

A photograph of three football players from Endicott. They are wearing white jerseys with blue and green accents, blue helmets with "Schutt" branding, and blue pants. The player in the foreground has the number "1" on his back and a "Gulls" logo on his jersey. The player in the middle has the number "8" on his back. The player in the background has "ENDICOTT" on his jersey. They are all looking down, possibly at a play or a ball on the field. The background is a blurred green field.

# 2013

## ENDICOTT FOOTBALL SUMMER MANUAL



To: The Endicott College Football Team

From: Coach Wells

Our goal is to provide you with a program that is safe, efficient, and compatible with the physical needs of a football player. There are no shortcuts, no magic pills or potions; everything you will need to return to camp in the best shape of your life is contained in this manual. What is not in here is the ***self-discipline*** required to be the best you can be. The average person can be disciplined for a day, a week, or a month, but a long-term commitment is necessary to reach and maintain your full physical potential.

The 'secret' to your/our success lies in your ability to produce a full-out effort in training and competition. We all have control over developing, improving and perfecting physical, technical, tactical and psychological components of performance. ***Getting your body into superior shape is what you have the most control over.***

Remember, ***CHAMPIONSHIPS ARE WON LONG BEFORE THE DAY OF COMPETITION.*** When we step onto the field this fall, we must know that we are better prepared than our opponents. It takes effort and commitment to get your body to perform under the most demanding conditions. ***Everyone wants to win, but not everyone is willing to pay the price for success. Are you?***

If you are willing to commit yourself to our program, and make some sacrifices along the way, there is no reason that we cannot make our dreams a reality!

GO GULLS,

A handwritten signature in black ink, appearing to read "J Wells", with a long horizontal line extending to the right.

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# KEY ELEMENTS OF PRODUCTIVE TRAINING

- **INTENSITY:** The prime aspect of a successful training program. In order to achieve goals an athlete must have training passion rather than just getting through the workout.
- **CONSISTENCY:** Remaining consistent throughout a training program, before, during and after workouts. It is preparing the body to train with good eating habits, proper rest and recovery as well as training with a high level of intensity day in and day out.
- **ACCOUNTABILITY:** Being accountable to teammates to show up each day with a high level of intensity and mental readiness. Also, it is being accountable to yourself for lack of intensity and poor eating and recovery habits.
- **MENTAL TOUGHNESS:** Training hard each and every day is not easy, neither is being a champion. In order to reach goals you must be mentally ready to compete each workout and mentally strong enough to push through.
- **RECORD ALL YOUR WORKOUTS:** In order for you to get stronger you must attempt to do more repetitions with a given weight or increase the weight. This must be done on a regular basis for you to achieve results. Recording workouts allows you to challenge yourself and keep progress of your gains; otherwise your training will be haphazard and unproductive.

## NUTRITION & REST

YOU ARE WHAT YOU EAT! Making smart choices about what you put into your body will have a DIRECT impact on your performance and recovery. Do not neglect NUTRITION as a valuable training component – it might just be the edge you need to take yourself to the next level.

Some simple guidelines should be followed when planning your diet over the next 12 weeks:

- IN GENERAL, EAT LESS TO LOSE WEIGHT, EAT MORE TO GAIN WEIGHT. REALIZE THAT YOUR ACTIVITY LEVEL WILL BE HIGH DURING THE SUMMER SO GUAGE THIS ACCORDINGLY.
- EAT BREAKFAST EVERY MORNING AND THEN EVERY TWO TO FOUR HOURS AFTER - THIS BREAKS DOWN INTO 3 MEALS AND 3 SNACKS PER DAY – PROTEIN DRINKS/BARS MAY BE USED FOR SNACKS BUT NOT TO REPLACE MEALS
- AT EVERY MEAL CONSUME A DENSE CARBOHYDRATE, A PROTEIN, AND A FAT.
- INCLUDE A FRUIT OR VEGETABLE AT EVERY MEAL.
- THE PORTION SIZE OF EACH OF YOUR FOOD CATEGORIES SHOULD BE EQUAL IN SIZE (AN AVERAGE SIZE OF A PORTION IS THE SIZE OF A CUPPED HAND OR A DECK OF CARDS)
- DRINK ½ YOUR BODYWEIGHT IN OUNCES OF WATER A DAY MINIMUM (EVEN MORE ON HIGH INTENSITY/ACTIVITY DAYS)
- LIMIT ALCOHOL CONSUMPTION

You should also attempt to get as much rest as possible. I know with busy schedules you will feel like you are burning the candle at both ends. Rest when you can, and get as much QUALITY sleep as possible. Every now and then you may have to skip that late night out to get properly rested so you don't burn out. REMEMBER, it takes a special person to play football and that SACRIFICES need to be made for the team.



## 5/3/1 PHILOSOPHY

Having lifted weights for the past 29 years I have been exposed to lots of different training programs and philosophies. However, at the end of the day the real goal of any STRENGTH program is to GET STRONG, that's it. In large part, the business of strength and conditioning has become very scientific. This can produce really effective workouts that produce solid results. However, what has been lost in strength and conditioning is the TOUGHNESS factor. You might be able to perform the workout, you might be able to get stronger, but I am not so sure guys are getting any tougher.

So, after much thought I have decided the best thing for our program is to get back to the basic tenets of strength training that have stood the test of time.

Our program this off-season will be based around big, basic multi-joint lifts: The BENCH PRESS, PARALLEL SQUAT, DEADLIFT, and PUSH PRESS. If you get good at those, you'll get good at other things, as they have a huge carryover.

## KEYS TO SUCCESS

**START LIGHT:** While it may seem counterintuitive to take weight off the bar when the goal is to add weight to it, starting lighter allows you more room to progress forward. This is sometimes hard to swallow for most lifters. Everyone wants to start heavy but that is nothing more than ego, and nothing will destroy a lifter faster, or for longer, than ego.

**PROGRESS SLOWLY:** This ties in with starting light, and keeps lifters who want to get strong yesterday from sabotaging their own progress.

**BREAK PERSONAL RECORDS:** The workout is set up to allow you to break a variety of repetition records throughout the program. Notice that it's "rep records," and not "one-rep max." Most people live and die by their one-rep max, but if your SQUAT goes from 325 x 6 to 325 x 9, you've gotten stronger."

## GETTING STRONGER

You will be expected to lift four days a week. Each workout is centered on one or two core lifts — the aforementioned parallel squat, bench press, deadlift and push press.

Each training cycle lasts four weeks, with these set-rep goals for each major lift:

Week 1: 3 x 5

Week 2: 3 x 3

Week 3: 3 x 5, 3, 1

Week 4: unloading

Then you start the next cycle, using heavier weights on the core lifts, and that's where a seemingly simple system starts getting complicated.

You aren't just picking a weight to lift five times or three times or one time per set. You're using a specific percentage of your one-rep max, and not your full 1RM. THE CALCULATIONS ARE BASED ON 90% OF IT.

So if your 1RM in the bench press is 315 pounds, you use 285 (90%) as the base number for your training-weight calculations. Here's how it works:

	Week 1	Week 2	Week 3	Week 4
Set 1	65% x 5	70% x 3	75% x 5	40% x 5
Set 2	75% x 5	80% x 3	85% x 3	50% x 5
Set 3	85% x 5+	90% x 3+	95% x 1+	60% x 5

When you see 5+, 3+, or 1+, that means you do the max reps you can manage with that weight, with the goal of setting a rep record in each workout.

Let's walk through the Week 1 workout for bench press. Using the example above, if your 1RM is 315, you calculate all your percentages from 90% of that max, or 285 pounds.

So you're using 185 (65% of 285) x 5, 215 x 5, and 240 or 245 x 5 or more.

After you finish the first cycle, you add five pounds to your 1RM calculations for the two upper-body lifts and 10 pounds to your 1RM for the squat and deadlift. I have provided everyone with an EXCEL SPREADSHEET that will automatically calculate everything as long as you record your workout performances.

Another unique feature is that your final set each workout is an ***ALL OUT EFFORT***. With this system you will compete and accomplish a goal every workout!

Doing the prescribed amount of reps will simply test your strength. We are looking to do “ONE MORE” in everything we do, so going above and beyond those final reps is the secret to building STRENGTH, MUSCLE, TOUGHNESS and CHARACTER!

## ASSISTANCE WORK

Along with the bench press, squat, push press, and deadlift, you will be doing some assistance exercises to build muscle, prevent injury, and create a balanced physique. My favorites are strength-training staples like chin-ups, dips, lunges, and back extensions. You can be somewhat creative here but don't go crazy with adding too many extra exercises.

## A FEW TIPS FOR THE FIRST CYCLE

**DON'T CUSTOMIZE.** Do the program the way it's written.

**TAKE IT EASY WITH THE ASSISTANCE WORK.** Some people look for the magic combination of assistance exercises, and completely underrate the key lift. Don't "major in the minors". Assistance work is just that - assistance.

**START WITH THE RIGHT WEIGHTS:** Learn to train with some restraint and actually use weights that you can handle with **GOOD FORM**.

**PROGRESS SLOWLY:** Be "long-term greedy" with your workouts and see the big picture here. We are training to be successful in the spring and then, more importantly, in the FALL! Think about what five or 10 pounds a month adds up to over the course of an off-season...

## THE EXCEL SPREADSHEET AND FINAL THOUGHTS

*We have provided you with an EXCEL SPREADSHEET that will automatically calculate your workouts for you.*

## USING THE EXCEL SPREADSHEET

You will notice the **YELLOW** cells at the top of the first week's sheet.

This is where you will need to **TYPE IN YOUR APPROXIMATE 1 REP MAX FOR EACH EXERCISE**. If you are not exactly sure of your MAX, just "guesstimate" and get it close (the final set will determine your actual max). After you do this the sheet will calculate all the weights for your major lifts!

When you complete your **ALL OUT** set simply **TYPE IN THE NUMBER OF REPS YOU COMPLETED** and your new **1 REP MAX** will automatically calculate as well as the weights for the next week's workout.

You just need to be sure to fill in the reps for the **ALL OUT** set in each workout so that the sheets continue to re-calculate.

*The FINAL SET OF YOUR CORE LIFT in each workout is the one that produces mass and strength, so give it everything you have, and get as many reps as you can with that weight. (The exceptions are the unloading workouts in Week 4. You're giving your muscles a break, not trying to establish new PRs.*

# HELPFUL VIDEOS

## FRONT SQUATS (USING WRIST STRAPS)

<http://www.youtube.com/watch?v=TI-aVaCPs0o>

## ROMANIAN DEADLIFT

[http://www.youtube.com/watch?v=VS3x75\\_YpsE](http://www.youtube.com/watch?v=VS3x75_YpsE)

## DEADLIFT VARIATIONS:

<http://www.youtube.com/watch?v=ca-6GVaxKIE>

## PUSH PRESS:

[http://www.youtube.com/watch?v=L7\\_DylBEW5Q](http://www.youtube.com/watch?v=L7_DylBEW5Q)



# FOOTBALL 'FITNESS'

Your physical fitness is directly related to your mental fitness. When you are physically exhausted you will have a hard time concentrating on your assignments and quickly fall behind those who arrive in shape. Camp is short, you will not have the luxury of being able to “play yourself into shape”. Also, if you run the 300 shuttle and make your times now, don’t think that you are in “GAME SHAPE” - ***YOU MUST BE PREPARED TO PLAY FIVE QUARTERS IN HOT, HUMID WEATHER!***

You must train hard to run the times outlined for the 300 SHUTTLE TEST, run at 25 YD LENGTHS. Those that run the 300 in their time are at least in good enough shape to ***COMPETE IN CAMP***. Your goal should then not just to make your time, but to beat the time by as many seconds possible!

## ***TO PLAY FAST, YOU MUST TRAIN FAST!***

The speed to play the game of football is specific to the demands of each position. Football speed and acceleration are the keys to your success, not straight-line track speed. Some athletes run fast in a straight line but do not possess the abilities to quickly and change direction. Your goal is to develop the specific speed and quickness you use to play your position, and a level of conditioning to sustain that speed and quickness during a game.

Speed and quickness are abilities you inherit from your genetic pool. There are specific physical and neurological assets you must possess to run fast. These are factors you have no control over. You can’t develop more speed than your genetic potential will allow. However, this should not stop you from developing your speed to meet your potential. Invest your training time wisely. We are not developing speed for a specific event - you are not a track athlete. Your level of conditioning to maintain football speed and quickness during a game is more important than your ability to run 40 yards in a straight line (this is one of the reasons we test the 20 instead).

You can’t alter your genetic pool or those characteristics you’ve inherited from your parents. But you can develop the potential speed you do possess by exploiting those factors you can control.

Listed below are some of the items you can control that contribute to your ability to play fast:

- Eliminate excess body fat.
- Strengthen the muscles used to run.
- Develop adequate flexibility.
- Refine stance/start techniques.
- Develop sound running techniques.
- Develop a level of fitness to maintain speed and quickness for an entire game.
- Practice running fast.

The most important variable to realizing your full speed potential is to practice running fast. It sounds simple and it is yet some athletes never practice running fast (all out). Once you’ve developed a requisite level of strength and conditioning, you must practice running as fast as you can.

## ***AGILITY & QUICKNESS***

Agility has many connotations, as does quickness. The dictionary considers them synonyms, but they each have specific, though complimentary, meanings. Being agile is the ability to move easily, almost instantaneously, in any direction from any position while maintaining body control. Quickness is the ability to react to a given stimulus in a short time span. Agility and quickness do share common ground in that most people who are agile are usually quick and vice versa. Both are necessary components of most all sports.

# **SPEED & AGILITY TRAINING OVERVIEW**

## **WARM-UP**

The warm-up on speed days are divided into three segments: the dynamic warm-up, mobility drills and the sprint specific warm-up. Feel free to add any warm-up drills you are comfortable with or delete any you are not comfortable with. You can also static stretch after the warm-up and before the drills if you feel so inclined.

## **PLYOMETRICS**

We will incorporate in-place vertical, in-place lateral and some linear plyometric drills in the psac session. Box jumps and occasionally barrier jumps will be part of the optional/additional bpoc work-outs. Be sure to utilize proper landing mechanics and minimize ground contact time with all repetitive jumps.

## **STARTS**

All of our starts will be 5 yards and will be performed in a variety of starting positions.

## **SPRINTS**

These will be organized in a wave fashion throughout the summer plan. Please make sure you are fully recovered between sprints.

## **LADDER SHUTTLES**

From the start line, run to the designated yard line and touch the line with your hand. Return to the start line making sure to face the same directions throughout the entire shuttle.

## **PRO AGILITY SHUTTLES**

Starting from the middle line and run either left or right to a designated line. Touch the line with your hand always facing forward. Always finish through the middle line.

## **CONE AGILITIES**

Follow the patterns from the descriptions. Make tight turns by “speeding the feet” and staying low.

## **SUMMER PSAC DRILL GRID**

This grid will give you a general outlook of the summer plan. The summer running drills are set up so you can perform them in minimal amount of space. The majority of the plyometric drills are done in-place. The speed drills will vary between 10 and 40 yards and the agility drills will be confined in a 5 by 30 yard space. Finally, the conditioning drills are set up in increments that are 25 yards in length or the width of a football field.

# WARM-UP

4 x 20 YD STRIDERS			
MUSCLE	TYPE OF EXERCISE	SPEED OF EXERCISE	DRILL
HIP FLEXOR	DYNAMIC	SLOW	KNEE HUG TO WALKING QUAD
	DYNAMIC	FAST	HIGH KNEES TO BUTT KICK
	STRETCH	-	LUNGE TO SPIDERMAN R&L
HAMSTRING	DYNAMIC	SLOW/FAST	FORWARD HAM WALK TO A-SKIP
	DYNAMIC	SLOW/FAST	FRANKENSTEIN TO A-SKIP
	STRETCH	-	FEET APART R&L
IT BAND	DYNAMIC	SLOW	CROSSOVER SQUAT TO CROSSOVER SQUAT
	DYNAMIC	FAST	HIGH KNEE CARIOCA TO HIGH KNEE CARIOCA
	STRETCH	-	SILVA STRETCH
GROIN	DYNAMIC	SLOW	LATERAL LUNGE TO LATERAL LUNGE
	DYNAMIC	FAST	LOW SHUFFLE TO LOW SHUFFLE
	STRETCH	-	BUDDAH SQUAT
4 x 20 YD SPRINTS			

## KNEE HUG TO WALKING QUAD

- TAKE AN EXAGGERATED HIGH STEP, DRIVING YOUR KNEE HIGH, AND SIMULTANEOUSLY PUSH UP ON THE TOES OF YOUR OPPOSITE FOOT.
- DRIVE YOUR KNEES UP AS HIGH AS POSSIBLE AND LIFT YOUR TOE.
- HUG YOUR KNEE TO YOUR CHEST.
- @ 10 YDS SWITCH TO WALKING QUAD
- GRAB RIGHT ANKLE WITH THE RIGHT HAND AND PULL HEEL TO GLUTE AS THE LEFT HIP AND ANKLE EXTEND
- STEP FORWARD WITH RIGHT FOOT AND REPEAT STRETCH ON OTHER SIDE

## HIGH KNEES TO BUTT KICKS

- EXECUTE PROPER RUNNING FORM; KEEP YOUR ELBOWS AT 90° AND DRIVE YOUR HANDS UP TO CHIN LEVEL AND BACK TO YOUR REAR POCKET.
- STAY ON THE BALLS OF YOUR FEET, AND DRIVE YOUR KNEES.
- **SWITCH TO BUTT KICKS @ 10 YDS**
- BEGIN RUNNING BY FLEXING YOUR KNEE AND BRINGING YOUR HEEL BACK AND AROUND TO YOUR BUTTOCKS.
- MAINTAIN A SLIGHT FORWARD LEAN THROUGHOUT THE DRILL, AND STAY ON THE BALLS OF YOUR FEET.
- COMPLETE 20 KICKS WITHIN 10 YARDS.
- MAINTAIN A QUICK, YET SHALLOW ARM SWING, KEEP YOUR ELBOWS AT 90° AND DRIVE YOUR HANDS FROM CHEST TO FRONT HIP POCKET.

## LUNGE TO SPIDERMAN

- LUNGE WITH ONE FOOT FAR BEHIND OTHER FOOT.
- SQUAT DOWN WITH CHEST HIGH, STRAIGHTENING HIP OF REAR LEG BY PUSHING HIPS DOWN AND FORWARD.
- HOLD STRECH FOR 30 SECS
- REMAIN IN LUNGE POSITION AND SLIDE ELBOW DOWN INSIDE OF SHIN TOWARDS LEAD ANKLE.
- KEEP BACK LEG STRAIGHT TO GET FULL QUAD/HIP FLEXOR STRETCH BENEFIT.
- "SINK" LOWER AS YOU ARE SAFELY ABLE AND OPEN UP YOUR HIP.
- HOLD STRECH FOR 30 SECS
- SWITCH AND REPEAT FOR OPPOSITE SIDE

## FORWARD HAMSTRING WALK TO A-SKIP

- PLANT LEFT HEEL ON GROUND IN FRONT OF YOU, LEG STRAIGHT, TOES UP.
- WITH WEIGHT ON RIGHT LEG, HINGE FORWARD FROM HIPS, AND SIT BACK TO STRETCH BACK OF LEFT LEG.
- STEP FORWARD AND REPEAT WITH OPPOSITE LEG
- **SWITCH TO A-SKIP @ 10 YDS**
- THE KEY TO THE 'A' SKIP IS THE DOUBLE HOP ON THE SUPPORT LEG.
- EACH HOP SHOULD ONLY BE A COUPLE OF INCHES OFF THE GROUND, BUT THERE SHOULD BE TWO OF THEM: THE FIRST AS THE ACTIVE LEG RECOVERS AND ACTIVE ANKLE STEPS OVER THE KNEE AND THE SECOND AS THE ACTIVE LEG IS DECELERATED INTO THE GROUND. WHEN DONE CORRECTLY, BOTH FEET SHOULD HIT THE GROUND AT THE SAME TIME.
- USE APPROPRIATE ARM ACTION TO MAINTAIN BALANCE AND FIND RHYTHM

## FRANKENSTEIN TO A-SKIP

- WALK FORWARD KEEPING YOUR FRONT LEG STRAIGHT.
- KICK YOUR LEG UP AND TOUCH YOUR TOES TO THE FINGERS OF YOUR OPPOSITE HAND.
- REPEAT THE CYCLE WITH YOUR OPPOSITE LEG.
- KEEP YOUR ARM EXTENDED OUT PARALLEL WITH THE GROUND.
- **SWITCH TO A-SKIP @ 10 YDS**

## FEET APART STRETCH

- STAND WITH FEET APART AND GRAB RIGHT ANKLE AND STRETCH HAMSTRING
- HOLD FOR 30 SECS THEN SWITCH TO THE OPPOSITE DIRECTION @ 10 YDS

## WALKING CROSSOVER SQUAT TO WALKING CROSSOVER SQUAT

- CROSS YOUR LEFT LEG BEHIND YOUR RIGHT LEG IN A FAIRLY WIDE STANCE.
- SLOWLY SQUAT DOWN, BENDING AT THE KNEES .
- YOU SHOULD FEEL A STRETCH ALONG THE IT BAND OF YOUR RIGHT LEG NEAR THE HIP AND THIGH.
- CONTINUE FOR 10 YDS THEN SWITCH TO 10 MORE

## HIGH KNEE CARIOCA TO HIGH KNEE CARIOCA

- STAY ON THE BALLS OF YOUR FEET WITH YOUR HIPS IN A LOW SEMI-SQUAT POSITION.
- BEGIN THE DRILL BY TWISTING YOUR HIPS AND CROSSING ONE LEG IN FRONT OF THE OTHER, BRING YOUR TRAIL LEG THROUGH, AND CROSS YOUR LEAD LEG BEHIND THE TRAIL LEG.
- YOUR SHOULDERS SHOULD REMAIN SQUARE THROUGH THE ENTIRE DRILL.
- **SWITCH TO THE OPPOSITE DIRECTION @ 10 YDS**

## HIP GLUTE STRETCH (SILVA STRETCH)

- GO TO THE BOTTOM OF A LUNGE AND PLACE YOUR BACK KNEE ON THE GROUND.
- SLIDE YOUR FRONT FOOT FORWARD AND DROP THE KNEE OUT TO THE SIDE.
- PLACE YOUR HANDS ON THE GROUND ON EITHER SIDE OF THE FOOT.
- LOWER YOUR CHEST TOWARDS THE GROUND.
- LEAN DOWN FURTHER TO INCREASE THE STRETCH.
- HOLD FOR 30 SECS THEN SWITCH SIDES

## WALKING LATERAL LUNGE TO WALKING LATERAL LUNGE

- KEEP YOUR TORSO UPRIGHT AND TAKE A LONG STRIDE OUT TO THE SIDE.
- LUNGE OUT BENDING YOUR FORWARD KNEE TO 90°WHILE KEEPING YOUR TRAIL LEG STRAIGHT.
- LOWER YOUR HIPS AND SHIFT YOUR BODY WEIGHT TO THE OPPOSITE LEG.
- RECOVER BY BRINGING YOUR FEET TOGETHER AND STANDING UPRIGHT.

## LOW SHUFFLE TO LOW SHUFFLE

- SHUFFLE SIDEWAYS, KEEPING YOUR BODY LOW TO THE GROUND – KEEP A WIDE BASE AND DO NOT “CLICK YOUR HEELS”
- GO 10 YDS THEN SWITCH FOR 10 MORE

## BUDDAH SQUAT

- STAND WITH FEET POINTED APPROXIMATELY 45° OUTWARD.
- SQUAT DOWN WITH KNEES POINTED OUTWARD OVER TOES WITH INSIDE OF UPPER ARM POSITIONED AGAINST INNER THIGH
- PUSH THIGHS APART WITH UPPER ARMS. HOLD STRETCH FOR 30 SECS

# ENDICOTT COLLEGE FOOTBALL

## PSAC CONDITIONING DRILL GRID

1	POGO JUMPS	FALLING STARTS & 10S	SELECT 2 CONE DRILLS	SUPER GASSERS
2	VERTICAL JUMPS	RDL STARTS & 20S	20YD PRO AGILITY	300YD SHUTTLE
3	SQUAT JUMPS	KNEE HUG STARTS & 10S	30YD LADDER SHUTTLE	GASSERS
4	TUCK JUMPS	LUNGE STARTS & 20S	SELECT 2 CONE DRILLS	150YD SHUTTLE
5	BROAD JUMPS	PUSH-UP STARTS & 30S	40YD PRO AGILITY	$\frac{3}{4}$ GASSERS
6	SL BROAD JUMPS	PRONE STARTS & 10S	40YD LADDER SHUTTLE	75YD SHUTTLE
7	SKATER JUMPS	SUPINE STARTS & 20S	SELECT 3 CONE DRILLS	$\frac{1}{2}$ GASSERS
8	SKATER JUMPS	KNEELING STARTS & 30S	60YD PRO AGILITY	150YD SHUTTLE
9	POGO JUMPS	JUMP-BACK STARTS & 40S	50YD LADDER SHUTTLE	$\frac{3}{4}$ GASSERS
10	VERTICAL JUMPS	SINGLE LEG STARTS & 15S	SELECT 3 CONE DRILLS	75YD SHUTTLE
11	SQUAT JUMPS	SL LATERAL STATS & 25S	20YD PRO AGILITY	$\frac{1}{2}$ GASSERS
12	BROAD JUMPS	SKATER STARTS & 30S	60YD LADDER SHUTTLE	4 QUARTER RUN
13	SKATER JUMPS	PUSH-UP STARTS & 40S	SELECT 3 CONE DRILLS	$\frac{1}{4}$ GASSERS

## HELPFUL VIDEOS

### PLYOMETRICS

[http://www.youtube.com/watch?v=IPpn8j\\_O\\_34&feature=related](http://www.youtube.com/watch?v=IPpn8j_O_34&feature=related)

### SPEED/STARTS

<http://www.youtube.com/watch?v=VrynBEh0kHQ&NR=1>

# 300 SHUTTLE TEST

OBJECTIVES: CHANGE OF DIRECTION AND ANAEROBIC CONDITIONING

DIRECTIONS:

1. MEASURE AN AREA OF 25 YARDS IN LENGTH
2. START FROM A SPRINT START BEHIND THE STARTING LINE
3. SPRINT 25 YARDS AND TOUCH THE LINE (HAND OR FOOT) AND SPRINT BACK TO THE STARTING LINE
4. AN INDIVIDUAL MUST RUN BACK AND FORTH A TOTAL OF 6 TIMES TO COMPLETE THE SHUTTLE (300 YDS)
5. TAKE A 5 MINUTE REST
6. RUN THE TEST AGAIN
7. TO FIND YOUR TIME: ADD YOUR 2 SCORES TOGETHER AND TAKE THE AVERAGE OF BOTH.

## 300 SHUTTLE STANDARDS

**OL = 70 SEC**

**DL = 65 SEC**

**QB/TE/FB/LB/K = 60 SEC**

**RB/DB/WR = 55 SEC**

**YOU WILL BE TESTED ON THIS WHEN ARRIVING TO CAMP ON AUGUST 15  
YOUR PERFORMANCE WILL DETERMINE YOUR STANDING WITH THE TEAM**

**I WANT THIS NEXT POINT TO BE CLEAR:**

***MORE THAN ANYTHING, YOUR CONDITIONING,  
AS DETERMINED BY THIS TEST,  
SHOWS YOUR DESIRE TO BE PART OF THE TEAM***

# AGILITY DRILLS

## LADDER DRILL (5, 10 AND 5)

1. START AT GOAL LINE FACING UP FIELD
2. SPRINT TO 5-YARD LINE AND BACK
3. SPRINT TO 10-YARD LINE AND BACK
4. SPRINT TO 5-YARD LINE AND BACK
5. TOUCH THE 5 AND 10 YARD LINES WITH YOUR LEFT FOOT AND THE GOAL LINE WITH YOUR RIGHT FOOT

## PRO AGILITY DRILL

1. START IN A TWO- OR THREE-POINT STANCE STRADDLING THE MIDDLE LINE OF A TEN-YARD SPACE
2. SPRINT TO THE RIGHT FOR 5 YARDS, TOUCH THE LINE WITH YOUR RIGHT HAND AND CHANGE DIRECTION
3. SPRINT 10 YARDS, TOUCH THE LINE WITH YOUR LEFT HAND AND CHANGE DIRECTION
4. SPRINT 5 YARDS BACK THROUGH THE MIDDLE LINE

## NEBRASKA AGILITY DRILL

1. TWO CONES ARE SET UP FIVE YARDS APART AND ONE YARD BETWEEN
2. START IN A THREE-POINT STANCE ON THE FIRST LINE
3. SPRINT TO CONE #1 AND MAKE A RIGHT-HAND TURN
4. SPRINT TO CONE #2 AND MAKE A LEFT-HAND TURN
5. SPRINT FIVE YARDS AND TOUCH LINE WITH YOUR HAND
6. BACKPEDAL ACROSS THE STARTING LINE

## EDGREN SIDE STEP DRILL

1. ASSUME A POWER STANCE HALF WAY BETWEEN TWO LINES THAT ARE 12 FEET APART (E.G., FREE THROW LANE)
2. SHUFFLE SLIDE Laterally TOUCHING EACH LINE WITH THE NEAR HAND, COUNT ONE FOR EACH LINE TOUCHED
3. REPEAT FOR 15 TO 30 SECONDS

## T-TEST

1. FOUR CONES ARE ARRANGED AS SHOWN
2. SPRINT FROM CONE #1 TO CONE #2 AND TOUCH BASE OF CONE WITH RIGHT HAND
3. SHUFFLE SLIDE FIVE YARDS TO CONE #3 AND TOUCH BASE OF CONE WITH LEFT HAND
4. SHUFFLE SIDE TEN YARDS TO CONE #4 AND TOUCH BASE OF CONE WITH RIGHT HAND
5. SHUFFLE SLIDE FIVE YARDS TO CONE #2 AND TOUCH BASE OF CONE WITH LEFT HAND
6. BACKPEDAL PAST CONE #1

## CLOVERLEAF DRILL

1. FIVE CONES ARE SET UP AS SHOWN
2. START ON LEFT SIDE OF CONE #1
3. TURN WITH LEFT SHOULDER TO MIDDLE CONE (#5) AND RIGHT SHOULDER TO OUTER CONES
4. CONE PROGRESSION IS 1-5-2-5-3-5-4-5-1 (SEE DIAGRAM)

# AGILITY DRILLS

## CHANGE OF PACE DRILL

1. SIX CONES ARE SET UP AS SHOWN
2. THE ATHLETE STARTS AT CONE#1, SPRINTS TO CONE #2, SHUFFLES SLIDES BETWEEN CONES #2 AND #3 TWICE, SPRINTS TO CONE #4, USES A CROSS-OVER RUN BETWEEN CONES #4 AND #5 TWICE, SPRINTS TO CONE#6 AND SPRINTS BACK TO CONE#1
3. EMPHASIS IS ON QUICK CHANGE OF DIRECTION AND MAINTAINING LOW BODY POSITION.

## 3-CONE DRILL

1. CONES ARE SET UP 5 YARDS APART AS SHOWN
2. START AT CONE #1, SPRINT FORWARD TO CONE #2, SPRINT BACK TO CONE #1SPRINTAROUND CONE #2 AND AROUND CONE #3, THEN SPRINT PAST CONE #2
3. EMPHASIS IS PLACED ON QUICK CHANGE OF DIRECTION AND MAINTAINING LOW BODY POSITION

## 5-CONE STAR DRILL

1. CONES ARE SET UP 5 YARDS APART AS SHOWN
2. START AT CONE #1, SHUFFLE Laterally TO CONE #2, PERFORM DROP STEP AND SHUFFLE TO CONE #3, AND CONTINUE IN THE SAME MANNER THROUGH ALL FOUR OF THE OUTSIDE CONES
3. EMPHASIS IS PLACED ON QUICK CHANGE OF DIRECTION AND MAINTAINING LOW BODY POSITION

## "V" CONE DRILL

1. CONES ARE SET UP 5 YARDS APART AS SHOWN
2. START AT CONE #1, SPRINT AROUND CONE #2 TO CONE #3, THEN BACK AROUND CONE #2 TO CONE #1
3. EMPHASIS IS PLACED ON QUICK CHANGE OF DIRECTION AND MAINTAINING LOW BODY POSITION

## "W" DRILL

1. CONES ARE SET UP 5 YARDS APART AS SHOWN
2. START AT CONE #1, SPRINT FORWARD TO CONE #2, BACKPEDAL TO CONE #3, SPRINT TO CONE #4, ETC. THROUGH THE SERIES OF CONES
3. EMPHASIS IS PLACED ON QUICK CHANGE OF DIRECTION AND MAINTAINING LOW BODY POSITION AND FORWARD LEAN

## "Z" DRILL

1. CONES ARE SET UP 5 YARDS APART AS SHOWN
2. START AT CONE #1, SHUFFLE SLIDE TO CONE #2, USE A DROP STEP TO CHANGE DIRECTION AND SLIDE TO CONE #3, ETC. THROUGH THE SERIES OF CONES
3. EMPHASIS IS PLACED ON QUICK CHANGE OF DIRECTION AND MAINTAINING LOW BODY POSITION

## SPRINT FORWARD, SLIDE BEHIND DRILL

1. CONES ARE SET UP 5 YARDS APART AS SHOWN
2. START AT CONE #1, SPRINT PAST CONE #2, THEN CHANGE DIRECTION AND SHUFFLE SLIDE TO CONE #3, REPEATING THIS SEQUENCE THROUGH THE SERIES OF CONES
3. EMPHASIS IS PLACED ON QUICK CHANGE OF DIRECTION AND MAINTAINING LOW BODY POSITION



# AGILITY DRILLS

## CIRCLE DRILL

1. CONES ARE SET UP 5 YARDS APART AS SHOWN
2. START AT CONE #1, SPRINT TO CONE #2 AND CIRCLE AROUND IT USING QUICK, CHOPPY STEPS, THEN REPEAT THIS SEQUENCE THROUGH THE SERIES OF CONES
3. EMPHASIS IS PLACED ON QUICK CHANGE OF DIRECTION AND MAINTAINING LOW BODY POSITION

## 4-CONE FOUR CORNER DRILL

1. FOUR CONES ARE SET UP 5 YARDS APART AS SHOWN
2. START AT CONE #1, SPRINT TO CONE #2, CARIOCA TO CONE #3, BACKPEDAL TO CONE #4, AND SHUFFLE SLIDE BACK TO CONE #1
3. EMPHASIS IS PLACED ON MAINTAINING LOW BODY POSITION AND A QUICK TRANSITION BETWEEN STAGES

## 4-CONE SPRINT-SHUFFLE DRILL

1. FOUR CONES ARE SET UP 5 YARDS APART AS SHOWN
2. START AT CONE #1, SPRINT TO CONE #3, SHUFFLE SLIDE TO CONE #2, DROP-STEP AND SPRINT TO CONE #4, AND SHUFFLE SLIDE BACK TO CONE #1
3. EMPHASIS IS PLACED ON MAINTAINING LOW BODY POSITION AND A QUICK TRANSITION BETWEEN STAGES

## 4-CONE SPRINT-BACKPEDAL DRILL

1. FOUR CONES ARE SET UP 5 YARDS APART AS SHOWN
2. START AT CONE #1, SPRINT TO CONE #3, BACKPEDAL TO CONE #4, SPRINT TO CONE #2, AND BACKPEDAL BACK TO CONE #1
3. EMPHASIS IS PLACED ON MAINTAINING LOW BODY POSITION AND A QUICK TRANSITION BETWEEN STAGES

## 4-CONE SPRINT-BACK SHUFFLE DRILL

1. FOUR CONES ARE SET UP 5 YARDS APART AS SHOWN
2. START AT CONE #1, SPRINT TO CONE #2, BACK SHUFFLE TO CONE #4, SPRINT TO CONE #3, AND BACK SHUFFLE BACK TO CONE #1
3. EMPHASIS IS PLACED ON MAINTAINING LOW BODY POSITION AND A QUICK TRANSITION BETWEEN STAGES

## SIDE-STRADDLE-SIDE

1. A ROW OF BARRIERS IS SET UP END TO END FOR A TOTAL DISTANCE OF APPROXIMATELY 10 YARDS
2. START WITH BOTH FEET ON THE RIGHT SIDE OF THE BARRIERS
3. WHILE HOPPING IN A FORWARD DIRECTION, FIRST STRADDLE THE BARRIERS, THEN LAND WITH BOTH FEET ON THE LEFT SIDE OF THE BARRIERS, STRADDLE THE BARRIERS AGAIN AND FINALLY LAND WITH BOTH FEET ON THE RIGHT SIDE OF THE BARRIERS
4. SEQUENCE IS CONTINUED OVER ALL THE BARRIERS, MAINTAINING RHYTHM, CONTROL AND BODY BALANCE

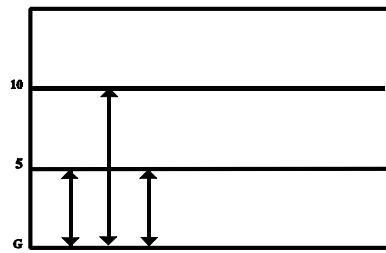
## TAP BAG DRILL

1. SIX BLOCKING BAGS OR TWELVE CONES ARE SET UP 3-4 YARDS APART AS SHOWN
2. SPRINT THROUGH THE SERIES OF BARRIERS, PLACING THE INSIDE HAND AT THE EDGE OF THE BARRIER WHILE CHANGING DIRECTION
3. EMPHASIS IS PLACED ON QUICK CHANGE OF DIRECTION AND MAINTAINING LOW BODY POSITION

# AGILITY DRILLS

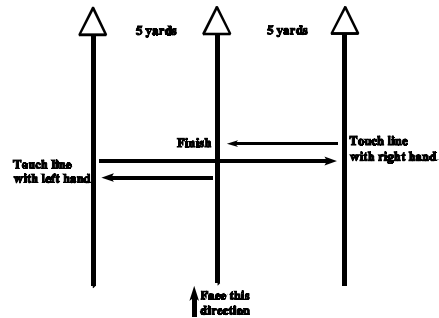
## CONE DRILLS

### LADDER 5-10-5



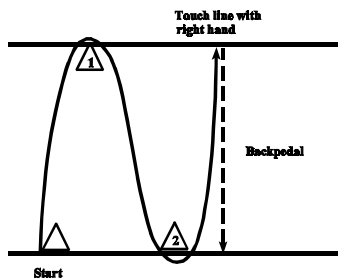
## CONE DRILLS

### PRO AGILITY (20 YD SHUTTLE)



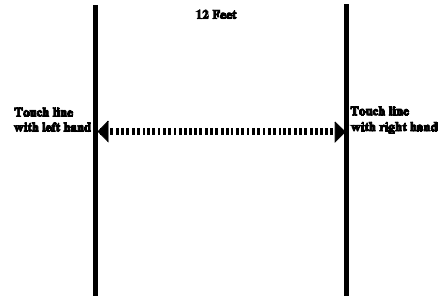
## CONE DRILLS

### NEBRASKA AGILITY DRILL



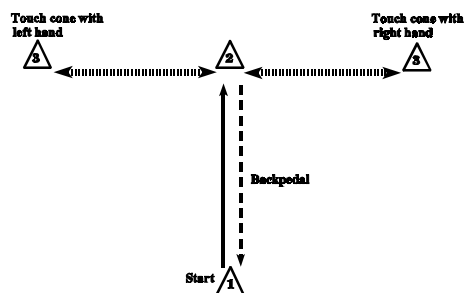
## CONE DRILLS

### EDGREN SIDE STEP DRILL



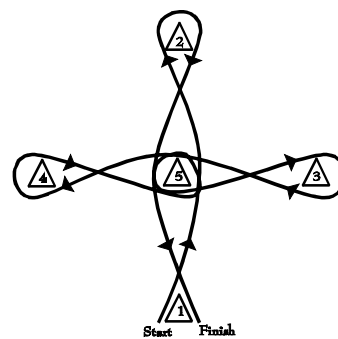
## CONE DRILLS

### T-TEST



## CONE DRILLS

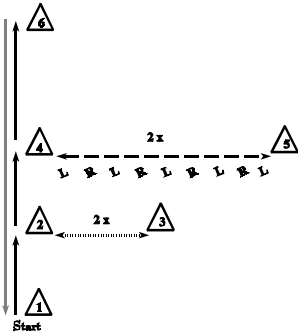
### CLOVERLEAF DRILL



# AGILITY DRILLS

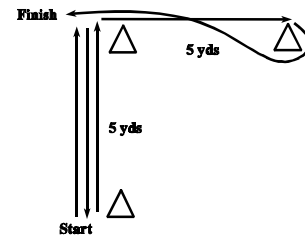
## CONE DRILLS

### CHANGE OF PACE DRILL



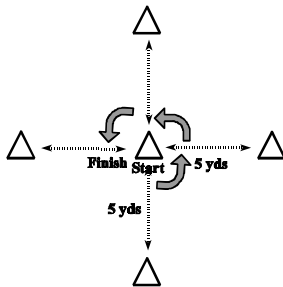
## CONE DRILLS

### 3-CONE DRILL



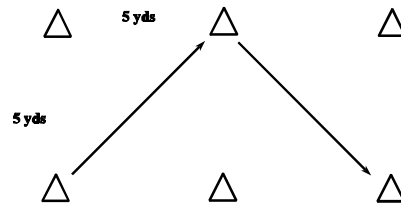
## CONE DRILLS

### 5-CONE STAR DRILL



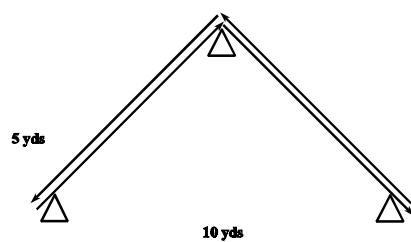
## CONE DRILLS

### ANGLE CONE DRILL



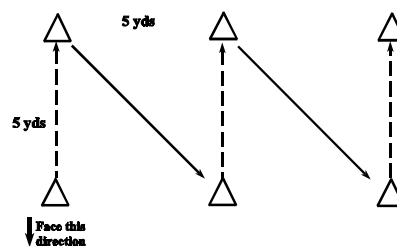
## CONE DRILLS

### "V" CONE DRILL



## CONE DRILLS

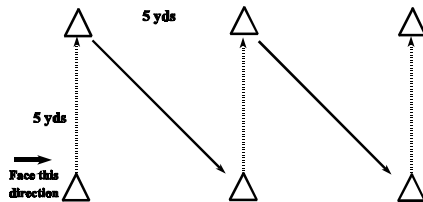
### "W" DRILL



# AGILITY DRILLS

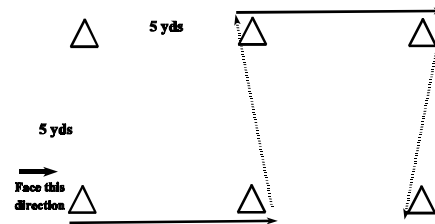
## CONE DRILLS

### "Z" DRILL



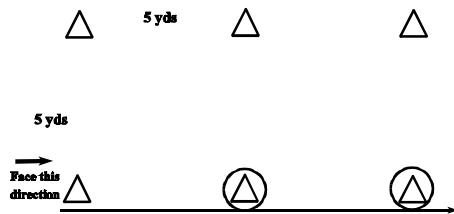
## CONE DRILLS

### SPRINT FORWARD, SLIDE BEHIND



## CONE DRILLS

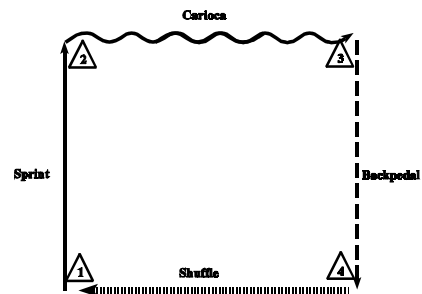
### CIRCLE DRILL



## 4-CONE DRILLS

### FOUR CORNER

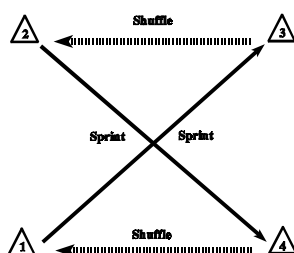
\*Cones set up in 5 yd x 5 yd square



## 4-CONE DRILLS

### SPRINT-SHUFFLE-SPRINT-SHUFFLE

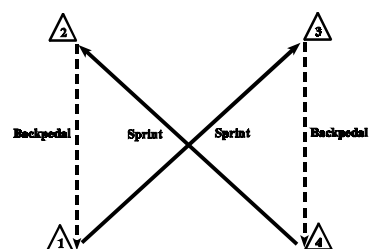
\*Cones set up in 5 yd x 5 yd square



## 4-CONE DRILLS

### SPRINT-BACKPEDAL-SPRINT-BACKPEDAL

\*Cones set up in 5 yd x 5 yd square

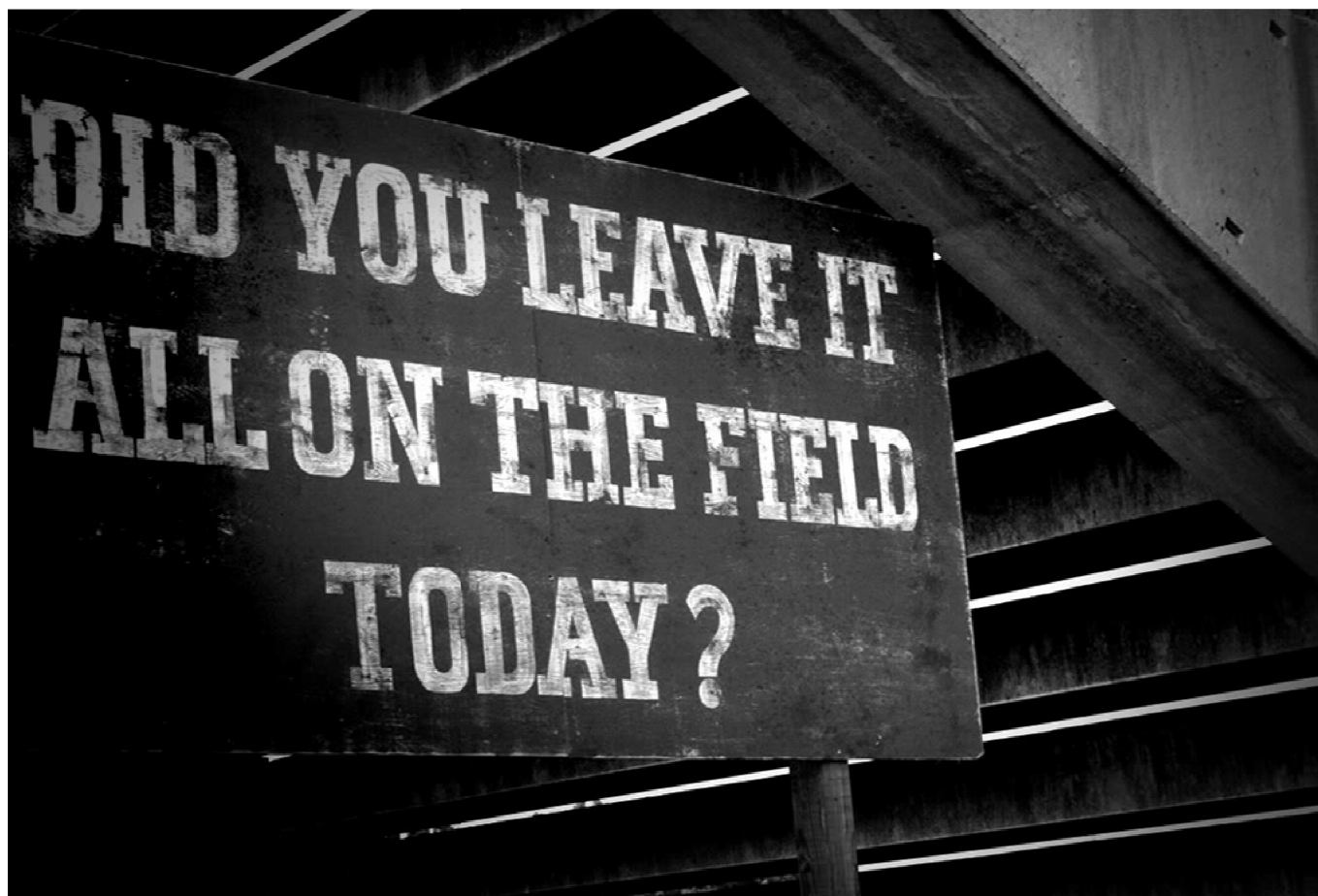
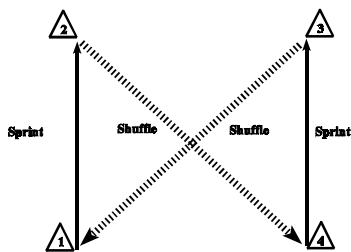


# AGILITY DRILLS

## 4-CONE DRILLS

### SPRINT-BACK SHUFFLE-SPRINT-BACK SHUFFLE

\*Cones set up in 5 yd x 5 yd square



**ENDICOTT COLLEGE FOOTBALL SUMMER CONDITIONING 2013**

**WEEK 1 - DAY 1**

<b>SPRINT WORK</b>	<b>REPS</b>	<b>YARDS</b>	<b>INTENSITY/TARGET</b>	<b>REST INTERVAL</b>	<b>VOLUME</b>
HIGH KNEE CARIOKA	2	20	75%	15-30 SEC.	40
A SKIPS OR POWER SKIPS	2	20	75%	15-30 SEC.	40
PRIME TIMES (STRAIGHT LEG RUN)	2	20	75%	15-30 SEC.	40
BACKWARD STRIDERS	2	20	75%	15-30 SEC.	40
FULL SPEED CARIOKA	2	20	100%	15-30 SEC.	40
BUILD UPS (HALF - 3/4 - HALF)	2	60	50/75/50%	15-30 SEC.	120
BUILD UPS (3/4 - FULL - HALF)	2	60	75/100/50%	15-30 SEC.	120
<b>PLYOMETRICS</b>	<b>REPS</b>	<b>YARDS</b>	<b>INTENSITY/TARGET</b>	<b>REST INTERVAL</b>	<b>VOLUME</b>
POGO JUMPS	4 SETS	10 JUMPS		30 SEC.	30 JUMPS
<b>LINEAR SPEED</b>	<b>REPS</b>	<b>YARDS</b>	<b>INTENSITY/TARGET</b>	<b>REST INTERVAL</b>	<b>VOLUME</b>
FALLING STARTS	4	5	100%	15 SEC.	20
10 YARD SPRINTS	6	10	100%	30 SEC.	60
<b>LATERAL SPEED</b>	<b>REPS</b>	<b>YARDS</b>	<b>INTENSITY/TARGET</b>	<b>REST INTERVAL</b>	<b>VOLUME</b>
CONE AGILITY DRILL - FIGURE 8S	4	20	100%	30 SEC.	80
<b>COOLDOWN/RECOVERY</b>					

**WEEK 1 - DAY 2**

<b>CONDITIONING</b>	<b>REPS</b>	<b>YARDS</b>	<b>INTENSITY/TARGET</b>	<b>REST INTERVAL</b>	<b>VOLUME</b>
SUPER GASSERS	2	318	OL = 70 SEC.	2 MIN	636
* ACROSS FIELD & BACK 3 TIMES			DL = 62 SEC.	2 MIN	
			QB/TE/FB/LB/K = 58 SEC.	2 MIN	
			RB/DB/WR = 55 SEC.	2 MIN	
<b>COOLDOWN/RECOVERY</b>					

**WEEK 1 - DAY 3**

CHAMPION'S CHALLENGE					
SET 1					RECORD YOUR TIME
300-YARD SHUTTLE	25 YARD LINE AND BACK 6 TIMES				
RBS, DBS, WRS	55 SECONDS OR BETTER				
QBS, TES, FBS, LBS, KS	60 SECONDS OR BETTER				
DEFENSIVE LINE	65 SECONDS OR BETTER				
OFFENSIVE LINE	70 SECONDS OR BETTER				
RECOVERY	2 MINUTES				
SET 2					RECORD YOUR TIME
300-YARD SHUTTLE	50-BACK, 40-BACK, 30-BACK, 20-BACK, 10-BACK				
RBS, DBS, WRS	55 SECONDS OR BETTER				
QBS, TES, FBS, LBS	60 SECONDS OR BETTER				
DEFENSIVE LINE	65 SECONDS OR BETTER				
OFFENSIVE LINE	70 SECONDS OR BETTER				
RECOVERY	2 MINUTES				
SET 3					RECORD YOUR TIME
300-YARD SHUTTLE	50 YARD LINE AND BACK 3 TIMES				
RBS, DBS, WRS	55 SECONDS OR BETTER				
QBS, TES, FBS, LBS	60 SECONDS OR BETTER				
DEFENSIVE LINE	65 SECONDS OR BETTER				
OFFENSIVE LINE	70 SECONDS OR BETTER				
RECOVERY	2 MINUTES				
COOLDOWN/RECOVERY					

**ENDICOTT COLLEGE FOOTBALL SUMMER CONDITIONING 2013**

**WEEK 2 - DAY 1**

<b>SPRINT WORK</b>	<b>REPS</b>	<b>YARDS</b>	<b>INTENSITY/TARGET</b>	<b>REST INTERVAL</b>	<b>VOLUME</b>
HIGH KNEE CARIOKA	2	20	75%	15-30 SEC.	40
A SKIPS OR POWER SKIPS	2	20	75%	15-30 SEC.	40
PRIME TIMES (STRAIGHT LEG RUN)	2	20	75%	15-30 SEC.	40
BACKWARD STRIDERS	2	20	75%	15-30 SEC.	40
FULL SPEED CARIOKA	2	20	100%	15-30 SEC.	40
BUILD UPS (HALF - 3/4 - HALF)	2	60	50/75/50%	15-30 SEC.	120
BUILD UPS (3/4 - FULL - HALF)	2	60	75/100/50%	15-30 SEC.	120
<b>PLYOMETRICS</b>	<b>REPS</b>	<b>YARDS</b>	<b>INTENSITY/TARGET</b>	<b>REST INTERVAL</b>	<b>VOLUME</b>
VERTICAL JUMPS	5 SETS	5 JUMPS		30 SEC.	25 JUMPS
<b>LINEAR SPEED</b>	<b>REPS</b>	<b>YARDS</b>	<b>INTENSITY/TARGET</b>	<b>REST INTERVAL</b>	<b>VOLUME</b>
FALLING STARTS	4	5	100%	15 SEC.	20
20 YARD SPRINTS	4	20	100%	60 SEC.	80
<b>LATERAL SPEED</b>	<b>REPS</b>	<b>YARDS</b>	<b>INTENSITY/TARGET</b>	<b>REST INTERVAL</b>	<b>VOLUME</b>
PRO-AGILITY SHUTTLE (5-10-5)	6	20	100%	2 MIN	120
<b>COOLDOWN/RECOVERY</b>					

**WEEK 2 - DAY 2**

<b>CONDITIONING</b>	<b>REPS</b>	<b>YARDS</b>	<b>INTENSITY/TARGET</b>	<b>REST INTERVAL</b>	<b>VOLUME</b>
300 YD SHUTTLE	2	300	OL = 70 SEC.	2 MIN	600
* 25 YARDS & BACK X 6			DL = 65 SEC.	2 MIN	
			QB/TE/FB/LB/K = 60 SEC.	2 MIN	
			RB/DB/WR = 55 SEC.	2 MIN	
<b>COOLDOWN/RECOVERY</b>					

**WEEK 2 - DAY 3**

CHAMPION'S CHALLENGE		
SET 1		RECORD YOUR TIME
300-YARD SHUTTLE	25 YARD LINE AND BACK 6 TIMES	
RBS, DBS, WRS	55 SECONDS OR BETTER	
QBS, TES, FBS, LBS, KS	60 SECONDS OR BETTER	
DEFENSIVE LINE	65 SECONDS OR BETTER	
OFFENSIVE LINE	70 SECONDS OR BETTER	
RECOVERY	2 MINUTES	
SET 2		RECORD YOUR TIME
300-YARD SHUTTLE	50-BACK, 40-BACK, 30-BACK, 20-BACK, 10-BACK	
RBS, DBS, WRS	55 SECONDS OR BETTER	
QBS, TES, FBS, LBS	60 SECONDS OR BETTER	
DEFENSIVE LINE	65 SECONDS OR BETTER	
OFFENSIVE LINE	70 SECONDS OR BETTER	
RECOVERY	2 MINUTES	
SET 3		RECORD YOUR TIME
300-YARD SHUTTLE	50 YARD LINE AND BACK 3 TIMES	
RBS, DBS, WRS	55 SECONDS OR BETTER	
QBS, TES, FBS, LBS	60 SECONDS OR BETTER	
DEFENSIVE LINE	65 SECONDS OR BETTER	
OFFENSIVE LINE	70 SECONDS OR BETTER	
RECOVERY	2 MINUTES	
COOLDOWN/RECOVERY		

**ENDICOTT COLLEGE FOOTBALL SUMMER CONDITIONING 2013**

WEEK 3 - DAY 1					
SPRINT WORK	REPS	YARDS	INTENSITY/TARGET	REST INTERVAL	VOLUME
HIGH KNEE CARIOKA	2	20	75%	15-30 SEC.	40
A SKIPS OR POWER SKIPS	2	20	75%	15-30 SEC.	40
PRIME TIMES (STRAIGHT LEG RUN)	2	20	75%	15-30 SEC.	40
BACKWARD STRIDERS	2	20	75%	15-30 SEC.	40
FULL SPEED CARIOKA	2	20	100%	15-30 SEC.	40
BUILD UPS (HALF - 3/4 - HALF)	2	60	50/75/50%	15-30 SEC.	120
BUILD UPS (3/4 - FULL - HALF)	2	60	75/100/50%	15-30 SEC.	120
PLYOMETRICS	REPS	YARDS	INTENSITY/TARGET	REST INTERVAL	VOLUME
SQUAT JUMPS	4 SETS	5 JUMPS		30 SEC.	20 JUMPS
LINEAR SPEED	REPS	YARDS	INTENSITY/TARGET	REST INTERVAL	VOLUME
KNEE HUG STARTS	6	5	100%	15 SEC.	30
10 YARD SPRINTS	8	10	100%	1 MIN	80
LATERAL SPEED	REPS	YARDS	INTENSITY/TARGET	REST INTERVAL	VOLUME
30 YD LADDER (5-BACK, 10-BACK)	4	30	100%	2 MIN	120
COOLDOWN/RECOVERY					
WEEK 3 - DAY 2					
CONDITIONING	REPS	YARDS	INTENSITY/TARGET	REST INTERVAL	VOLUME
GASSERS	3	206	OL = 50 SEC.	2 MIN	618
* ACROSS FIELD & BACK TWICE			DL = 43 SEC.	2 MIN	
			QB/TE/FB/LB/K = 40 SEC.	2 MIN	
			RB/DB/WR = 37 SEC.	2 MIN	
COOLDOWN/RECOVERY					
WEEK 3 - DAY 3					
CHAMPION'S CHALLENGE					
SET 1					RECORD YOUR TIME
300-YARD SHUTTLE	25 YARD LINE AND BACK 6 TIMES				
RBS, DBS, WRS	55 SECONDS OR BETTER				
QBS, TES, FBS, LBS	60 SECONDS OR BETTER				
DEFENSIVE LINE	65 SECONDS OR BETTER				
OFFENSIVE LINE	70 SECONDS OR BETTER				
RECOVERY	2 MINUTES				
SET 2					RECORD YOUR TIME
300-YARD SHUTTLE	50-BACK, 40-BACK, 30-BACK, 20-BACK, 10-BACK				
RBS, DBS, WRS	55 SECONDS OR BETTER				
QBS, TES, FBS, LBS	60 SECONDS OR BETTER				
DEFENSIVE LINE	65 SECONDS OR BETTER				
OFFENSIVE LINE	70 SECONDS OR BETTER				
RECOVERY	2 MINUTES				
SET 3					RECORD YOUR TIME
300-YARD SHUTTLE	50 YARD LINE AND BACK 3 TIMES				
RBS, DBS, WRS	55 SECONDS OR BETTER				
QBS, TES, FBS, LBS	60 SECONDS OR BETTER				
DEFENSIVE LINE	65 SECONDS OR BETTER				
OFFENSIVE LINE	70 SECONDS OR BETTER				
RECOVERY	2 MINUTES				
COOLDOWN/RECOVERY					



**ENDICOTT COLLEGE FOOTBALL SUMMER CONDITIONING 2013**

WEEK 4 - DAY 1					
SPRINT WORK	REPS	YARDS	INTENSITY/TARGET	REST INTERVAL	VOLUME
HIGH KNEE CARIOKA	2	20	75%	15-30 SEC.	40
A SKIPS OR POWER SKIPS	2	20	75%	15-30 SEC.	40
PRIME TIMES (STRAIGHT LEG RUN)	2	20	75%	15-30 SEC.	40
BACKWARD STRIDERS	2	20	75%	15-30 SEC.	40
FULL SPEED CARIOKA	2	20	100%	15-30 SEC.	40
BUILD UPS (HALF - 3/4 - HALF)	2	60	50/75/50%	15-30 SEC.	120
BUILD UPS (3/4 - FULL - HALF)	2	60	75/100/50%	15-30 SEC.	120
PLYOMETRICS	REPS	YARDS	INTENSITY/TARGET	REST INTERVAL	VOLUME
TUCK JUMPS	3 SETS	8 JUMPS		30 SEC.	24 JUMPS
LINEAR SPEED	REPS	YARDS	INTENSITY/TARGET	REST INTERVAL	VOLUME
LUNGE STARTS	6	5	100%	15 SEC.	30
20 YARD SPRINTS	6	20	100%	60 SEC.	120
LATERAL SPEED	REPS	YARDS	INTENSITY/TARGET	REST INTERVAL	VOLUME
3 CONE L DRILL	6	30	100%	3 MIN	180
COOLDOWN/RECOVERY					
WEEK 4 - DAY 2					
CONDITIONING	REPS	YARDS	INTENSITY/TARGET	REST INTERVAL	VOLUME
150 YARD SHUTTLE	4	150	OL = 34 SEC.	75 SEC.	600
* 25 & BACK 3 TIMES (6 TOTAL)			DL = 32 SEC.	75 SEC.	
			QB/TE/FB/LB/K = 29 SEC.	75 SEC.	
			RB/DB/WR = 27 SEC.	75 SEC.	
COOLDOWN/RECOVERY					
WEEK 4 - DAY 3					
CHAMPION'S CHALLENGE					
SET 1					RECORD YOUR TIME
300-YARD SHUTTLE	25 YARD LINE AND BACK 6 TIMES				
RBS, DBS, WRS	55 SECONDS OR BETTER				
QBS, TES, FBS, LBS	60 SECONDS OR BETTER				
DEFENSIVE LINE	65 SECONDS OR BETTER				
OFFENSIVE LINE	70 SECONDS OR BETTER				
RECOVERY	2 MINUTES				
SET 2					RECORD YOUR TIME
300-YARD SHUTTLE	50-BACK, 40-BACK, 30-BACK, 20-BACK, 10-BACK				
RBS, DBS, WRS	55 SECONDS OR BETTER				
QBS, TES, FBS, LBS	60 SECONDS OR BETTER				
DEFENSIVE LINE	65 SECONDS OR BETTER				
OFFENSIVE LINE	70 SECONDS OR BETTER				
RECOVERY	2 MINUTES				
SET 3					RECORD YOUR TIME
300-YARD SHUTTLE	50 YARD LINE AND BACK 3 TIMES				
RBS, DBS, WRS	55 SECONDS OR BETTER				
QBS, TES, FBS, LBS	60 SECONDS OR BETTER				
DEFENSIVE LINE	65 SECONDS OR BETTER				
OFFENSIVE LINE	70 SECONDS OR BETTER				
RECOVERY	2 MINUTES				
COOLDOWN/RECOVERY					

**ENDICOTT COLLEGE FOOTBALL SUMMER CONDITIONING 2013**

WEEK 5 - DAY 1					
SPRINT WORK	REPS	YARDS	INTENSITY/TARGET	REST INTERVAL	VOLUME
HIGH KNEE CARIOKA	2	20	75%	15-30 SEC.	40
A SKIPS OR POWER SKIPS	2	20	75%	15-30 SEC.	40
PRIME TIMES (STRAIGHT LEG RUN)	2	20	75%	15-30 SEC.	40
BACKWARD STRIDERS	2	20	75%	15-30 SEC.	40
FULL SPEED CARIOKA	2	20	100%	15-30 SEC.	40
BUILD UPS (HALF - 3/4 - HALF)	2	60	50/75/50%	15-30 SEC.	120
BUILD UPS (3/4 - FULL - HALF)	2	60	75/100/50%	15-30 SEC.	120
PLYOMETRICS	REPS	YARDS	INTENSITY/TARGET	REST INTERVAL	VOLUME
BROAD JUMPS	4 SETS	10YDS		45 SEC.	40YDS
LINEAR SPEED	REPS	YARDS	INTENSITY/TARGET	REST INTERVAL	VOLUME
PUSH-UP STARTS	4	5	100%	15 SEC.	20
30 YARD SPRINTS	4	30	100%	90 SEC.	120
LATERAL SPEED	REPS	YARDS	INTENSITY/TARGET	REST INTERVAL	VOLUME
40 YARD PRO AGILITY (10-20-10)	6	30	100%	3 MIN	180
COOLDOWN/RECOVERY					
WEEK 5 - DAY 2					
CONDITIONING	REPS	YARDS	INTENSITY/TARGET	REST INTERVAL	VOLUME
3/4 GASSERS	4	159	OL = 43 SEC.	90 SEC.	636
* ACROSS FIELD 3 TIMES			DL = 40 SEC.	90 SEC.	
			QB/TE/FB/LB/K = 38 SEC.	90 SEC.	
			RB/DB/WR = 35 SEC.	90 SEC.	
COOLDOWN/RECOVERY					
WEEK 5 - DAY 3					
CHAMPION'S CHALLENGE					
SET 1					RECORD YOUR TIME
300-YARD SHUTTLE	25 YARD LINE AND BACK 6 TIMES				
RBS, DBS, WRS	55 SECONDS OR BETTER				
QBS, TES, FBS, LBS	60 SECONDS OR BETTER				
DEFENSIVE LINE	65 SECONDS OR BETTER				
OFFENSIVE LINE	70 SECONDS OR BETTER				
RECOVERY	2 MINUTES				
SET 2					RECORD YOUR TIME
300-YARD SHUTTLE	50-BACK, 40-BACK, 30-BACK, 20-BACK, 10-BACK				
RBS, DBS, WRS	55 SECONDS OR BETTER				
QBS, TES, FBS, LBS	60 SECONDS OR BETTER				
DEFENSIVE LINE	65 SECONDS OR BETTER				
OFFENSIVE LINE	70 SECONDS OR BETTER				
RECOVERY	2 MINUTES				
SET 3					RECORD YOUR TIME
300-YARD SHUTTLE	50 YARD LINE AND BACK 3 TIMES				
RBS, DBS, WRS	55 SECONDS OR BETTER				
QBS, TES, FBS, LBS	60 SECONDS OR BETTER				
DEFENSIVE LINE	65 SECONDS OR BETTER				
OFFENSIVE LINE	70 SECONDS OR BETTER				
RECOVERY	2 MINUTES				
COOLDOWN/RECOVERY					

**ENDICOTT COLLEGE FOOTBALL SUMMER CONDITIONING 2013**

WEEK 6 - DAY 1					
SPRINT WORK	REPS	YARDS	INTENSITY/TARGET	REST INTERVAL	VOLUME
HIGH KNEE CARIOKA	2	20	75%	15-30 SEC.	40
A SKIPS OR POWER SKIPS	2	20	75%	15-30 SEC.	40
PRIME TIMES (STRAIGHT LEG RUN)	2	20	75%	15-30 SEC.	40
BACKWARD STRIDERS	2	20	75%	15-30 SEC.	40
FULL SPEED CARIOKA	2	20	100%	15-30 SEC.	40
BUILD UPS (HALF - 3/4 - HALF)	2	60	50/75/50%	15-30 SEC.	120
BUILD UPS (3/4 - FULL - HALF)	2	60	75/100/50%	15-30 SEC.	120
PLYOMETRICS	REPS	YARDS	INTENSITY/TARGET	REST INTERVAL	VOLUME
SINGLE LEG BROAD JUMPS	4 SETS	20YDS		45 SEC.	80YDS
LINEAR SPEED	REPS	YARDS	INTENSITY/TARGET	REST INTERVAL	VOLUME
PRONE STARTS	6	5	100%	15 SEC.	30
10 YARD SPRINTS	10	10	100%	1 MIN	100
LATERAL SPEED	REPS	YARDS	INTENSITY/TARGET	REST INTERVAL	VOLUME
40 YD LADDER (5-BACK, 10-BACK, 5-BACK)	5	40	100%	2 MIN	200
COOLDOWN/RECOVERY					
WEEK 6 - DAY 2					
CONDITIONING	REPS	YARDS	INTENSITY/TARGET	REST INTERVAL	VOLUME
75 YARD SHUTTLE	6	75	OL = 35 SEC.	90 SEC.	450
* 25 & BACK X 1.5 (3 TRIPS)			DL = 32 SEC.	90 SEC.	
			QB/TE/FB/LB/K = 27 SEC.	90 SEC.	
			RB/DB/WR = 25 SEC.	90 SEC.	
COOLDOWN/RECOVERY					
WEEK 6 - DAY 3					
CHAMPION'S CHALLENGE					
SET 1					RECORD YOUR TIME
300-YARD SHUTTLE	25 YARD LINE AND BACK 6 TIMES				
RBS, DBS, WRS	55 SECONDS OR BETTER				
QBS, TES, FBS, LBS	60 SECONDS OR BETTER				
DEFENSIVE LINE	65 SECONDS OR BETTER				
OFFENSIVE LINE	70 SECONDS OR BETTER				
RECOVERY	2 MINUTES				
SET 2					RECORD YOUR TIME
300-YARD SHUTTLE	50-BACK, 40-BACK, 30-BACK, 20-BACK, 10-BACK				
RBS, DBS, WRS	55 SECONDS OR BETTER				
QBS, TES, FBS, LBS	60 SECONDS OR BETTER				
DEFENSIVE LINE	65 SECONDS OR BETTER				
OFFENSIVE LINE	70 SECONDS OR BETTER				
RECOVERY	2 MINUTES				
SET 3					RECORD YOUR TIME
300-YARD SHUTTLE	50 YARD LINE AND BACK 3 TIMES				
RBS, DBS, WRS	55 SECONDS OR BETTER				
QBS, TES, FBS, LBS	60 SECONDS OR BETTER				
DEFENSIVE LINE	65 SECONDS OR BETTER				
OFFENSIVE LINE	70 SECONDS OR BETTER				
RECOVERY	2 MINUTES				
COOLDOWN/RECOVERY					

**ENDICOTT COLLEGE FOOTBALL SUMMER CONDITIONING 2013**

WEEK 7 - DAY 1					
SPRINT WORK	REPS	YARDS	INTENSITY/TARGET	REST INTERVAL	VOLUME
HIGH KNEE CARIOKA	2	20	75%	15-30 SEC.	40
A SKIPS OR POWER SKIPS	2	20	75%	15-30 SEC.	40
PRIME TIMES (STRAIGHT LEG RUN)	2	20	75%	15-30 SEC.	40
BACKWARD STRIDERS	2	20	75%	15-30 SEC.	40
FULL SPEED CARIOKA	2	20	100%	15-30 SEC.	40
BUILD UPS (HALF - 3/4 - HALF)	2	60	50/75/50%	15-30 SEC.	120
BUILD UPS (3/4 - FULL - HALF)	2	60	75/100/50%	15-30 SEC.	120
PLYOMETRICS	REPS	YARDS	INTENSITY/TARGET	REST INTERVAL	VOLUME
SKATER JUMPS (STICK THE LANDING)	4 SETS	6 JUMPS		30 SEC.	24 JUMPS
LINEAR SPEED	REPS	YARDS	INTENSITY/TARGET	REST INTERVAL	VOLUME
SUPINE STARTS	6	5	100%	30 SEC.	30
20 YARD SPRINTS	8	20	100%	60 SEC.	160
LATERAL SPEED	REPS	YARDS	INTENSITY/TARGET	REST INTERVAL	VOLUME
4 CONE AGILITY DRILL - "N" & REVERSE "N"	8	15	100%	30 SEC.	120
COOLDOWN/RECOVERY					
WEEK 7 - DAY 2					
CONDITIONING	REPS	YARDS	INTENSITY/TARGET	REST INTERVAL	VOLUME
HALF GASSERS	5	106	OL = 24 SEC.	1 MIN	530
* ACROSS FIELD & BACK			DL = 22 SEC.	1 MIN	
			QB/TE/FB/LB/K = 20 SEC.	1 MIN	
			RB/DB/WR = 18 SEC.	1 MIN	
COOLDOWN/RECOVERY					
WEEK 7 - DAY 3					
CHAMPION'S CHALLENGE					
SET 1					RECORD YOUR TIME
300-YARD SHUTTLE	25 YARD LINE AND BACK 6 TIMES				
RBS, DBS, WRS	55 SECONDS OR BETTER				
QBS, TES, FBS, LBS	60 SECONDS OR BETTER				
DEFENSIVE LINE	65 SECONDS OR BETTER				
OFFENSIVE LINE	70 SECONDS OR BETTER				
RECOVERY	2 MINUTES				
SET 2					RECORD YOUR TIME
300-YARD SHUTTLE	50-BACK, 40-BACK, 30-BACK, 20-BACK, 10-BACK				
RBS, DBS, WRS	55 SECONDS OR BETTER				
QBS, TES, FBS, LBS	60 SECONDS OR BETTER				
DEFENSIVE LINE	65 SECONDS OR BETTER				
OFFENSIVE LINE	70 SECONDS OR BETTER				
RECOVERY	2 MINUTES				
SET 3					RECORD YOUR TIME
300-YARD SHUTTLE	50 YARD LINE AND BACK 3 TIMES				
RBS, DBS, WRS	55 SECONDS OR BETTER				
QBS, TES, FBS, LBS	60 SECONDS OR BETTER				
DEFENSIVE LINE	65 SECONDS OR BETTER				
OFFENSIVE LINE	70 SECONDS OR BETTER				
RECOVERY	2 MINUTES				
COOLDOWN/RECOVERY					

**ENDICOTT COLLEGE FOOTBALL SUMMER CONDITIONING 2013**

WEEK 8 - DAY 1					
SPRINT WORK	REPS	YARDS	INTENSITY/TARGET	REST INTERVAL	VOLUME
HIGH KNEE CARIOKA	2	20	75%	15-30 SEC.	40
A SKIPS OR POWER SKIPS	2	20	75%	15-30 SEC.	40
PRIME TIMES (STRAIGHT LEG RUN)	2	20	75%	15-30 SEC.	40
BACKWARD STRIDERS	2	20	75%	15-30 SEC.	40
FULL SPEED CARIOKA	2	20	100%	15-30 SEC.	40
BUILD UPS (HALF - 3/4 - HALF)	2	60	50/75/50%	15-30 SEC.	120
BUILD UPS (3/4 - FULL - HALF)	2	60	75/100/50%	15-30 SEC.	120
PLYOMETRICS	REPS	YARDS	INTENSITY/TARGET	REST INTERVAL	VOLUME
SKATER JUMPS	4 SETS	8 JUMPS		30 SEC.	32 JUMPS
LINEAR SPEED	REPS	YARDS	INTENSITY/TARGET	REST INTERVAL	VOLUME
LATERAL KNEELING	8	5	100%	15 SEC.	40
30 YARD SPRINTS	6	30	100%	90 SEC.	180
LATERAL SPEED	REPS	YARDS	INTENSITY/TARGET	REST INTERVAL	VOLUME
60 YARD SHUTTLE (15-30-15)	3	60	100%	30 SEC	180
COOLDOWN/RECOVERY					
WEEK 8 - DAY 2					
CONDITIONING	REPS	YARDS	INTENSITY/TARGET	REST INTERVAL	VOLUME
150 YARD SHUTTLE	4	150	OL = 34 SEC.	75 SEC.	600
* 25 & BACK 3 TIMES (6 TOTAL)			DL = 32 SEC.	75 SEC.	
			QB/TE/FB/LB/K = 29 SEC.	75 SEC.	
			RB/DB/WR = 27 SEC.	75 SEC.	
COOLDOWN/RECOVERY					
WEEK 8 - DAY 3					
CHAMPION'S CHALLENGE					
SET 1					RECORD YOUR TIME
300-YARD SHUTTLE	25 YARD LINE AND BACK 6 TIMES				
RBS, DBS, WRS	55 SECONDS OR BETTER				
QBS, TES, FBS, LBS	60 SECONDS OR BETTER				
DEFENSIVE LINE	65 SECONDS OR BETTER				
OFFENSIVE LINE	70 SECONDS OR BETTER				
RECOVERY	2 MINUTES				
SET 2					RECORD YOUR TIME
300-YARD SHUTTLE	50-BACK, 40-BACK, 30-BACK, 20-BACK, 10-BACK				
RBS, DBS, WRS	55 SECONDS OR BETTER				
QBS, TES, FBS, LBS	60 SECONDS OR BETTER				
DEFENSIVE LINE	65 SECONDS OR BETTER				
OFFENSIVE LINE	70 SECONDS OR BETTER				
RECOVERY	2 MINUTES				
SET 3					RECORD YOUR TIME
300-YARD SHUTTLE	50 YARD LINE AND BACK 3 TIMES				
RBS, DBS, WRS	55 SECONDS OR BETTER				
QBS, TES, FBS, LBS	60 SECONDS OR BETTER				
DEFENSIVE LINE	65 SECONDS OR BETTER				
OFFENSIVE LINE	70 SECONDS OR BETTER				
RECOVERY	2 MINUTES				
COOLDOWN/RECOVERY					

**ENDICOTT COLLEGE FOOTBALL SUMMER CONDITIONING 2013**

WEEK 9 - DAY 1					
SPRINT WORK	REPS	YARDS	INTENSITY/TARGET	REST INTERVAL	VOLUME
HIGH KNEE CARIOKA	2	20	75%	15-30 SEC.	40
A SKIPS OR POWER SKIPS	2	20	75%	15-30 SEC.	40
PRIME TIMES (STRAIGHT LEG RUN)	2	20	75%	15-30 SEC.	40
BACKWARD STRIDERS	2	20	75%	15-30 SEC.	40
FULL SPEED CARIOKA	2	20	100%	15-30 SEC.	40
BUILD UPS (HALF - 3/4 - HALF)	2	60	50/75/50%	15-30 SEC.	120
BUILD UPS (3/4 - FULL - HALF)	2	60	75/100/50%	15-30 SEC.	120
PLYOMETRICS	REPS	YARDS	INTENSITY/TARGET	REST INTERVAL	VOLUME
POGO JUMPS	4 SETS	10 JUMPS		30 SEC.	40 JUMPS
LINEAR SPEED	REPS	YARDS	INTENSITY/TARGET	REST INTERVAL	VOLUME
JUMP BACK STARTS	5	5	100%	15 SEC.	25
40 YARD SPRINTS	4	40	100%	3 MIN	160
LATERAL SPEED	REPS	YARDS	INTENSITY/TARGET	REST INTERVAL	VOLUME
50 YD LADDER (10-BACK, 5-BACK, 10-BACK)	3	50	100%	3 MIN	150
COOLDOWN/RECOVERY					
WEEK 9 - DAY 2					
CONDITIONING	REPS	YARDS	INTENSITY/TARGET	REST INTERVAL	VOLUME
3/4 GASSERS	4	159	OL = 43 SEC.	90 SEC.	636
* ACROSS FIELD 3 TIMES			DL = 40 SEC.	90 SEC.	
			QB/TE/FB/LB/K = 38 SEC.	90 SEC.	
			RB/DB/WR = 35 SEC.	90 SEC.	
COOLDOWN/RECOVERY					
WEEK 9 - DAY 3					
CHAMPION'S CHALLENGE					
SET 1					RECORD YOUR TIME
300-YARD SHUTTLE	25 YARD LINE AND BACK 6 TIMES				
RBS, DBS, WRS	55 SECONDS OR BETTER				
QBS, TES, FBS, LBS	60 SECONDS OR BETTER				
DEFENSIVE LINE	65 SECONDS OR BETTER				
OFFENSIVE LINE	70 SECONDS OR BETTER				
RECOVERY	2 MINUTES				
SET 2					RECORD YOUR TIME
300-YARD SHUTTLE	50-BACK, 40-BACK, 30-BACK, 20-BACK, 10-BACK				
RBS, DBS, WRS	55 SECONDS OR BETTER				
QBS, TES, FBS, LBS	60 SECONDS OR BETTER				
DEFENSIVE LINE	65 SECONDS OR BETTER				
OFFENSIVE LINE	70 SECONDS OR BETTER				
RECOVERY	2 MINUTES				
SET 3					RECORD YOUR TIME
300-YARD SHUTTLE	50 YARD LINE AND BACK 3 TIMES				
RBS, DBS, WRS	55 SECONDS OR BETTER				
QBS, TES, FBS, LBS	60 SECONDS OR BETTER				
DEFENSIVE LINE	65 SECONDS OR BETTER				
OFFENSIVE LINE	70 SECONDS OR BETTER				
RECOVERY	2 MINUTES				
COOLDOWN/RECOVERY					

**ENDICOTT COLLEGE FOOTBALL SUMMER CONDITIONING 2013**

WEEK 10 - DAY 1					
SPRINT WORK	REPS	YARDS	INTENSITY/TARGET	REST INTERVAL	VOLUME
HIGH KNEE CARIOKA	2	20	75%	15-30 SEC.	40
A SKIPS OR POWER SKIPS	2	20	75%	15-30 SEC.	40
PRIME TIMES (STRAIGHT LEG RUN)	2	20	75%	15-30 SEC.	40
BACKWARD STRIDERS	2	20	75%	15-30 SEC.	40
FULL SPEED CARIOKA	2	20	100%	15-30 SEC.	40
BUILD UPS (HALF - 3/4 - HALF)	2	60	50/75/50%	15-30 SEC.	120
BUILD UPS (3/4 - FULL - HALF)	2	60	75/100/50%	15-30 SEC.	120
PLYOMETRICS	REPS	YARDS	INTENSITY/TARGET	REST INTERVAL	VOLUME
VERTICAL JUMPS	6 SETS	5 JUMPS		30 SEC.	30 JUMPS
LINEAR SPEED	REPS	YARDS	INTENSITY/TARGET	REST INTERVAL	VOLUME
SINGLE LEG STARTS	8	5	100%	15 SEC.	40
15 YARD SPRINTS	10	15	100%	1 MIN	150
LATERAL SPEED	REPS	YARDS	INTENSITY/TARGET	REST INTERVAL	VOLUME
4 CONE TRIANGLE DRILL	6	20	100%	3 MIN	120
COOLDOWN/RECOVERY					
WEEK 10 - DAY 2					
CONDITIONING	REPS	YARDS	INTENSITY/TARGET	REST INTERVAL	VOLUME
75 YARD SHUTTLE	8	75	OL = 35 SEC.	90 SEC.	600
* 25 & BACK X 1.5 (3 TRIPS)			DL = 32 SEC.	90 SEC.	
			QB/TE/FB/LB/K = 27 SEC.	90 SEC.	
			RB/DB/WR = 25 SEC.	90 SEC.	
COOLDOWN/RECOVERY					
WEEK 10 - DAY 3					
CHAMPION'S CHALLENGE					
SET 1					RECORD YOUR TIME
300-YARD SHUTTLE	25 YARD LINE AND BACK 6 TIMES				
RBS, DBS, WRS	55 SECONDS OR BETTER				
QBS, TES, FBS, LBS	60 SECONDS OR BETTER				
DEFENSIVE LINE	65 SECONDS OR BETTER				
OFFENSIVE LINE	70 SECONDS OR BETTER				
RECOVERY	2 MINUTES				
SET 2					RECORD YOUR TIME
300-YARD SHUTTLE	50-BACK, 40-BACK, 30-BACK, 20-BACK, 10-BACK				
RBS, DBS, WRS	55 SECONDS OR BETTER				
QBS, TES, FBS, LBS	60 SECONDS OR BETTER				
DEFENSIVE LINE	65 SECONDS OR BETTER				
OFFENSIVE LINE	70 SECONDS OR BETTER				
RECOVERY	2 MINUTES				
SET 3					RECORD YOUR TIME
300-YARD SHUTTLE	50 YARD LINE AND BACK 3 TIMES				
RBS, DBS, WRS	55 SECONDS OR BETTER				
QBS, TES, FBS, LBS	60 SECONDS OR BETTER				
DEFENSIVE LINE	65 SECONDS OR BETTER				
OFFENSIVE LINE	70 SECONDS OR BETTER				
RECOVERY	2 MINUTES				
COOLDOWN/RECOVERY					

**ENDICOTT COLLEGE FOOTBALL SUMMER CONDITIONING 2013**

WEEK 11 - DAY 1					
SPRINT WORK	REPS	YARDS	INTENSITY/TARGET	REST INTERVAL	VOLUME
HIGH KNEE CARIOKA	2	20	75%	15-30 SEC.	40
A SKIPS OR POWER SKIPS	2	20	75%	15-30 SEC.	40
PRIME TIMES (STRAIGHT LEG RUN)	2	20	75%	15-30 SEC.	40
BACKWARD STRIDERS	2	20	75%	15-30 SEC.	40
FULL SPEED CARIOKA	2	20	100%	15-30 SEC.	40
BUILD UPS (HALF - 3/4 - HALF)	2	60	50/75/50%	15-30 SEC.	120
BUILD UPS (3/4 - FULL - HALF)	2	60	75/100/50%	15-30 SEC.	120
PLYOMETRICS	REPS	YARDS	INTENSITY/TARGET	REST INTERVAL	VOLUME
SQUAT JUMPS	8 SETS	4 JUMPS		30 SEC.	32 JUMPS
LINEAR SPEED	REPS	YARDS	INTENSITY/TARGET	REST INTERVAL	VOLUME
SINGLE LEG LATERAL STARTS	8	5	100%	15 SEC.	40
25 YARD SPRINTS	6	25	100%	1 MIN	150
LATERAL SPEED	REPS	YARDS	INTENSITY/TARGET	REST INTERVAL	VOLUME
PRO-AGILITY (5-10-5)	8	20	100%	2 MIN	160
COOLDOWN/RECOVERY					
WEEK 11 - DAY 2					
CONDITIONING	REPS	YARDS	INTENSITY/TARGET	REST INTERVAL	VOLUME
HALF GASSERS	5	106	OL = 24 SEC.	1 MIN	530
* ACROSS FIELD & BACK			DL = 22 SEC.	1 MIN	
			QB/TE/FB/LB/K = 20 SEC.	1 MIN	
			RB/DB/WR = 18 SEC.	1 MIN	
COOLDOWN/RECOVERY					
WEEK 11 - DAY 3					
CHAMPION'S CHALLENGE					
SET 1					RECORD YOUR TIME
300-YARD SHUTTLE	25 YARD LINE AND BACK 6 TIMES				
RBS, DBS, WRS	55 SECONDS OR BETTER				
QBS, TES, FBS, LBS	60 SECONDS OR BETTER				
DEFENSIVE LINE	65 SECONDS OR BETTER				
OFFENSIVE LINE	70 SECONDS OR BETTER				
RECOVERY	2 MINUTES				
SET 2					RECORD YOUR TIME
300-YARD SHUTTLE	50-BACK, 40-BACK, 30-BACK, 20-BACK, 10-BACK				
RBS, DBS, WRS	55 SECONDS OR BETTER				
QBS, TES, FBS, LBS	60 SECONDS OR BETTER				
DEFENSIVE LINE	65 SECONDS OR BETTER				
OFFENSIVE LINE	70 SECONDS OR BETTER				
RECOVERY	2 MINUTES				
SET 3					RECORD YOUR TIME
300-YARD SHUTTLE	50 YARD LINE AND BACK 3 TIMES				
RBS, DBS, WRS	55 SECONDS OR BETTER				
QBS, TES, FBS, LBS	60 SECONDS OR BETTER				
DEFENSIVE LINE	65 SECONDS OR BETTER				
OFFENSIVE LINE	70 SECONDS OR BETTER				
RECOVERY	2 MINUTES				
COOLDOWN/RECOVERY					



**ENDICOTT COLLEGE FOOTBALL SUMMER CONDITIONING 2013**

WEEK 12 - DAY 1					
SPRINT WORK	REPS	YARDS	INTENSITY/TARGET	REST INTERVAL	VOLUME
HIGH KNEE CARIOKA	2	20	75%	15-30 SEC.	40
A SKIPS OR POWER SKIPS	2	20	75%	15-30 SEC.	40
PRIME TIMES (STRAIGHT LEG RUN)	2	20	75%	15-30 SEC.	40
BACKWARD STRIDERS	2	20	75%	15-30 SEC.	40
FULL SPEED CARIOKA	2	20	100%	15-30 SEC.	40
BUILD UPS (HALF - 3/4 - HALF)	2	60	50/75/50%	15-30 SEC.	120
BUILD UPS (3/4 - FULL - HALF)	2	60	75/100/50%	15-30 SEC.	120
PLYOMETRICS	REPS	YARDS	INTENSITY/TARGET	REST INTERVAL	VOLUME
BROAD JUMPS	6 SETS	10YDS		45 SEC.	60 YDS
LINEAR SPEED	REPS	YARDS	INTENSITY/TARGET	REST INTERVAL	VOLUME
SKATER JUMP STARTS	8	5	100%	15 SEC.	40
30 YARD SPRINTS	8	30	100%	2 MIN	240
LATERAL SPEED	REPS	YARDS	INTENSITY/TARGET	REST INTERVAL	VOLUME
60 YD LADDER (10-BACK, 5-BACK, 15-BACK)	3	60	100%	3 MIN	180
COOLDOWN/RECOVERY					
WEEK 12 - DAY 2					
CONDITIONING	REPS	YARDS	INTENSITY/TARGET	REST INTERVAL	VOLUME
4 QUARTER RUN					
* 1ST QTR = 20X1, 20X2, 20X3	1	120	20YD,40YD.60YD	30 SEC/ 1 MIN	120
* 2ND QTR = 20X2, 20X1, 20X3	1	120	40YD,20YD.60YD	30 SEC/ 1 MIN	120
* 3RD QTR = 20X2, 20X3, 20X1	1	120	40YD,60YD.20YD	30 SEC/ 1 MIN	120
* 4TH QTR = 20X3, 20X2, 20X1	1	120	60YD,40YD.20YD	30 SEC/ 1 MIN	120
COOLDOWN/RECOVERY					
WEEK 12 - DAY 3					
CHAMPION'S CHALLENGE					
SET 1					RECORD YOUR TIME
300-YARD SHUTTLE	25 YARD LINE AND BACK 6 TIMES				
RBS, DBS, WRS	55 SECONDS OR BETTER				
QBS, TES, FBS, LBS	60 SECONDS OR BETTER				
DEFENSIVE LINE	65 SECONDS OR BETTER				
OFFENSIVE LINE	70 SECONDS OR BETTER				
RECOVERY	2 MINUTES				
SET 2					RECORD YOUR TIME
300-YARD SHUTTLE	50-BACK, 40-BACK, 30-BACK, 20-BACK, 10-BACK				
RBS, DBS, WRS	55 SECONDS OR BETTER				
QBS, TES, FBS, LBS	60 SECONDS OR BETTER				
DEFENSIVE LINE	65 SECONDS OR BETTER				
OFFENSIVE LINE	70 SECONDS OR BETTER				
RECOVERY	2 MINUTES				
SET 3					RECORD YOUR TIME
300-YARD SHUTTLE	50 YARD LINE AND BACK 3 TIMES				
RBS, DBS, WRS	55 SECONDS OR BETTER				
QBS, TES, FBS, LBS	60 SECONDS OR BETTER				
DEFENSIVE LINE	65 SECONDS OR BETTER				
OFFENSIVE LINE	70 SECONDS OR BETTER				
RECOVERY	2 MINUTES				
COOLDOWN/RECOVERY					



**“MASTER THE THINGS THAT REQUIRE NO TALENT”**

**FOCUS**

**ENTHUSIASM**

**EFFORT**

**FINISH**