



**12-WEEK *INTERMEDIATE*  
CONDITIONING PROGRAM**



**Hi athletes! Thank you for purchasing the Intermediate 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: \_\_\_\_\_

**INTERMEDIATE 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>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 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 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>			
	Pogo Jumps/ Jump Rope	<b>EVEN SETS-</b> 0:10 Work // 0:20 REST <b>ODD SETS-</b> 0:20 Work// 0:10 REST	<b>EVEN SETS-</b> 0:10 Work // 0:20 REST <b>ODD SETS-</b> 0:20 Work// 0:10 REST	<b>EVEN SETS-</b> 0:10 Work // 0:20 REST <b>ODD SETS-</b> 0:20 Work// 0:10 REST	<b>EVEN SETS-</b> 0:10 Work // 0:20 REST <b>ODD SETS-</b> 0:20 Work// 0:10 REST
	Perfect Pushup				
	Walking Forward Lunge				
	Pushup Position Mountain Climbers				



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

**INTERMEDIATE 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>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 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>60 Yard Shuttle</b>	<b>SET UP:</b> Place a marker 15 yards out from your starting line.	x 6	x 8	x 10	x 12
	<b>EXECUTION:</b> Using the 15 yd marker perform shuttles until 60 yds is completed (x 4 lengths). Face the same direction on all turns.				
	(Each rep should take ~0:13-0:15)				
	Perform next rep at the top of the minute.				



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

**INTERMEDIATE 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>				
<b>60 Yard Shuttle</b>	<b>SET UP:</b> Place a marker 5, 10, & 15 yards out from your starting line (3 markers total).	x 6	x 8	x 10	x 12
	<b>EXECUTION:</b> Each rep will be a shuttle at the 5, 10, & 15 yd marker, performed back to back (60 yards total). Turn the same direction on all turns.				
	(Each rep should take ~0:13 - 0:15)				
	Perform next rep at the top of the minute.				