

SPEED AGILITY AND CONDITIONING

Monday				
Station 1	Station 2	Station 3	Station 4	Station 5
Speed Parachute Drills 10 reps speed reps	Agility X Drill 10 reps speed reps	Quickness Dot Mat Drills 10 speed reps	Linear_Acceleration L Drill 18x 50s Rest Between Each	Linear_Acceleration short shuttle sprint 18x 50s Rest Between Each
Station 6	Station 7	Station 8	Station 9	Station 10
Plyometrics Hurdle Hops Linear 18x 50s Rest Between Each	Chaos Viper shuffle/shuffle 6 50s Rest Between Each	Chaos 5-10-5 sprint 18x 50s Rest Between Each	Linear_Acceleration N Drill 18x 50s Rest Between Each	Linear_Acceleration T Drill 18x 50s Rest Between Each

Tuesday				
Station 1	Station 2	Station 3	Station 4	Station 5
EST Gassers 18x 50s Rest Between Each	Speed Viper shuffle/shuffle 6 50s Rest Between Each	Chaos SL Start 18x 50s Rest Between Each	Linear_Acceleration SL Start 18x 50s Rest Between Each	Linear_Acceleration SL Start 18x 50s Rest Between Each
Station 6	Station 7	Station 8	Station 9	Station 10
Plyometrics Battle 18x 50s Rest Between Each	Speed Viper shuffle/shuffle 6 50s Rest Between Each	Chaos SL Start 18x 50s Rest Between Each	Linear_Acceleration SL Start 18x 50s Rest Between Each	Linear_Acceleration SL Start 18x 50s Rest Between Each

Wednesday				
Station 1	Station 2	Station 3	Station 4	Station 5
Plyometrics Battle 18x	Speed Viper shuffle/shuffle 6	Viper SL Start 18x	Linear_Acceleration SL Start 18x	Linear_Acceleration SL Start 18x
Station 6	Station 7	Station 8	Station 9	Station 10
Speed SL Start 18x 50s Rest Between Each	Linear_Acceleration SL Start 18x 50s Rest Between Each	Linear_Acceleration SL Start 18x 50s Rest Between Each	Linear_Acceleration SL Start 18x 50s Rest Between Each	Linear_Acceleration SL Start 18x 50s Rest Between Each

Thursday				
Station 1	Station 2	Station 3	Station 4	Station 5
Linear_Acceleration figure 8's 18x 50s Rest Between Each	Quickness SL Start 18x 50s Rest Between Each	Viper SL Start 18x 50s Rest Between Each	Linear_Acceleration SL Start 18x 50s Rest Between Each	Linear_Acceleration SL Start 18x 50s Rest Between Each
Station 6	Station 7	Station 8	Station 9	Station 10
Linear_Acceleration SL Start 18x 50s Rest Between Each	Linear_Acceleration SL Start 18x 50s Rest Between Each	Speed SL Start 18x 50s Rest Between Each	Chaos SL Start 18x 50s Rest Between Each	Linear_Acceleration SL Start 18x 50s Rest Between Each

Friday				
Station 1	Station 2	Station 3	Station 4	Station 5
Linear_Acceleration SL Start 18x 50s Rest Between Each	Linear_Acceleration SL Start 18x 50s Rest Between Each	Linear_Acceleration SL Start 18x 50s Rest Between Each	Linear_Acceleration SL Start 18x 50s Rest Between Each	Linear_Acceleration SL Start 18x 50s Rest Between Each
Station 6	Station 7	Station 8	Station 9	Station 10
EST SL Start 18x 50s Rest Between Each	Linear_Acceleration SL Start 18x 50s Rest Between Each	Linear_Acceleration SL Start 18x 50s Rest Between Each	Linear_Acceleration SL Start 18x 50s Rest Between Each	Linear_Acceleration SL Start 18x 50s Rest Between Each