



GROUP A

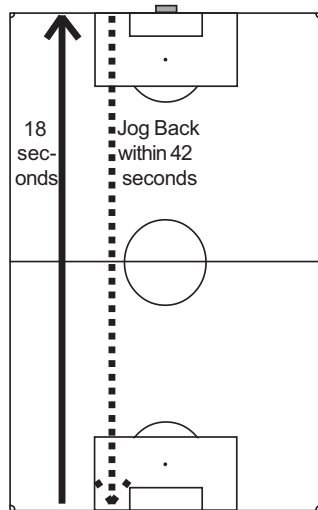
SPRINT

COMPONENT

Sprint Fitness Exercises

120's

All out sprint for 120 yards in under 18 seconds. You now have 42 seconds to jog back to the starting line for the next sprint. You will do 12 120's total. Insert a 30 second extra rest after number 4, 7, and 10. Push yourself to even take out the extra rests to maximize your fitness goals.

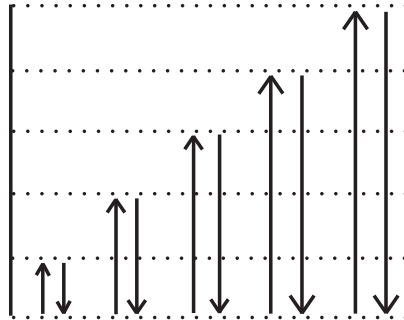


Hill Sprints

If you have a good hill near your practice I would suggest that you use it. Running hills are an excellent workout. You can do sprinting up and down the hill, skipping, running backwards, etc. It is critical to stay balanced with this workout (i.e. run as many down the hill as up the hill to develop good muscle balance). Serious muscle imbalance can lead to severe health problems, including ACL tears.

Cones

Place cones every 5 yards from the endline to 25 yards out. Sprint to the first cone and back, then the second cone and back, then the third cone and back, then the fourth cone and back, then the fifth cone and back. You should finish the series in 35 seconds with a 25 second rest in between. You will do 12 cones total. Insert a 30 second extra rest after number 4, 7, and 10. Push yourself to even take out the extra rests to maximize your fitness goals.



Super Sets

Supersets are essentially alternating 120's and cones. Start with a 120 and sprint in 18 seconds with 42 seconds to jog back to the starting line to begin the next cone. Run the cone in 35 seconds and then rest for 25 seconds until you start the next 120. Basically each time you complete a 120 and a cone in 2 minutes is counted as one superset. In the beginning of the summer start with 6 super sets with an extra 30 second rest after 2 and 4. As your fitness level improves, challenge yourself by having only one extra rest after 3 and increase to 7 super sets.

17's

All out sprint from endline to far 18 yard box in 17 seconds. When you get to 18 yard box slow to a jog and you have 17 seconds to get to the endline before the next sprint starts. Then all out sprint back to the other 18 yard box in 17 seconds and slow to a jog to endline in 17 seconds before start of next sprint. Repeat for 17 minutes.

