

Week 5 and 6 Speed Day

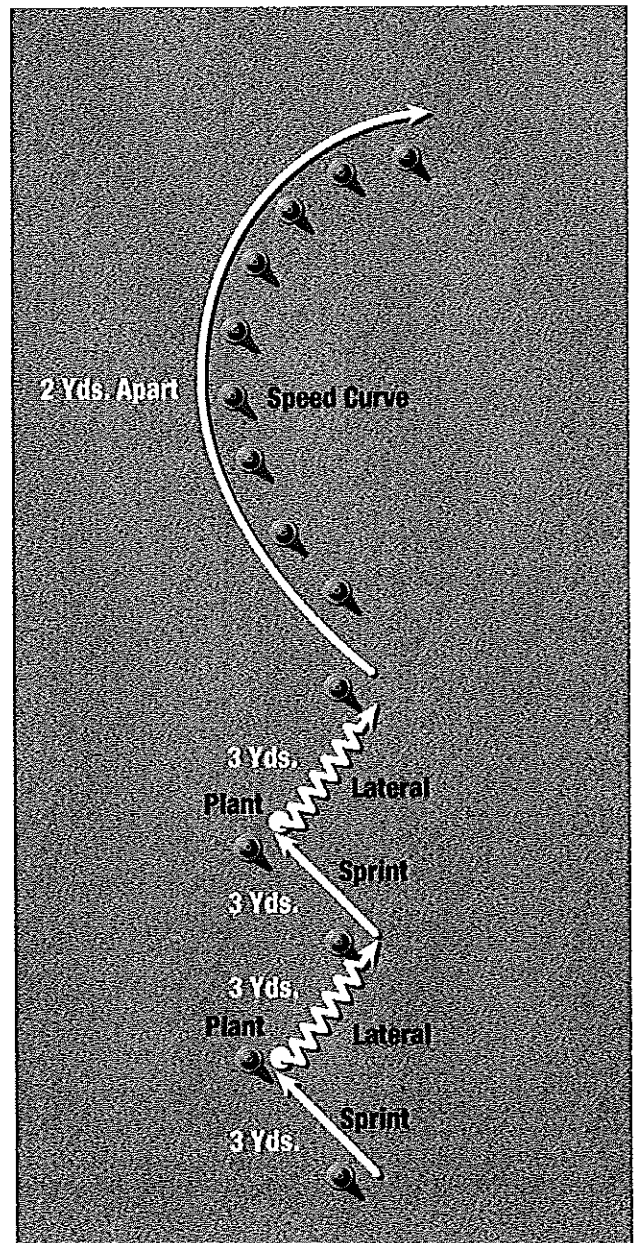
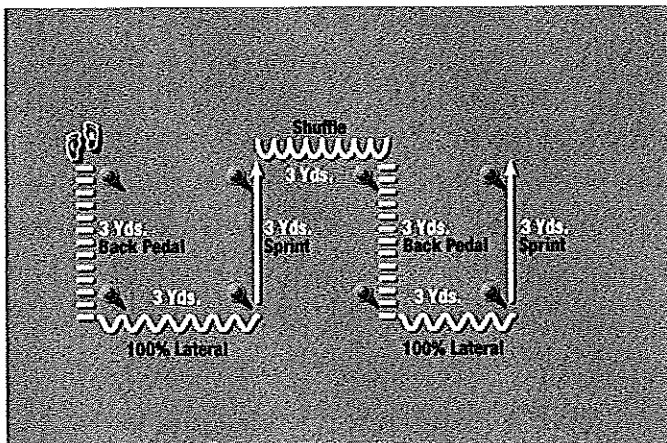
Dynamic Stretch and Warm-up (15 yard for the first exercise and then transition to the other for 15 yards.)

1. High Knee pulls to High Knees
2. Low toe touches to Heel Kicks
3. High Kicks to Quick Russians
4. Forward Lunges to Backward Lunges
5. Forward Duck Walk to Backward Duck Walk
6. Side Lunge Right to High Knee Step Over
7. Side Lunge Left to High Knee Step Over
8. Light Skip to Power Skip
9. Tapioca right to tapioca left

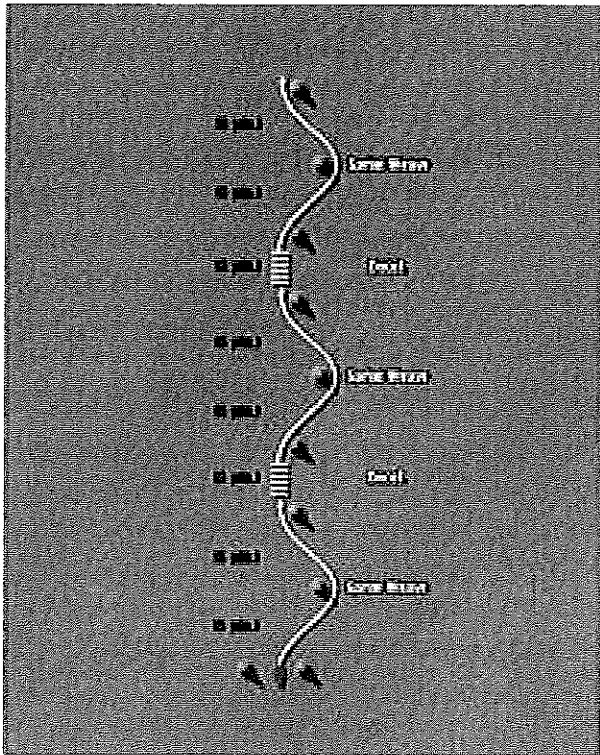
Complete 5 repetitions of each exercise. Walk back to the beginning allowing for full recovery (minimum of 45 second break between reps)

Pattern 1-Transitions including back pedal with constant arm motion and low hips to maintain speed through transitions. Repeat 5 times.

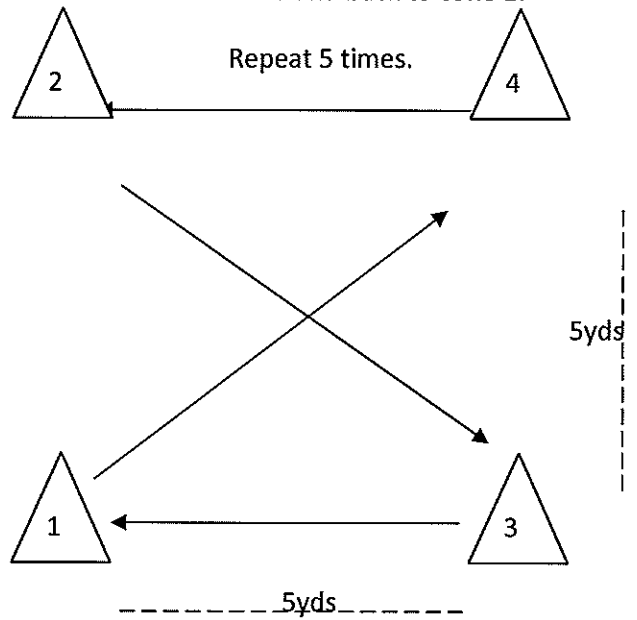
Pattern 2- Sprint to Lateral Run Transitions to a speed turn. Change the turn every other repetition. Repeat 5 times.



Pattern 3- Sprint Weave to Decel. Cones are 5 yards apart and decel after the second cone then repeat weave and decel 2 more time. Repeat 5 times.



Pattern 5- Star drill. Cone should be placed in a square with all cones being five yards apart. Start at cone 1 facing cone 2 then sprint to cone 4 then plant and sprint to cone 2 then to cone 3 and back to cone 1.



Pattern 4- Star drill. Cone should be placed in a square with all cones being five yards apart. Start at cone 1 facing cone 3 then sprint to cone 2 then plant and sprint to cone 3 then to cone 4 and back to cone 1.

