

WEEK#	DATES	STATION	MONDAY (SPEED)	TUESDAY (AGILITY)	WEDNESDAY (POWER)	THURSDAY (COMPETE)
1	JUNE 15-18	1	REACTION STARTS	LINE DRILLS:FOOTWORK	PROWLER DRIVES	MILE RUN TIME
		2	40 YD TIME	PRO AGILITY	BROAD JUMP MARK	HIP MOBILITY
		CONDITIONING	100 YD STRIDES (SKILL 14s, MID 16s, BIG 18s) x6	BEAR CRAWL RATS x4 : SHUFFLE RATS x4 (60s REST)	BLEACHERS (2MINS STRAIGHT) x3 (80s REST INBETWEEN)	PLANKS & CORE
2	JUNE 22-25	1	REACTION STARTS (LUNGE, SIT UP, ETC)	5 CONE DRILL	PROWLER DRIVES	40 SPLIT TIMES (FREE LAP)
		2	30 YD SPRINTS	ROPES	HEAVY BAG THROWS (4 CUMMULATIVE) x 4	HURDLES
		CONDITIONING	80s x 8	60 SHUTTLE x 6 (VARIOUS MVHNTS)	BLEACHERS (2MINS STRAIGHT) x3 (80s REST INBETWEEN)	200M x 4
3	JUNE 29-JULY 2	1	HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY
		2				
		CONDITIONING				
4	JULY 6-9	1	REACTION STARTS (LUNGE, SIT UP, ETC)	5 CONE DRILL	PROWLER DRIVES	40 SPLIT TIMES (FREE LAP)
		2	30 YD SPRINTS	ROPES	HEAVY BAG THROWS (4 CUMMULATIVE) x 4	HURDLES
		CONDITIONING	80s x 8	60 SHUTTLE x 6 (VARIOUS MVHNTS)	BLEACHERS (2MINS STRAIGHT) x3 (80s REST INBETWEEN)	200M x 4
5	JULY 13-16	1	PROWLER PULL	3 CONE (7s) AGILITY (4s)	PROWLER DRIVES	BLEACHERS
		2	REACTION CHASE (VARIOUS POSITIONS)	LINES AND TIRES	5 MAN DRIVES	PROSHUTTLE
		CONDITIONING	10 FOR 10	RATS	ALIVE FOR 25	100M x 5
6	JULY 20-23	1	PROWLER PULL w/ STRAPS	5 CONE DRILL	PROWLER DRIVES	TENNIS BALL STARTS
		2	30s WITH FULL RECOVERY	ROPES	TIRES	HURDLES (BIG AND MINI)
		CONDITIONING	10,20,40,60,80,100,80,60,40,20,10	BURPEE CHALLENGE	BLEACHERS	400, 200, 100, 40, 20
7	JULY 27-30	1	PROWLER PULL w/ STRAPS	5 CONE DRILL	PROWLER DRIVES	TENNIS BALL STARTS
		2	30s WITH FULL RECOVERY	ROPES	TIRES	HURDLES (BIG AND MINI)
		CONDITIONING	10,20,40,60,80,100,80,60,40,20,10	BURPEE CHALLENGE	BLEACHERS	400, 200, 100, 40, 20
Focus WARMUP			SIDE SLAPPERS, CHERRY PICKERS	STEP/SLIDE/REPLACE SIDE SHUFFLE	LUNGE/SQUAT WALKS	100 CALF POPS, 10 3-WAY LUNGE
			A MARCH, B MARCH	WALKING KARAOKE, SWINGING GATE	LUNGE FLIPS SPEED RIGHT LEG	10 SINGLE ARM OPPOSITE SQUATS
			A SKIP, B SKIP	FAST FEET SHUFFLE (FLIP 1/2 WAY)	LUNGES FLIPS SPEED LEFT LEG	10 SINGLE LEG T'S, 20 SQUAT JUMPS
			ANKLETS, BACKWARDS HIP SKIP	SHUFFLE (FLIP 1/2 WAY)	BROAD JUMP, BW BROAD JUMP	20 SIDE JUMPS
			ARM/KNEES/MOVE HIGH KNEE	KARAOKE (FLIP 1/2 WAY)	SIDE SINGLE LEG BROAD JUMP	20 DOUBLE LEG MOUNTAIN CLIMBERS
			PROGRESSION	SIDE CROSS OVER RUN	STRAIGHT LEG BOUND, BENT LEG BOUND	20 SINGLE LEG MOUNTAIN CLIMBERS
			BUILDUPS	ZIG ZAG BOUND	10 UP-DOWNS	

MATRIX PLAN