

2009 Summer Conditioning

Meetings: 9:00-10:15 AM Mondays and Wednesdays
6:00-7:15 PM Tuesdays and Thursdays

Dates: June 8-12
June 15-19
July 5-9
July 12-16
July 19-20
*Regular Fall Practice resumes on Wednesday, July 21

Summer Conditioning Practice Plan:

Mondays/Wednesdays Dynamic Warmup (5-10 minutes)
Core (10-15 minutes)
Run (15-45 minutes)
Post-run drills (10-15 minutes on Monday OR Wednesday)

Tuesdays/Thursdays Dynamic Warmup (5-10 minutes)
Form drills (15-20 minutes on Tuesday OR Thursday)
Run (15-45 minutes)
Stretch (5-10 minutes)

Dynamic Warmup (Pre-run, every day):

2xSun Salutation Sequence
On back: sideways scissors (2x10)
Front-to-back scissors (2x10)
Eagle (2x10)
Scorpion (2x10)
Slow Quad Walk
Slow Glute Walk

Form Drills (2x40 each drill):

A-Skip +40 stride
B-Skip +40 stride
High-knee Butt Kicks +40 stride
Backward run +40 stride
Ladder Drills (Fast feet)

Core:

sit-ups (3x to failure)
pushups (3x to failure)
1:00 Bus driver
Plank single leg lifts (1x10 each side)
Reverse plank single leg lifts (1x10 each)
Side plank leg lifts (1x10 each)
Lunges (2x10)

Post-Run Drills:

Hurdle Walk (10 hurdles x 2)
Hurdle Over/Under (10 hurdles x 2)
Hurdle Skip (10 hurdles x2)
Slow Hamstring Drill (40 meters)
Slow Quad Walk (40 meters)
Slow Glute Walk (40 meters)
Knee Circles (2x10 on each leg)
Mountain Climbers (2x20)