



**12-WEEK *ADVANCED*  
CONDITIONING PROGRAM**



**Hi athletes! Thank you for purchasing the Advanced Package! Please read the following disclaimer before attempting any of the following exercises.**

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**Thanks for reading! - Coach Emily**



NAME: \_\_\_\_\_

**ADVANCED PROGRAM : WEEKS 1-4**

Day 1		WEEK 1	WEEK 2	WEEK 3	WEEK 4
Drill	Description/Link	Sets x Reps	Sets x Reps	Sets x Reps	Sets x Reps
FOAM ROLL	<a href="#">See Youtube Video</a>				
DYNAMIC WARM UP	<a href="#">See Youtube Video</a>				
<b>Tempo Runs</b>	<b>SET UP:</b> Use a 100 yard field with a marker at the 50 yard point. You will start at one end of the field.	x 4	x 5	x 6	x 8
	<b>EXECUTION:</b> Run from start to the 50 yard marker and back. During your rest period jog across the entire field (100 yds) and wait to begin next rep.				
	Should take ~0:20				
	Active rest is 1:20 (Jog across).				
Day 2		WEEK 1	WEEK 2	WEEK 3	WEEK 4
Drill	Description/Link	Sets x Reps	Sets x Reps	Sets x Reps	Sets x Reps
FOAM ROLL	<a href="#">See Youtube Video</a>				
DYNAMIC WARM UP	<a href="#">See Youtube Video</a>	5 yard/ 15 Yard	5 yard/ 15 Yard	5 yard/ 15 Yard	5 yard/ 15 Yard
<b>Jingle-Jangles</b>	<b>SET UP:</b> Find an open space with plenty of room. Put markers 5 yards & 15 yards away from a start.	S/BP Sprint	S/BP Sprint	S/BP Sprint	S/BP Sprint
	<b>EXECUTION:</b> Each rep will consist of a 5 yard shuttle & a 15 yard shuttle, performed back to back. The movement of each shuttle is written in the respective column (key is below).	L.SH/R.SH Sprint	L.SH/R.SH Sprint	L.SH/R.SH Sprint	L.SH/R.SH Sprint
		R.SH/L.SH Sprint	R.SH/L.SH Sprint	R.SH/L.SH Sprint	R.SH/L.SH Sprint
		S/BP Sprint	BP/S Sprint	BP/BP Sprint	BP/S Sprint
	Each rep should be ~0:15	<b>Run Down</b>	<b>Run Down</b>	<b>Run Down</b>	<b>Run Down</b>
	("Run Down" might take a bit longer).	S/BP Sprint	<b>Run Down</b>	BP/S Sprint	<b>Run Down</b>
	Perform next rep at top of the minute.	L.SH/R.SH Sprint	S/BP Sprint	L.SH/R.SH Sprint	S/BP Sprint
		R.SH/L.SH Sprint	L.SH/R.SH Sprint	L.SH/R.SH Sprint	L.SH/R.SH Sprint
	<b>Exercise Key:</b>	S/BP Sprint	R.SH/L.SH Sprint	R.SH/L.SH Sprint	R.SH/L.SH Sprint
	<b>S</b> =Sprint	<b>Run Down</b>	S/BP Sprint	R.SH/L.SH Sprint	BP/S Sprint
	<b>BP</b> = Back Pedal		BP/BP Sprint	BP/S Sprint	<b>Run Down</b>
	<b>L/R SH</b> = Left/Right Shuffle		<b>Run Down</b>	BP/BP Sprint	<b>Run Down</b>
	<b>"Run Down"</b> = 2 x 15yard Shuttle			<b>Run Down</b>	S/BP Sprint
				<b>Run Down</b>	<b>Run Down</b>



NAME: \_\_\_\_\_

**ADVANCED PROGRAM : WEEKS 5-8**

Day 1		WEEK 5	WEEK 6	WEEK 7	WEEK 8
Drill	Description/Link	Sets x Reps	Sets x Reps	Sets x Reps	Sets x Reps
FOAM ROLL	<a href="#">See Youtube Video</a>				
DYNAMIC WARM UP	<a href="#">See Youtube Video</a>				
		<i>Sprints should be performed at 90-100% of max effort.</i>			
<b>75 Yard Shuttles</b>	<b>SET UP:</b> Place a marker 25 yards out from your starting line.	x 6	x 8	x 10	x 12
	<b>EXECUTION:</b> Using the 25yd marker, run a total of 75 yards. Always face the same direction on all turns.				
	(Each rep should take ~0:15)				
	Repeat each rep at the top of the minute.				
Day 2		WEEK 5	WEEK 6	WEEK 7	WEEK 8
Drill	Description/Link	Sets x Reps	Sets x Reps	Sets x Reps	Sets x Reps
FOAM ROLL	<a href="#">See Youtube Video</a>				
DYNAMIC WARM UP	<a href="#">See Youtube Video</a>	5 yard/ 15 Yard	5 yard/ 15 Yard	5 yard/ 15 Yard	5 yard/ 15 Yard
<b>Jingle-Jangles</b>	<b>SET UP:</b> Find an open space with plenty of room. Put markers 5 yards & 15 yards away from a start.	S/BP    Sprint	S/BP    Sprint	S/BP    Sprint	S/BP    Sprint
	<b>EXECUTION:</b> Each rep will consist of a 5 yard shuttle & a 15 yard shuttle, performed back to back. The movement of each shuttle is written in the respective column (key is below).	L.SH/R.SH    Sprint	L.SH/R.SH    Sprint	L.SH/R.SH    Sprint	L.SH/R.SH    Sprint
	<b>ADDITION:</b> Reps written in <b>RED</b> should be performed immediately after the preceding rep with no rest.	R.SH/L.SH    Sprint	R.SH/L.SH    Sprint	R.SH/L.SH    Sprint	<b>Run Down</b>
	Each rep should be ~0:15	S/BP    Sprint	BP/S    Sprint	BP/BP    Sprint	BP/S    Sprint
	("Run Down" might take a bit longer).	<b>Run Down</b>	<b>Run Down</b>	<b>Run Down</b>	R.SH/L.SH    Sprint
	Perform next rep at top of the minute.	S/BP    Sprint	S/BP    Sprint	BP/S    Sprint	<b>Run Down</b>
		L.SH/R.SH    Sprint	<b>S/BP    Sprint</b>	<b>L.SH/R.SH    Sprint</b>	<b>S/BP    Sprint</b>
		R.SH/L.SH    Sprint	L.SH/R.SH    Sprint	L.SH/R.SH    Sprint	L.SH/R.SH    Sprint
	<b>Exercise Key:</b>	<b>S/BP    Sprint</b>	R.SH/L.SH    Sprint	<b>Run Down</b>	R.SH/L.SH    Sprint
	<b>S/Sprint =Sprint</b>	<b>Run Down</b>	<b>S/BP    Sprint</b>	R.SH/L.SH    Sprint	BP/S    Sprint
	<b>BP= Back Pedal</b>		BP/BP    Sprint	BP/S    Sprint	<b>S/BP    Sprint</b>
	<b>L/R SH = Left/Right Shuffle</b>		<b>Run Down</b>	<b>BP/BP    Sprint</b>	<b>Run Down</b>
	<b>"Run Down" = 2 x 15yard Shuttle</b>			S/BP    Sprint	S/BP    Sprint
				<b>Run Down</b>	<b>Run Down</b>



NAME: \_\_\_\_\_

**ADVANCED PROGRAM : WEEKS 9-12**

Day 1		WEEK 9	WEEK 10	WEEK 11	WEEK 12
Drill	Description/Link	Sets x Reps	Sets x Reps	Sets x Reps	Sets x Reps
FOAM ROLL	<a href="#">See Youtube Video</a>				
DYNAMIC WARM UP	<a href="#">See Youtube Video</a>				
<b>Mixed Shuttles:</b>	<b>SET UP:</b> Place a marker 25 yards out from your starting line.				
	<b>EXECUTION:</b> Using the 25yd marker, run the total # of yards indicated in each rep. Always face the same direction on all turns.				
	<b>300 yard Shuttle</b> (Rest 2:00 between reps)	x 1	x 2	x 3	x 3
	<b>150 yard Shuttle</b> (Rest 1:00 between reps)	x 3	x 3	x 1	x 4
	<b>50 yard Shuttle</b> (Rest 0:20 between reps)	x 5	x 3	x 3	
Day 2		WEEK 9	WEEK 10	WEEK 11	WEEK 12
Drill	Description/Link	Sets x Reps	Sets x Reps	Sets x Reps	Sets x Reps
FOAM ROLL	<a href="#">See Youtube Video</a>				
DYNAMIC WARM UP	<a href="#">See Youtube Video</a>	5 yard/ 15 Yard	5 yard/ 15 Yard	5 yard/ 15 Yard	5 yard/ 15 Yard
<b>Jingle-Jangles</b>	<b>SET UP:</b> Find an open space with plenty of room. Put markers 5 yards & 15 yards away from a start. <b>EXECUTION:</b> Each rep will consist of a 5 yard shuttle & a 15 yard shuttle, performed back to back. The movement of each shuttle is written in the respective column (key is below). <b>ADDITION:</b> Reps written in <b>RED</b> should be performed immediately after the preceding rep with no rest. Each rep should be ~0:15 ("Run Down" might take a bit longer). Perform next rep at top of the minute.	S/BP Sprint L.SH/R.SH Sprint R.SH/L.SH Sprint S/BP Sprint <i>Run Down</i> S/BP Sprint L.SH/R.SH Sprint R.SH/L.SH Sprint S/BP Sprint <i>Run Down</i>	S/BP Sprint L.SH/R.SH Sprint R.SH/L.SH Sprint BP/S Sprint <i>Run Down</i> S/BP Sprint L.SH/R.SH Sprint R.SH/L.SH Sprint R.SH/L.SH Sprint S/BP Sprint BP/BP Sprint <i>Run Down</i>	S/BP Sprint L.SH/R.SH Sprint R.SH/L.SH Sprint BP/BP Sprint <i>Run Down</i> BP/S Sprint L.SH/R.SH Sprint R.SH/L.SH Sprint R.SH/L.SH Sprint BP/S Sprint <i>Run Down</i> BP/BP Sprint <i>Run Down</i>	S/BP Sprint L.SH/R.SH Sprint R.SH/L.SH Sprint BP/S Sprint <i>Run Down</i> S/BP Sprint L.SH/R.SH Sprint R.SH/L.SH Sprint R.SH/L.SH Sprint BP/S Sprint <i>Run Down</i> S/BP Sprint <i>Run Down</i>
	<b>Exercise Key:</b>				
	S/Sprint = Sprint				
	BP= Back Pedal				
	L/R SH = Left/Right Shuffle				
	"Run Down" = 2 x 15yard Shuttle				