

Tier 1 201		Mesocycle 4 Weeks 1-4		High Rep Strength		FHIT Performance	
Speed Workout 1							
Warm-Up							
Exercise	Sets	Reps	Notes				
Figure 4's	1	10	Leg low				
Army Men	1	10	Knee low				
Bridge Supine w/ Reach	1	10					
Yoga Pushup	1	10					
Spider Walks	1	10	Shoulder low				
Deep Lunge T-Spine	1	10					
Side Lunge w/ Shoulder Mobility	1	10					
Conditioning							
Exercise	On	Off	Sets	Load	Effort	Work Distance (yds)	Total Distance (yds)
Sled Push	20 yd	90 sec	4	45	100%	80	80
Sled Push	40 yd	90 sec	4	35	100%	160.00	240.00
Sled Push + Sprint	40 yd	90 sec	4	25	100%	160.00	400.00
							400
Recovery							
Exercise	Sets	Reps	Notes				
Figure 4s	1	10					
Scorpions	1	10					
Army Men	1	10					
Elbow to Instep Lunge	1	10					
Dynamic Hip Flexor Lunge	1	10					
Side Lying Windmill	1	10					
Bench T-Spine Mobilization	1	10					

Junior High School 301		Mesocycle 2 Weeks 1-4		Work Capacity - Speed Development		FHIT Performance	
Speed Workout 1							
Warm-Up							
Exercise	Sets	Reps	Notes				
Figure 4's	1	10	Leg low				
Army Men	1	10	Knee low				
Bridge Supine w/ Reach	1	10					
Yoga Pushup	1	10					
Spider Walks	1	10	Shoulder low				
Deep Lunge T-Spine	1	10					
Side Lunge w/ Shoulder Mobility	1	10					
Conditioning							
Exercise	On	Off	Sets	Load	Effort	Work Distance (yds)	Total Distance (yds)
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Recovery							
Exercise	Sets	Reps	Notes				
Figure 4s	1	10					
Scorpions	1	10					
Army Men	1	10					
Elbow to Instep Lunge	1	10					
Dynamic Hip Flexor Lunge	1	10					
Side Lying Windmill	1	10					
Bench T-Spine Mobilization	1	10					

Prep College	Mesocycle 2 Weeks 1-4	Work Capacity - Speed Development	FHIT Performance				
Speed Workout 1							
Warm-Up							
Exercise	Sets	Reps	Notes				
Foam Roll Posterior Chain	1	10 rolls	Leg low				
Foam Roll Quads	1	10 rolls	Knee low				
Foam Roll IT Band	1	10 rolls					
Foam Roll Hips	1	10 rolls					
Foam Roll Traps	1	10 rolls	Shoulder low				
Foam Roll T-Spine	1	10 rolls					
Foam Roll Pecs	1	10 rolls					
Conditioning							
Exercise	On	Off	Sets	Load	Effort	Work Distance (yds)	Total Distance (yds)
Sled Push	20 yd	90 sec	4	90	100%	80	80
Sled Push	40 yd	90 sec	4	70	100%	160.00	240.00
Sled Push + Sprint	40 yd	90 sec	4	60	100%	160.00	400.00
							400
Recovery							
Exercise	Sets	Reps	Notes				
Figure 4s	1	10					
Scorpions	1	10					
Army Men	1	10					
Elbow to Instep Lunge	1	10					
Dynamic Hip Flexor Lunge	1	10					
Side Lying Windmill	1	10					
Bench T-Spine Mobilization	1	10					