

LEWIS & CLARK COLLEGE - SPEED & AGILITY CONDITIONING

Week 1			
Activation Warm-Up			
Dynamic Warm-Up			
	Exercise	Reps	Yards
Day 1	Cone Circle Drill (Clockwise & Counter)	x2e	
	Flying 30's	x6	
	Bounds to Stride	x6	10
	Lateral Bounds to Stride	x6	10
	High Skips to Stride	x6	10
	Broad Jumps to Stride	x6	10
	Fartleks (Tempo-Run)	x10	
	Court Position Work		
	Exercise	Reps	Yards
Day 2	Any Speed Ladder Work (If Available)		
	Quick Feet to Sprint	x4	10
	Lateral Quick Feet to Sprint (Turn to Right)	x2e	10-15
	Lateral Quick Feet to Sprint (Turn to Left)	x2e	10-15
	Pro-Agility	x4	
	Rapid Fires	x10	
	Exercise	Reps	Yards
Day 3	Flying 30's	x6	
	Belly Pop-Up to Sprint	x2e	10-15
	Kneeling Pop-Up to Sprint	x2e	10-15
	Lying on Back Pop-Up to Sprint	x2e	10-15
	Hill Sprints or Stadium Stair Sprints	x6	

Week 2			
Activation Warm-Up			
Dynamic Warm-Up			
	Exercise	Reps	Yards
Day 1	Cone Circle Drill (Clockwise & Counter)	x3e	
	Flying 30's	x8	
	Bounds to Stride	x6	10
	Lateral Bounds to Stride	x6	10
	High Skips to Stride	x6	10
	Broad Jumps to Stride	x6	10
	Fartleks (Tempo-Run)	x12	
	Court Position Work		
	Exercise	Reps	Yards
Day 2	Any Speed Ladder Work (If Available)		
	Quick Feet to Sprint	x6	10
	Lateral Quick Feet to Sprint (Turn to Right)	x3e	10-15
	Lateral Quick Feet to Sprint (Turn to Left)	x3e	10-15
	Pro-Agility	x6	
	Rapid Fires	x12	
	Exercise	Reps	Yards
Day 3	Flying 30's	x4	
	Belly Pop-Up to Sprint	x3e	10-15
	Kneeling Pop-Up to Sprint	x3e	10-15
	Lying on Back Pop-Up to Sprint	x3e	10-15
	Hill Sprints or Stadium Stair Sprints	x8	

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Week 3			
Activation Warm-Up			
Dynamic Warm-Up			
	Exercise	Reps	Yards
Day 1	Any Speed Ladder Work (If Available)		
	Quick Feet to Sprint	x6	10
	Squat Jump(x5) to Sprint	x2e	10-30
	Skater Jumps(x10) to Sprint	x2e	10-30
	Pogo Jumps(x10) to Sprint	x2e	10-30
	Ankle Flip Jumps(x10) to Sprint	x2e	10-30
	Fartleks (Tempo-Run)	x14	
Day 2	Exercise	Reps	Yards
	Flying 30's	x6	
	Cone Circle Drill (Clockwise & Counter)	x6e	
	Lateral Quick Feet to Sprint (Turn to Right)	x3e	10-15-20
	Lateral Quick Feet to Sprint (Turn to Left)	x3e	10-15-20
	Pro-Agility	x6	
	Triangle Agility	x3e	
	Short Field Gassers	x6	
Court Position Work			
Day 3	Exercise	Reps	Yards
	Any Speed Ladder Work (If Available)	x6	
	Side Shuffles to Sprint	x3e	10-15-20
	Back Pedals to Sprint	x3e	10-15-20
	Belly Pop-Up to Sprint	x2e	10-15-20
	Kneeling Pop-Up to Sprint	x2e	10-15-20
	Lying on Back Pop-Up to Sprint	x2e	10-15-20
	110's	x4	

Week 4			
Activation Warm-Up			
Dynamic Warm-Up			
	Exercise	Reps	Yards
Day 1	Any Speed Ladder Work (If Available)		
	Quick Feet to Sprint	x1e	10-15-20
	Squat Jump(x5) to Sprint	x2e	20-40
	Skater Jumps(x10) to Sprint	x2e	20-40
	Pogo Jumps(x10) to Sprint	x2e	20-40
	Ankle Flip Jumps(x10) to Sprint	x2e	20-40
	Fartleks (Tempo-Run)	x16	
Day 2	Exercise	Reps	Yards
	Flying 30's	x6	
	Cone Circle Drill (Clockwise & Counter)	x6e	
	Lateral Quick Feet to Sprint (Turn to Right)	x3e	10-15-20
	Lateral Quick Feet to Sprint (Turn to Left)	x3e	10-15-20
	Pro-Agility	x8	
	Triangle Agility	x3e	
	Short Field Gassers	x8	
Court Position Work			
Day 3	Exercise	Reps	Yards
	Any Speed Ladder Work (If Available)	x4	
	Side Shuffles to Sprint	x3e	10-15-20
	Back Pedals to Sprint	x3e	10-15-20
	Belly Pop-Up to Sprint	x3e	10-15-20
	Kneeling Pop-Up to Sprint	x3e	10-15-20
	Lying on Back Pop-Up to Sprint	x3e	10-15-20
	200's	x6	

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Week 5			
Activation Warm-Up			
Dynamic Warm-Up			
	Exercise	Reps	Yards
Day 1	Flying 30's	x8	
	Quick Feet to Sprint	x4	40
	Bounds to Stride	x4	40
	Belly Pop-Up to Sprint	x4	40
	Kneeling Pop-Up to Sprint	x4	40
	Lying on Back Pop-Up to Sprint	x4	40
	Fartleks (Tempo-Run)	x18	
	Exercise	Reps	Yards
Day 2	Any Speed Ladder Work (If Available)		
	Cone Circle Drill (Clock & Counter)	x4e	
	Lateral Cone Circle Drill (Clock & Counter)	x4e	
	L-Drill	x2e	
	Rapid Fires	x14	
	Court Position Work		
	Exercise	Reps	Yards
Day 3	Flying 30's	x8	
	Lateral Bounds to Stride	x4	40
	Pause Push-Up to Sprint	x4	40
	Side Shuffles to Sprint	x4	40
	Back Pedals to Sprint	x4	40
	Double Stadium Stair Sprints	x6	
	<i>(Up-Down-Up = 1 Rep)</i>		

Week 6			
Activation Warm-Up			
Dynamic Warm-Up			
	Exercise	Reps	Yards
Day 1	Flying 30's	x8	
	Quick Feet to Sprint	x2	60
	Bounds to Stride	x2	60
	Belly Pop-Up to Sprint	x2	60
	Kneeling Pop-Up to Sprint	x2	60
	Lying on Back Pop-Up to Sprint	x2	
	Fartleks (Tempo-Run)	x20	
	Exercise	Reps	Yards
Day 2	Any Speed Ladder Work (If Available)		
	Cone Circle Drill (Clock & Counter)	x5e	
	Lateral Cone Circle Drill (Clock & Counter)	x5e	
	L-Drill	x3e	
	Rapid Fires	x16	
	Court Position Work		
	Exercise	Reps	Yards
Day 3	Flying 30's	x8	
	Lateral Bounds to Stride	x2	60
	Pause Push-Up to Sprint	x2	60
	Side Shuffles to Sprint	x2	60
	Back Pedals to Sprint	x2	60
	110's	x8	

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Week 7			
Activation Warm-Up			
Dynamic Warm-Up			
	Exercise	Reps	Yards
Day 1	Any Speed Ladder Work (If Available)		
	Flying 30's	x4	
	Squat Jump(x5) to Sprint	x2e	5-10-15-20
	Skater Jumps(x10) to Sprint	x2e	5-10-15-20
	Pogo Jumps(x10) to Sprint	x2e	5-10-15-20
	Ankle Flip Jumps(x10) to Sprint	x2e	5-10-15-20
	Timed 200m Run	x1	
Day 2	Any Speed Ladder Work (If Available)		
	Lateral Quick Feet to Sprint (Turn to Right)	x2e	20-40
	Lateral Quick Feet to Sprint (Turn to Left)	x2e	20-40
	Side Shuffles to Sprint	x2e	5-10-15-20
	Back Pedals to Sprint	x2e	5-10-15-20
	Hill Sprints or Stadium Stair Sprints	x10	
Day 3	Any Speed Ladder Work (If Available)		
	Quick Feet to Sprint	x2e	20-40
	Triangle Agility	x2e	
	L-Drill	x2e	
	Pro-Agility	x6	
	Short Field Gassers	x8	
	Court Position Work		

Week 8			
Activation Warm-Up			
Dynamic Warm-Up			
	Exercise	Reps	Yards
Day 1	Any Speed Ladder Work (If Available)		
	Flying 30's	x4	
	Squat Jump(x5) to Sprint	x2e	5-10-15-20
	Skater Jumps(x10) to Sprint	x2e	5-10-15-20
	Pogo Jumps(x10) to Sprint	x2e	5-10-15-20
	Ankle Flip Jumps(x10) to Sprint	x2e	5-10-15-20
	Timed 200m Run	x1	
Day 2	Any Speed Ladder Work (If Available)		
	Lateral Quick Feet to Sprint (Turn to Right)	x2e	10-20-30
	Lateral Quick Feet to Sprint (Turn to Left)	x2e	10-20-30
	Side Shuffles to Sprint	x2e	5-10-15-20
	Back Pedals to Sprint	x2e	5-10-15-20
	Hill Sprints or Stadium Stair Sprints	x12	
Day 3	Any Speed Ladder Work (If Available)		
	Quick Feet to Sprint	x6	20
	Triangle Agility	x2e	
	L-Drill	x2e	
	Pro-Agility	x6	
	Short Field Gassers	x10	
	Court Position Work		

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Week 9			
Activation Warm-Up			
Dynamic Warm-Up			
	Exercise	Reps	Yards
Day 1	Flying 30's	x8	
	Quick Feet to Sprint	x4	30
	Belly Pop-Up to Sprint	x4	30
	Kneeling Pop-Up to Sprint	x4	30
	Lying on Back Pop-Up to Sprint	x4	30
	Fartleks (Tempo-Run)	x18	
Day 2	Exercise	Reps	Yards
	Any Speed Ladder Work (If Available)		
	Split Squat Jumps(x5) to Sprint	x3e	20-40
	Single-Leg Jumps(x10) to Sprint	x3e	20-40
	Lateral Line Jumps(x10) to Sprint	x3e	20-40
	Single-Leg Lat. Line Jumps(x10) to Sprint	x3e	20-40
	Rapid Fires	x18	
Day 3	Exercise	Reps	Yards
	Flying 30's	x8	
	Pause Push-Up to Sprint	x2e	20-40
	Side Shuffles to Sprint	x2e	20-40
	Back Pedals to Sprint	x2e	20-40
	110's	x6	
	Court Position Work		

Week 10			
Activation Warm-Up			
Dynamic Warm-Up			
	Exercise	Reps	Yards
Day 1	Flying 30's	x8	
	Quick Feet to Sprint	x2	50
	Belly Pop-Up to Sprint	x2	50
	Kneeling Pop-Up to Sprint	x2	50
	Lying on Back Pop-Up to Sprint	x2	50
	Fartleks (Tempo-Run)	x20	
Day 2	Exercise	Reps	Yards
	Any Speed Ladder Work (If Available)		
	Cone Circle Drill (Clock & Counter)	x5e	
	Lateral Cone Circle Drill (Clock & Counter)	x5e	
	L-Drill	x3e	
	Rapid Fires	x20	
Day 3	Exercise	Reps	Yards
	Flying 30's	x8	
	Pause Push-Up to Sprint	x2	20
	Side Shuffles to Sprint	x2	20
	Back Pedals to Sprint	x2	20
	Double Stadium Stair Sprints (Up-Down-Up = 1 Rep)	x8	
	Court Position Work		

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Week 11			
Activation Warm-Up			
Dynamic Warm-Up			
	Exercise	Reps	Yards
Day 1	Any Speed Ladder Work (If Available)		
	Flying 30's	x4	
	Pause Push-Up to Sprint	x2e	5-15
	Side Shuffles to Sprint	x2e	5-15
	Hill Sprints or Stadium Stair Sprints	x12	
	Court Position Work		
Day 2	Any Speed Ladder Work (If Available)		
	Squat Jump(x5) to Sprint	x2e	10-30
	Skater Jumps(x10) to Sprint	x2e	10-30
	Pogo Jumps(x10) to Sprint	x2e	10-30
	Ankle Flip Jumps(x10) to Sprint	x2e	10-30
	Rapid Fires	x12	
Day 3	Any Speed Ladder Work (If Available)		
	Quick Feet to Sprint	x6	10
	Side Shuffles to Sprint	x2e	10-15-20
	Back Pedals to Sprint	x2e	10-15-20
	Triangle Agility	x2e	
	Short Field Gassers	x10	

Week 12			
Activation Warm-Up			
Dynamic Warm-Up			
	Exercise	Reps	Yards
Day 1	Any Speed Ladder Work (If Available)		
	Flying 30's	x4	
	Pause Push-Up to Sprint	x2e	10-20
	Side Shuffles to Sprint	x2e	10-20
	Hill Sprints or Stadium Stair Sprints	x10	
	Court Position Work		
Day 2	Any Speed Ladder Work (If Available)		
	Quick Feet to Sprint	x6	10
	Lateral Quick Feet to Sprint (Turn to Right)	x3e	10-15
	Lateral Quick Feet to Sprint (Turn to Left)	x3e	10-15
	Pro-Agility	x6	
	110's	x10	
Day 3	Any Speed Ladder Work (If Available)		
	Quick Feet to Sprint	x6	10
	Side Shuffles to Sprint	x2e	10-15-20
	Back Pedals to Sprint	x2e	10-15-20
	Triangle Agility	x2e	
	200's	x10	

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Week 13			
Activation Warm-Up			
Dynamic Warm-Up			
	Exercise	Reps	Yards
Day 1	Any Speed Ladder Work (If Available)		
	Quick Feet to Sprint	x6	10
	Side Shuffles to Sprint	x2e	10-15-20
	Back Pedals to Sprint	x2e	10-15-20
	Triangle Agility	x2e	
	Fartleks (Tempo-Run)	x16	
	Exercise	Reps	Yards
Day 2	Flying 30's	x6	
	Cone Circle Drill (Clockwise & Counter)	x4e	
	Lateral Quick Feet to Sprint (Turn to Right)	x2e	10-15-20
	Lateral Quick Feet to Sprint (Turn to Left)	x2e	10-15-20
	Pro-Agility	x6	
	Short Field Gassers	x8	
	Exercise	Reps	Yards
Day 3	Any Speed Ladder Work (If Available)	x6	
	Belly Pop-Up to Sprint	x2e	10-15-20
	Kneeling Pop-Up to Sprint	x2e	10-15-20
	Lying on Back Pop-Up to Sprint	x2e	10-15-20
	200's	x6	
	Court Position Work		

Week 14			
Activation Warm-Up			
Dynamic Warm-Up			
	Exercise	Reps	Yards
Day 1	Any Speed Ladder Work (If Available)		
	Squat Jump(x5) to Sprint	x2e	10-30
	Skater Jumps(x10) to Sprint	x2e	10-30
	Pogo Jumps(x10) to Sprint	x2e	10-30
	Ankle Flip Jumps(x10) to Sprint	x2e	10-30
	Fartleks (Tempo-Run)	x16	
	Exercise	Reps	Yards
Day 2	Flying 30's	x6	
	Cone Circle Drill (Clockwise & Counter)	x6e	
	Lateral Quick Feet to Sprint (Turn to Right)	x3e	10-15-20
	Lateral Quick Feet to Sprint (Turn to Left)	x3e	10-15-20
	Pro-Agility	x8	
	Short Field Gassers	x8	
	Exercise	Reps	Yards
Day 3	Any Speed Ladder Work (If Available)	x4	
	Belly Pop-Up to Sprint	x3e	10-15-20
	Kneeling Pop-Up to Sprint	x3e	10-15-20
	Lying on Back Pop-Up to Sprint	x3e	10-15-20
	Rapid Fires	x12	
	Court Position Work		

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Week 15			
Activation Warm-Up			
Dynamic Warm-Up			
	Exercise	Reps	Yards
Day 1	Cone Circle Drill (Clockwise & Counter)	x2e	
	Flying 30's	x6	
	Split Squat Jumps(x5) to Sprint	x6	10
	Single-Leg Jumps(x10) to Sprint	x6	10
	Lateral Line Jumps(x10) to Sprint	x6	10
	Single-Leg Lat. Line Jumps(x10) to Sprint	x6	10
	Timed 200m Run	x1	
	Exercise	Reps	Yards
Day 2	Any Speed Ladder Work (If Available)		
	Quick Feet to Sprint	x4	10
	Lateral Quick Feet to Sprint (Turn to Right)	x2e	10-15
	Lateral Quick Feet to Sprint (Turn to Left)	x2e	10-15
	Pro-Agility	x4	
	Rapid Fires	x12	
	Exercise	Reps	Yards
Day 3	Flying 30's	x6	
	Belly Pop-Up to Sprint	x2e	10-15
	Kneeling Pop-Up to Sprint	x2e	10-15
	Lying on Back Pop-Up to Sprint	x2e	10-15
	Hill Sprints or Stadium Stair Sprints	x8	
	Court Position Work		

Week 16			
Activation Warm-Up			
Dynamic Warm-Up			
	Exercise	Reps	Yards
Day 1	Cone Circle Drill (Clockwise & Counter)	x3e	
	Flying 30's	x8	
	Bounds to Stride	x6	20
	Lateral Bounds to Stride	x6	20
	High Skips to Stride	x6	20
	Broad Jumps to Stride	x6	20
	Timed 200m Run	x1	
	Exercise	Reps	Yards
Day 2	Any Speed Ladder Work (If Available)		
	Quick Feet to Sprint	x6	10
	Lateral Quick Feet to Sprint (Turn to Right)	x3e	10-15
	Lateral Quick Feet to Sprint (Turn to Left)	x3e	10-15
	Pro-Agility	x6	
	Rapid Fires	x12	
	Exercise	Reps	Yards
Day 3	Flying 30's	x4	
	Belly Pop-Up to Sprint	x3e	10-15
	Kneeling Pop-Up to Sprint	x3e	10-15
	Lying on Back Pop-Up to Sprint	x3e	10-15
	Hill Sprints or Stadium Stair Sprints	x6	
	Court Position Work		