SPEED AGILITY AND CONDITIONING

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

Tuesday											
EST		Speed	Chaos		Linear_Acceleration	Linear_Acceleration					
	Gassers 18x	Viper shuffle/shuffle 6		SL Start	<u>18x</u>	SL Start	<u>18x</u>		SL Start	<u>18x</u>	
<u>50s</u>	Rest Between Each	50s Rest Between Each	50s Rest Between Each		50s Rest Between Each		50s Rest Between Each		Each Each		
	Station 6	Station 7	Station 8			Station 9		Station 10			
	Plyometrics	Speed		Chaos		Linear_Acceleration	Linear_Acceleration				
	Battle 18x	Viper shuffle/shuffle 6		SL Start	<u>18x</u>	SL Start	<u>18x</u>		SL Start	<u>18x</u>	
<u>50s</u>	Rest Between Each	50s Rest Between Each	<u>50s</u>	Rest Betweer	n Each	50s Rest Betwee	n Each	<u>50s</u>	Rest Between	Each	

Wednesday												
Station 1		Station 2		Station 3		Station 4		Station 5				
	Plyometrics Speed		Viper		Linear_Acceleratio	n	Linear_Acceleration					
	<u>Battle</u>	<u>18x</u>	Viper shuffle/shuffle	<u>6</u>	SL Start	<u>18x</u>	SL Start	<u>18x</u>	<u>SL Start</u>	<u>18x</u>		
	Station 6		Station 7		Station 8		Station 9		Station 10			
	Speed		Linear_Acceleration		Linear_Acceleration	on	Linear_Acceleratio	n	Linear_Acceleration			
	SL Start	<u>18x</u>	<u>SL Start</u>	<u>18x</u>	<u>SL Start</u>	<u>18x</u>	SL Start	<u>18x</u>	<u>SL Start</u>	<u>18x</u>		
50s Rest Between Each		50s Rest Between Each		50s Rest Betwe	en Each	50s Rest Betwee	en Each	50s Rest Between Each				

	Thursday													
Station 1		Station 2			Station 3			Station 4			Station 5			
Linear_Acceleration		Quickness		Viper			Linear_Acceleration			Linear_Acceleration				
	figure 8's 18x		SL Start	<u>18x</u>		SL Start	<u>18x</u>		SL Start	<u>18x</u>		SL Start	<u>18x</u>	
<u>50s</u>	s Rest Between Each 50s Rest Between Each		50s Rest Between Each			50s Rest Between Each			50s Rest Between Each					
	Station 6		Station 7			Station 8			Station 9			Station 10		
	Linear_Acceleration		Linear_Acceleration		Speed			Chaos			Linear_Acceleration			
	SL Start 18x		SL Start	<u>18x</u>		SL Start	<u>18x</u>		SL Start	<u>18x</u>		SL Start	<u>18x</u>	
<u>50s</u>	50s Rest Between Each		Rest Between	een Each	<u>50s</u>	Rest Betw	veen Each	<u>50s</u>	Rest Betwe	en Each	<u>50s</u>	Rest Between	n Each	

	Friday													
Station 1			Station 2			Station 3			Station 4			Station 5		
	Linear_Acceleration		Linear_Acceleration		Linear_Acceleration			Linear_Acceleration			Linear_Acceleration			
	SL Start 1	x	SL Start	<u>18x</u>		SL Start	<u>18x</u>		SL Start	<u>18x</u>		SL Start	<u>18x</u>	
<u>50s</u>	Rest Between Each	<u>50</u>	50s Rest Between Each		50s Rest Between Each			50s Rest Between Each			50s Rest Between Each			
	Station 6		Station 7			Station 8			Station 9			Station 10		
	EST		Linear_Acceleration		Linear_Acceleration			Linear_Acceleration			Linear_Acceleration		n	
	SL Start 1	<u>x</u>	SL Start	<u>18x</u>		SL Start	<u>18x</u>		SL Start	<u>18x</u>		SL Start	<u>18x</u>	
<u>50s</u>	50s Rest Between Each 50s		s Rest Betwe	een Each	<u>50s</u>	Rest Betw	veen Each	<u>50s</u>	Rest Between	en Each	<u>50s</u>	Rest Between	en Each	