

2010 Offseason Conditioning Drills

****Weight lifting times will be announced by Coach Rider shortly and this is meant to compliment the weight training program****

4 day workout

Day #1:

· 3 mile run (under 25 minutes). Another option, once you get comfortable with the distance, is to introduce "tempo" runs. Once you have run for 10 minutes, begin to vary/quicken the pace.

Day #2:

**· 2.5 mile run with 10 sprints (known as a fartlek--speed play)
A series of speed bursts are thrown into the middle of your normal run. Once you are warmed up (1 mile or so into the run) sprint for 1 minute or two (until fatigue sets in). You then slow down and return to a comfortable pace until you get back your wind. Then you speed up again. Speed play can also involve competitive sprints if you have a training partner; for example, the distance between 3 telephone poles.**

Day #3:

Intervals (refers to a structured type of speed work on a track)

**-1 mile warm up
-1/2 mile (2 laps) at a fast pace
Rest (jog) 50 seconds
-1/4 mile (1 lap) at a fast pace
Rest (jog) 45 seconds
-1/8 mile (you can figure it out) at a fast pace
-Jog
-1 mile cool down at a jog pace**

Day #4:

Hills/Bleacher runs (100 to 300 yards long would be best; steep but not so steep as to cause you to lose good running form)

**-1 mile warm up
-1st set of 10 hill sprints (fast sprint with good form up; jog slowly down the hill for recovery)
-After the set, rest 1 minute
-2nd set of 10 hill sprints**

- After the set, rest 1 minute**
- 3rd set of 10 hill sprints**
- 1 mile cool down**

ADDITIONAL PLYOMETRIC ACTIVITIES

Agility/Quickness:

Speed isn't everything. Tremendous footwork will help.

Workout #1: (20 seconds each, resting 20 seconds between sets)

- Jump in place as quickly as you can.**
- Toe touches, jumping and landing in a squat.**
- Skiing moguls--jumping side to side.**
- Jump forward and backwards**

As you improve, add 10 seconds and an extra set or two.

Ladder Work:

Hop Scotch Drill

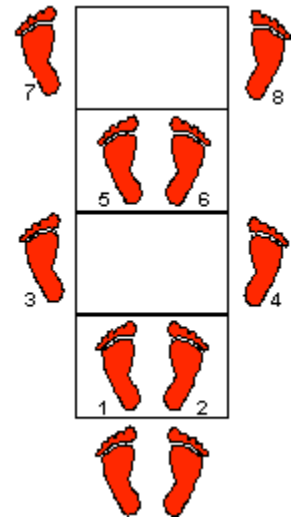
This is one of the simplest ladder agility drills, even for those who are too old to remember playing hop scotch (or just won't admit to it!).

- Start with your feet hip width apart at the bottom of the ladder**
- Jump up with both feet and land on the left foot only in the first square**
- Immediately push off with your left foot and land with both feet in the second square**
- Immediately push off with both feet and land on your right foot only**
- Push off from your right foot and land on both feet.**
- Repeat this pattern for the full length of the ladder**

In-Out Drill

Another basic drill to master but no less effective.

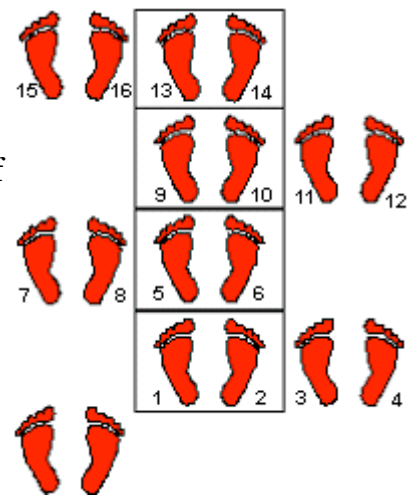
- Start with your feet hip width apart at the bottom of the ladder
- Step into the first square with your **left** foot first, immediately followed by your **right** foot
- With your **left** foot step outside to the left the second square, then immediately step outside the second square with your **right** foot
- Step back into the third square with your **left** foot first, followed by your right foot.
- Repeat this pattern in fluid motion for the length of the ladder



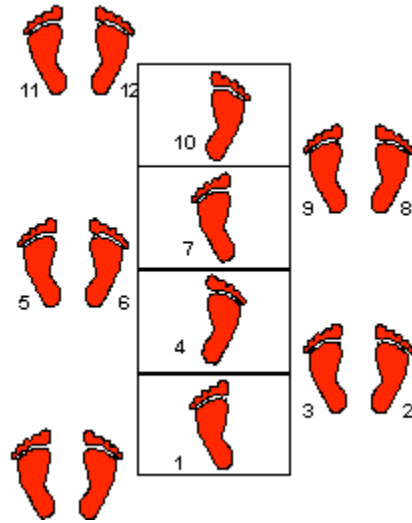
Lateral Feet Drill

The ladder agility drills from now on require more practise and greater coordination. Be sure to give yourself several dummy runs before attempting at speed.

- Start with both feet outside of the first square and to the left
- Step into the first square with your **left** foot first, immediately followed by your **right** foot... in a 1-2 motion
- Step to the right, outside the first square again with your left foot first, followed by your right
- Now step diagonally left into the second square, with the left foot leading always keeping the same 1-2 motion
- Now step out to the left-hand side of the second square and repeat for the full length of the ladder



- If you perform several sets of this drill start at different sides of the ladder so your lead foot changes each time



Tango Drill

Named after the dance, when you perform this drill correctly you'll see why. Or should it be the Foxtrot?

- Start with both feet outside of the first square and to the left
- Cross your **left** leg over your right and into the centre of the first square. Your **right** leg should immediately follow to the right of the first square, followed by your left leg
- It's a 1-2-3 motion like you're dancing
- From here your **right** foot comes across your left and into the centre of the second square as the pattern is repeated in the opposite direction
- Repeat for the full length of the ladder

Five Count Drill

This is the most difficult to master of these ladder agility drills and requires patience even for the most dexterous. When you can perform this exercise smoothly, with speed you're ahead of most of the competition!

- Start with your feet hip width apart at the bottom of the ladder
- Step out to the right of the first square With your **right** foot immediately followed by placing your left foot into the first square
- Bring your right foot along side your left in the first square then step into the second square with your left foot immediately followed by the right



- Count these first five steps in a 1-2-3-4-5 manor
- Reverse the sequence by stepping out to the right of the third square with your left foot
- Repeat for the full length of the ladder

As with all the individual exercises that appear on this, or any other website, they are only as effective as the larger program that incorporates them. Developing speed and agility for your sport is a worth pursuit...