

## Cardinal Strength Speed and Conditioning workouts

### **Monday: Speed/sprints**

#### ***Sprint circuit - sprint, walk back during rest***

- 6x10yd (20 sec rest)
- 6x20yd (30 sec rest)
- 2x40yd (60 sec rest)
- 1x60yd (90 sec rest)

#### ***Speed ladder steps - go thru ladder, walk back is rest (30-45 sec)***

- 2x 1 foot in
- 1x 2 feet in (right lead),
- 1x 2 feet in (left lead)
- 1x Side shuffle (right)
- 1x Side shuffle (left)
- 1x Side in and out (right)
- 1x Side in and out (left)
- 2x Lcky shuffle

### **Tuesday: Plyo/med ball**

#### ***Speed ladder jumps - go thru ladder, walk back is rest (30-45 sec)***

- Forward two feet
- Forward hopscotch
- Forward one foot (left)
- Forward one foot (right)
- Side two feet (left)
- Side two feet (right)
- Forward in and out two feet
- Side in and out two feet
- Forward in and out one foot (right)
- Forward in and out one foot (left)
- Forward diagonal two feet

#### ***Jump circuit - Choose 2-3 exercises, complete 3x6reps of each with a 30 sec rest between every set***

- Broad jumps
- Two leg Box/hurdle jumps (front)
- Two leg Box/hurdle jumps (side)
- One leg Box/hurdle jumps (front)
- One leg Box/hurdle jumps (side)
- Tuck jumps
- Skaters
- Russians

#### ***Med ball circuit - complete 3x6reps of each with a 30 sec rest between every set, alternate sets with partner(s)***

- Med ball slam
- Med ball overhead vertical press

#### ***Tire flips - complete 6x3reps, alternate sets with partner(s) in line***

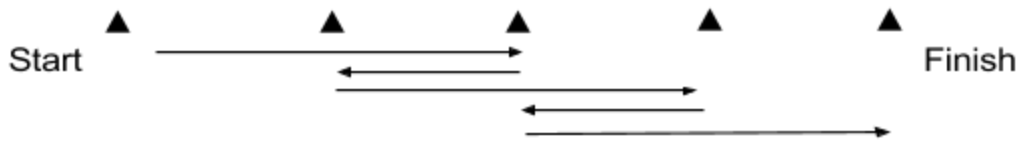
- Each partner flips the tire 3 times and then goes to the back of the line

### **Wednesday: Agility**

#### ***5 cone agility sprints - sprint thru cones, walk back is rest***

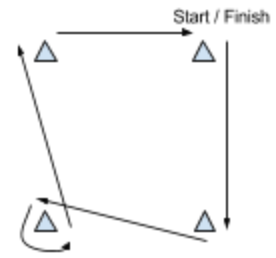
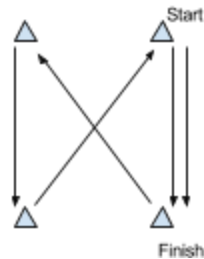
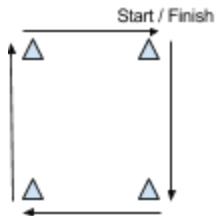
- 3x sprint and backpedal (in straight line)
- 3x sprint and change direction (in straight line)

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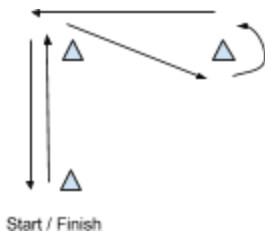
### 4 cone agility - go thru one time each direction

- 2x forward, shuffle, backpedal, shuffle
- 2x forward, diagonal, forward, diagonal, forward
- 2x run and turn corner



### 3 cone agility - go thru one time each direction

- 2x forward, shuffle, backpedal, shuffle
- 2x forward, diagonal, forward, diagonal, forward
- 2x run and turn corner



## Thursday: Strongman

### Start

- Under field goal post in endzone

### Agility bags

- Set up on the 10 yd line
- Shuffle weave thru 3 agility bags

### Tire flip

- Set up on the 20 yd line
- Flip the tire 10 yds

### Farmer's walk

- Set up on the 40 yd line
- Carry hex bar with weights 10 yds (135lbs upperclass boys, 95lbs underclass/girls)

### Med ball toss or atlas stones

- Set up on opposing uprights
- Sprint from Farmer's walk to uprights
- 2 med ball tosses must make it thru uprights (10lbs, 15lbs)
- Sprint back and tag off Farmer's walk