

MARCH AT HOME ATHLETE TRAINING PLAN

Monday-Lower Speed/Linear Speed

FLEX Warm-up

Walking Lunge x 5 yards, High Knees x 5 yards, Butt Kicks x 5 yards, Carioca x 5 yards, Carioca x 5 yards, A-Skips x 5 yards, Power Skip x 5 yards

Sprints w/Full Recovery (90 seconds rest between reps minimum)-70%x25 yards, 80%x25 yards, 6x25 yards@92-95%

- 1.) Log Rhythm Jump Squats-5x5 reps superset with 1 box jump following squats
- 2.) Back Overhead Rock Throw-15 total throws (30 seconds rest between throws)
- 3.) Side Planks 20 second per side for 4 rounds

Tuesday-Upper Repetition/Tempo

FLEX Warm-up

- 1.) Rock Shot put for 6 throws each arm
- 2.) Pause Pushups 5 and Pull-ups 5 reps for 8 rounds
- 3.) Prone (facedown) Planks 4 sets of 20 seconds

Tempo Run-Every Minute on the Minute for 19 straight minutes running clock

50 yard run@ 9 seconds skill, 10 seconds combo, 12 seconds linemen

Wednesday-Lower Single Leg/Decelerated Linear Speed

FLEX Warm-up

Walking Lunge x 5 yards, High Knees x 5 yards, Butt Kicks x 5 yards, Carioca x 5 yards, Carioca x 5 yards, A-Skips x 5 yards, Power Skip x 5 yards

Hill Sprints w/Full Recovery (90 seconds rest between reps minimum)-70%x25 yards, 80%x25 yards, 6x25 yards@92-95%

- 1.) Log Alternating Split Squat Jumps-5x3/3 each leg superset with 3 rapid broad jumps
- 2.) Granny Forward Rock Throws-15 total throws (30 seconds rest between throws)
- 3.) Partner Leg Curls (hand assisted)-4x5 reps (3 second lowering, eccentric)

SEE BACK PAGE FOR THURS/FRI/SAT workouts

Thursday-Upper Speed/Tempo

FLEX Warm-up

- 1.) Clap Pushups-5x5 reps superset with Forward Chest Pass with Rock
- 2.) Recline/Inverted Row-5x10 reps between sets above

Tempo Run-Every Minute on the Minute for 19 straight minutes running clock

50 yard run@ 9 seconds skill, 10 seconds combo, 12 seconds linemen

Friday-Lower Repetition/Lateral Speed Drills

FLEX Warm-up

Right Leg Side Hop 5 sec, Left Leg Side Hop 5 sec, Fast Feet In&Outs 5 seconds, Quarters Turns 4 reps each direction, 180 degree turns 6 total back and forth, Skier Lateral Hops 3 each direction.

Partner Shuffle/Shuffle Sprint 15 yards Race-4 reps each direction-8 reps total or Do 5-10-5 Shuttle Racing Partner if you have cleats.

Rock Side Throw-6 throws each side right/left (30 seconds rest between throws)

Complete 5 rounds of the following in a circuit:

- 1.) Partner Leg Curls (hand assisted, 3 second lowering, eccentric) for 5 reps
- 2.) Rock Goblet Walking Lunge 10 steps
- 3.) Rock Goblet Squat 15 reps

Saturday-Upper Repetition/Tempo

FLEX Warm-up

- 1.) Rock Shot put for 6 throws each arm
- 2.) Eccentric Pushups (3 sec lowering) 5 reps and Pull-ups 5 reps for 8 rounds
- 3.) Beast Crawl Circuit-4 x 10 yards@ forward, backward, side, side

Tempo Run-Every Minute on the Minute for 19 straight minutes running clock

50 yard run@ 9 seconds skill, 10 seconds combo, 12 seconds linemen