



**12-WEEK *BEGINNER*  
CONDITIONING PROGRAM**



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

The material within this program, video content, and our website is provided solely as general educational and informational purposes. Use of this program, advice and information contained herein is at the sole choice and risk of the reader.

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**Thanks for reading! - Coach Emily**



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

**BEGINNER 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> Place a marker 30 yards out from your starting line.	x 8	x 10	x 12	x 14
	<b>EXECUTION:</b> Run from start around your marker & back to start. (Alternate which side you turn each set).				
	(Should take ~0:10 - 0:15)				
	Repeat each rep at the top of the minute.				
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>				
<b>BODY WEIGHT CIRCUIT:</b>	<b>SET UP:</b> Find an open space with plenty of room to move around.	x 4 rounds	x 4 rounds	x 4 rounds	x 4 rounds
	<b>EXECUTION:</b> Perform the following exercises in order using the "Work to Rest" times listed.	<i>Exercises should be performed at 75-85% of max effort</i>			
	Jumping Jacks	0:20 Work // 0:40 Rest	0:20 Work // 0:30 Rest	0:20 Work // 0:20 Rest	0:20 Work // 0:10 Rest
	Perfect Pushup				
	Walking Reverse Lunge				
	Spiderman Crawl				



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

**BEGINNER 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>				
<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>				
<b>BODY WEIGHT CIRCUIT:</b>	<b>SET UP:</b> Find an open space with plenty of room to move around.	2 x 2 rounds	2 x 2 rounds	2 x 2 rounds	2 x 2 rounds
	<b>EXECUTION:</b> Perform the following exercises in order using the "Work to Rest" times listed.	<i>Exercises should be performed at 90-10% of max effort</i>			
	Pogo Jumps/ Jump Rope	0:10 Work // 0:20 Rest	0:10 Work // 0:20 Rest	0:10 Work // 0:20 Rest	0:10 Work // 0:20 Rest
	Perfect Pushup				
	Walking Forward Lunge				
	Pushup Position Mountain Climbers				



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

**BEGINNER 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>150 yard Shuttles</b>	<b>SET UP:</b> Place a marker 25 yards out from your starting line.	x 4	x 5	x 6	x 8
	<b>EXECUTION:</b> Using the 25yd marker, run a total of 150 yards. Always face the same direction on all turns.				
	(Each rep should take ~0:30)				
	Rest 1:30 between reps				
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>				
<b>BODY WEIGHT CIRCUIT:</b>	<b>SET UP:</b> Find an open space with plenty of room to move around.	x 3	x 4	x 5	x 6
	<b>EXECUTION:</b> Perform the following exercises in order using the "Work to Rest" times listed.	<i>Exercises should be performed at 90-10% of max effort</i>			
	High Knee Run in Place	<b>EVEN SETS-</b> 0:10 Work // 0:20 REST	<b>EVEN SETS-</b> 0:10 Work // 0:20 REST	<b>EVEN SETS-</b> 0:10 Work // 0:20 REST	<b>EVEN SETS-</b> 0:10 Work // 0:20 REST
	Perfect Pushup	<b>ODD SETS-</b> 0:20 Work// 0:10 REST	<b>ODD SETS-</b> 0:20 Work// 0:10 REST	<b>ODD SETS-</b> 0:20 Work// 0:10 REST	<b>ODD SETS-</b> 0:20 Work// 0:10 REST
	Alt. Split Squat Jump				
	Pushup Position Mountain Climbers				