1x4 ea	1x4 ea	1x4 ea	1x4 ea	1x4 ea	30s
<u>2 point start</u>	<u>Switch to 1/2 Kneeling Linear</u> <u>Start week 3</u>	1x2-3 ea	1x3-4 ea	1x3-4 ea	1x3-4 ea	1x4 ea	1x2-3 ea	30s

Wednesday

Recovery

EXERCISE		WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	REST
<u>Hop Series (2 leg/ 1 leg Linear/Lateral)</u>		1x10 ea	1x10 ea	1x10 ea	1x10 ea	1x10 ea	1x10 ea	30s
A-Series	<u>A-March</u>	2x10yd	2x10yd	2x10yd	2x10yd	2x10yd	2x10yd	30s
	<u>A-Hop</u>	2x10yd	2x10yd	2x10yd	2x10yd	2x10yd	2x10yd	30s
	<u>1-2 Pause</u>	2x10yd	2x10yd	2x10yd	2x10yd	2x10yd	2x10yd	30s
	<u>3-Hop</u>	2x10yd	2x10yd	2x10yd	2x10yd	2x10yd	2x10yd	30s
	<u>A-Run</u>	2x10yd	2x10yd	2x10yd	2x10yd	2x10yd	2x10yd	30s
	<u>Bounds</u>	2x8steps	2x8steps	2x8steps	2x8steps	2x8steps	2x8steps	30s
	<u>Straight Leg Bounds</u>	2x8steps	2x8steps	2x8steps	2x8steps	2x8steps	2x8steps	30s
Tempo Runs		2x6x80yd	2x6x60yd	2x6x60yd	2x6x40yd	2x6x40yd	2x6x80yd	5-7 min

Thursday

Medballs/Plyometrics

EXERCISE		WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	REST
<u>Hop Series (2 leg/1 leg Linear/Lateral)</u>		1x10 ea	1x10 ea	1x10 ea	1x10 ea	1x10 ea	1x10 ea	30s
Medball Work	<u>Hop Back to MB Scoop Toss</u>	2x4 ea	2x4 ea	2x4 ea	2x4 ea	2x4 ea	2x4 ea	30s
	<u>Step Behind MB Shotput</u>	2x4 ea	2x4 ea	2x4 ea	2x4 ea	2x4 ea	2x4 ea	30s
	<u>Rollover OH MB Slam</u>	2x6	2x6	2x6	2x6	2x6	2x6	30s
Hurdle Work	<u>Hurdle Hop Series - 2 leg/1 leg Linear (for Weeks 1-3)</u>	<u>Hurdle Hop Series - 2 leg/1 leg Linear w/ Sprint Out (for Weeks 4-6)</u>	1-2x ea	1-2x ea	1-2x ea	1-2x ea	1-2x ea	30s
	<u>Hurdle Hop Series - 2 leg/1 leg Lateral (for Weeks 1-3)</u>	<u>Hurdle Hop Series - 2 leg/1 leg Lateral w/ Sprint Out (for Weeks 4-6)</u>	1-2x ea	1-2x ea	1-2x ea	1-2x ea	1-2x ea	30s
	<u>Hurdle Hop Series - 2 leg/1 leg Staircase (for Weeks 1-3)</u>	<u>Hurdle Hop Series - 2 leg/1 leg Staircase w/ Sprint Out (for Weeks 4-6)</u>	1-2x ea	1-2x ea	1-2x ea	1-2x ea	1-2x ea	30s
<u>Skater Ladder w/ Sprint Out</u>		2x ea	2x ea	3x ea	2x ea	3x ea	2x ea	30s

Change of Direction Focus

EXERCISE		WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	REST
<u>Hop Series (2 leg/1 leg Lateral)</u>		1x10 ea	1x10 ea	1x10 ea	1x10 ea	1x10 ea	1x10 ea	30s
Technical Work	<u>Band Resisted Crossover</u>	1x3 ea	1x3 ea	1x3 ea	1x3 ea	1x3 ea	1x3 ea	30s
	<u>Band Resisted Shuffle to Crossover</u>	1x3 ea	1x3 ea	1x3 ea	1x3 ea	1x3 ea	1x3 ea	30s
<u>T Drill</u>		2x	3x	4x	5x	5x	3x	30s
<u>Add competition to T Drill week 3</u>								