

**DREXEL UNIVERSITY  
STRENGTH & CONDITIONING**

**INCOMING FRESHMEN WORKOUT**

# DU STRENGTH & CONDITIONING STAFF CONTACT INFORMATION

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# DU SUMMER TRAINING

- THE INTENTION OF THE SUMMER PROGRAM IS TO HELP YOU IN ACHIEVING YOUR GOAL OF BECOMING A DIVISION ONE LEVEL ATHLETE. PLAYERS WITH THE DESIRE TO REPRESENT DREXEL UNIVERSITY IN COMPETITION MUST TRAIN WITH THE OBJECTIVE OF BEING THE BEST PLAYER THEY CAN BE. IMPROVEMENT WILL COME FROM A COMBINATION OF PRACTICE, COMPETITION AND A YEAR ROUND APPROACH TO STRENGTH AND CONDITIONING.
  
- "WINNERS EXPECT TO WIN. THEY KNOW THAT SO-CALLED 'LUCK' IS THE INTERSECTION OF PREPARATION AND AWARENESS."

*DR. DENNIS WAITLEY*

# TRAINING RECOMMENDATIONS

- ATHLETES SHOULD DEVOTE A MINIMUM OF NINE HOURS PER WEEK TO STRENGTH & CONDITIONING.

## 4 HOURS = STRENGTH/POWER TRAINING

EMPHASIS ON TORSO STRENGTH THROUGH A MULTITUDE OF TORSO EXERCISES. LEG STRENGTH THROUGH FRONT SQUATS, SINGLE LEG SQUATS, LUNGES, ETC. SINGLE LEG EXPLOSIVE POWER SHOULD BE DEVELOPED THROUGH PLYOMETRIC EXERCISE.

## 4 HOURS = CONDITIONING

RUNNING IS YOUR BEST BET FOR CONDITIONING. RUNNING WILL FORCE YOU UNDERSTAND AND HANDLE YOUR OWN BODYWEIGHT. A MIXTURE OF SPRINTS, DISTANCE AND OTHER METHODS OF CONDITIONING WILL BE LISTED IN DETAIL LATER.

## 1 HOUR = FLEXIBILITY

THIS SHOULD BE AT LEAST FIFTEEN MINUTES PER DAY FOUR DAYS PER WEEK.

## NUTRITION = DAILY

NUTRITION IS A PART OF TRAINING THAT I DO NOT PUT A TIME FRAME ON. EACH ATHLETE WILL HAVE PARTICULAR NEEDS AND DESIRES. TAKE AS MUCH TIME AS NEEDED TO TAKE IN THE CORRECT AMOUNTS OF PROTEIN, CARBOHYDRATES, FAT, WATER, CALORIES, VITAMINS, AND MINERALS. IF YOU HAVE ANY QUESTIONS ABOUT THIS TOPIC PLEASE FEEL FREE TO CONTACT ME AT ANY TIME.

# READING THE STRENGTH PROGRAM

- **FOUR DAY PROGRAM**
- **ONE DAY PER SHEET (PRINT OUT AND TAKE WITH YOU TO GYM)**
- **EXERCISES ARE “PAIRED” OR “TRIPLE SET”**
  - ”**PAIRED** MEANS THAT YOU SHOULD DO ONE EXERCISE THEN MOVE ON TO NEXT EXERCISE IN PAIR
  - WORK BACK AND FORTH UNTIL ALL SETS ARE COMPLETED**
  - ”**TRIPLE SET**” MEANS THAT YOU HAVE THREE EXERCISES IN A ROW I.E. YOU WILL PERFORM THREE EXERCISES AND RETURN TO THE FIRST EXERCISE IN SET
  - WORK THROUGH SET UNTIL ALL IS COMPLETE**
- **FINISH BY STRETCHING FOR AT LEAST FIFTEEN MINUTES TO COMPLETE THE WORKOUT**
- **LIFTING SHOULD TAKE 45-60 MINUTES PER SESSION**

# STRENGTH & CONDITIONING PROGRAM

## WEEKS 1-4

DAY 1	WEEK 1	WEEK 2	WEEK 3	WEEK 4
<b>WARM UP + PLYOMETRICS + SPEED WORK + CONDITIONING PRIOR TO TORSO AND LIFTING.</b>				
<b>TORSO = EMPHASIS DRAW IN, STABILITY, ROTATIONAL &amp; FLEXION</b>				
<b>FRONT SQUAT PAIRED WITH</b>	<b>2x10</b>	<b>3x10</b>	<b>3x10</b>	<b>3x10</b>
<b>CHIN UP</b>	<b>2x10</b>	<b>3x10</b>	<b>3x10</b>	<b>3x10</b>
<b>SPLIT SQUAT TRIPLE SET WITH</b>	<b>2x10 EACH</b>	<b>3x10 EACH</b>	<b>3x10 EACH</b>	<b>3x10 EACH</b>
<b>DB Row</b>	<b>2x10 EACH</b>	<b>3x10 EACH</b>	<b>3x10 EACH</b>	<b>3x10 EACH</b>
<b>SHOULDER CIRCUIT YTWL</b>	<b>2x10+10+10+10</b>	<b>2x14+14+14+14</b>	<b>2x18+18+18+18</b>	<b>2x12+12+12+12 W/2 ½ LBS.</b>
<b>FLEXIBILITY</b>				

# STRENGTH & CONDITIONING PROGRAM

## WEEKS 1-4

DAY 2	WEEK 1	WEEK 2	WEEK 3	WEEK 4
<b>WARM UP + PLYOMETRICS + SPEED WORK + CONDITIONING PRIOR TO TORSO AND LIFTING.</b>				
<b>TORSO = EMPHASIS DRAW IN, STABILITY, ROTATIONAL &amp; FLEXION</b>				
<b>BENCH PRESS PAIRED WITH</b>	<b>2x10</b>	<b>3x10</b>	<b>3x10</b>	<b>3x10</b>
<b>HYPEREXTENSION (BACK EXTENSION)</b>	<b>2x10</b>	<b>3x10</b>	<b>3x10</b>	<b>3x10</b>
<b>DB ALTERNATING SHOULDER PRESS TRIPLE SET WITH</b>	<b>2x10</b>	<b>3x10</b>	<b>3x10</b>	<b>3x10</b>
<b>COOK'S HIP LIFT</b>	<b>2x10 EACH</b>	<b>2x12 EACH</b>	<b>2x14 EACH</b>	<b>2x16 EACH</b>
<b>HIP ADDUCTION AND ABDUCTION</b>	<b>2x10 EACH</b>	<b>2x10 EACH</b>	<b>2x10EACH</b>	<b>2x10 EACH</b>
<b>FLEXIBILITY</b>				

# STRENGTH & CONDITIONING PROGRAM

## WEEKS 1-4

DAY 3	WEEK 1	WEEK 2	WEEK 3	WEEK 4
<b>WARM UP + PLYOMETRICS + SPEED WORK + CONDITIONING PRIOR TO TORSO AND LIFTING.</b>				
<b>TORSO = EMPHASIS DRAW IN, STABILITY, ROTATIONAL &amp; FLEXION</b>				
<b>LIGHT FRONT SQUAT 80% OF DAY 1 PAIRED WITH</b>	<b>2x10</b>	<b>3x10</b>	<b>3x10</b>	<b>3x10</b>
<b>PARALLEL GRIP CHIN UP</b>	<b>2x10</b>	<b>3x10</b>	<b>3x10</b>	<b>3x10</b>
<b>LATERAL SQUAT TRIPLE SET WITH</b>	<b>2x10 EACH</b>	<b>3x10 EACH</b>	<b>3x10 EACH</b>	<b>3x10 EACH</b>
<b>T-GRIP DB ROW</b>	<b>2x10 EACH</b>	<b>3x10 EACH</b>	<b>3x10 EACH</b>	<b>3x10 EACH</b>
<b>SHOULDER CIRCUIT YTWL</b>	<b>2x12+12+12+12</b>	<b>2x16+16+16+16</b>	<b>2x20+20+20+20</b>	<b>2x12+12+12+12 W/2 ½ LBS.</b>
<b>FLEXIBILITY</b>				



# STRENGTH & CONDITIONING PROGRAM

## WEEKS 1-4

DAY 4	WEEK 1	WEEK 2	WEEK 3	WEEK 4
<b>WARM UP + PLYOMETRICS + SPEED WORK + CONDITIONING PRIOR TO TORSO AND LIFTING.</b>				
<b>TORSO = EMPHASIS DRAW IN, STABILITY, ROTATIONAL &amp; FLEXION</b>				
<b>DB INCLINE BENCH PAIRED WITH</b>	<b>2x10</b>	<b>3x10</b>	<b>3x10</b>	<b>3x10</b>
<b>DB STRAIGHT LEG DEADLIFT</b>	<b>2x10</b>	<b>3x10</b>	<b>3x10</b>	<b>3x10</b>
<b>DB CURL + SHOULDER PRESS TRIPLE SET WITH</b>	<b>2x10</b>	<b>3x10</b>	<b>3x10</b>	<b>3x10</b>
<b>1 LEG HIP LIFT</b>	<b>2x10 EACH</b>	<b>2x12 EACH</b>	<b>2x14 EACH</b>	<b>2x16 EACH</b>
<b>ADDUCTION + ABDUCTION</b>	<b>2x10 EACH</b>	<b>2x10 EACH</b>	<b>2x10 EACH</b>	<b>2x10 EACH</b>
<b>FLEXIBILITY</b>				

# STRENGTH AND CONDITIONING PROGRAM

## WEEKS 5-8

DAY 1	WEEK 5	WEEK 6	WEEK 7	WEEK 8
<b>WARM UP + PLYOMETRICS + SPEED WORK + CONDITIONING PRIOR TO TORSO AND LIFTING.</b>				
<b>TORSO = EMPHASIS DRAW IN, STABILITY, ROTATIONAL &amp; FLEXION</b>				
<b>FRONT SQUAT PAIRED WITH</b>	3x5	4x5	4x5	4x5
<b>CHIN UP</b>	3x5	4x5	4x5	4x5
<b>ONE LEG BENCH SQUAT TRIPLE SET WITH</b>	3x5 EACH	3x5 EACH	3x5 EACH	3x5 EACH
<b>DB ROW</b>	3x5 EACH	3x5 EACH	3x5 EACH	3x5 EACH
<b>MANUAL/PARTNER SHOULDERS (SIDE + FRONT)</b>	2x10+10	2x10+10	2x10+10	3x10+10
<b>FLEXIBILITY</b>				

# STRENGTH AND CONDITIONING PROGRAM

## WEEKS 5-8

DAY 2	WEEK 5	WEEK 6	WEEK 7	WEEK 8
<b>WARM UP + PLYOMETRICS + SPEED WORK + CONDITIONING PRIOR TO TORSO AND LIFTING.</b>				
<b>TORSO = EMPHASIS DRAW IN, STABILITY, ROTATIONAL &amp; FLEXION</b>				
<b>BENCH PRESS PAIRED WITH</b>	<b>3x5</b>	<b>4x5</b>	<b>4x5</b>	<b>4x5</b>
<b>DB STRAIGHT LEG DEADLIFT</b>	<b>3x5</b>	<b>4x5</b>	<b>4x5</b>	<b>4x5</b>
<b>DB SHOULDER PRESS TRIPLE SET WITH</b>	<b>3x5</b>	<b>3x5</b>	<b>3x5</b>	<b>3x5</b>
<b>4'' HIP LIFT</b>	<b>3x12 EACH</b>	<b>3x14 EACH</b>	<b>3x16 EACH</b>	<b>3x18 EACH</b>
<b>OFF BENCH OBLIQUE</b>	<b>3x10 EACH</b>	<b>3x10 EACH</b>	<b>3x10 EACH</b>	<b>3x10 EACH</b>
<b>FLEXIBILITY</b>				

# STRENGTH AND CONDITIONING PROGRAM

## WEEKS 5-8

DAY 3	WEEK 5	WEEK 6	WEEK 7	WEEK 8
<b>WARM UP + PLYOMETRICS + SPEED WORK + CONDITIONING PRIOR TO TORSO AND LIFTING.</b>				
<b>TORSO = EMPHASIS DRAW IN, STABILITY, ROTATIONAL &amp; FLEXION</b>				
LIGHT FRONT SQUAT PAIRED WITH	3x5	4x5	4x5	4x5
PULL UP	3x5	4x5	4x5	4x5
LUNGES TRIPLE SET WITH	3x5 EACH	3x5 EACH	3x5 EACH	3x5 EACH
T-GRIP DB ROW	3x5 EACH	3x5 EACH	3x5 EACH	3x5 EACH
MANUAL/PARTNER SHOULDERS (SIDE + FRONT)	3x10 EACH	3x10 EACH	3x10 EACH	3x10 EACH
FLEXIBILITY				

# STRENGTH AND CONDITIONING PROGRAM

## WEEKS 5-8

DAY 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8
<b>WARM UP + PLYOMETRICS + SPEED WORK + CONDITIONING PRIOR TO TORSO AND LIFTING.</b>				
<b>TORSO = EMPHASIS DRAW IN, STABILITY, ROTATIONAL &amp; FLEXION</b>				
<b>INCLINE BENCH PAIRED WITH</b>	<b>3x5</b>	<b>4x5</b>	<b>3x5</b>	<b>4x5</b>
<b>DB SINGLE LEG STRAIGHT LEG DEADLIFT</b>	<b>3x5</b>	<b>4x5</b>	<b>3x5</b>	<b>4x5</b>
<b>DB CURL + SHOULDER PRESS TRIPLE SET WITH</b>	<b>3x5</b>	<b>3x5</b>	<b>3x5</b>	<b>3x5</b>
<b>4'' HIP LIFT</b>	<b>3x12 EACH</b>	<b>3x12 EACH</b>	<b>3x12 EACH</b>	<b>3x12 EACH</b>
<b>OFF BENCH OBLIQUE</b>	<b>3x10 EACH</b>	<b>3x10 EACH</b>	<b>3x10 EACH</b>	<b>3x10 EACH</b>
<b>FLEXIBILITY</b>				

# STRENGTH AND CONDITIONING PROGRAM

## WEEKS 9-12

DAY 1	WEEK 9	WEEK 10	WEEK 11	WEEK 12
<b>WARM UP + PLYOMETRICS + SPEED WORK + CONDITIONING PRIOR TO TORSO AND LIFTING.</b>				
<b>TORSO = EMPHASIS DRAW IN, STABILITY, ROTATIONAL &amp; FLEXION</b>				
<b>FRONT SQUAT PAIRED WITH</b>	<b>4x3</b>	<b>4x3</b>	<b>4x3</b>	<b>4x3</b>
<b>CHIN UP</b>	<b>4x3</b>	<b>4x3</b>	<b>4x3</b>	<b>4x3</b>
<b>SINGLE LEG SQUAT TRIPLE SET WITH</b>	<b>4x5 EACH</b>	<b>4x5 EACH</b>	<b>4x5 EACH</b>	<b>4x5 EACH</b>
<b>DB ROW</b>	<b>4x5 EACH</b>	<b>4x5 EACH</b>	<b>4x5 EACH</b>	<b>4x5 EACH</b>
<b>UPRIGHT ROW W/CALF RAISE</b>	<b>3x10</b>	<b>3x10</b>	<b>3x10</b>	<b>3x10</b>
<b>FLEXIBILITY</b>				

# STRENGTH AND CONDITIONING PROGRAM

## WEEKS 9-12

DAY 2	WEEK 9	WEEK 10	WEEK 11	WEEK 12
<b>WARM UP + PLYOMETRICS + SPEED WORK + CONDITIONING PRIOR TO TORSO AND LIFTING.</b>				
<b>TORSO = EMPHASIS DRAW IN, STABILITY, ROTATIONAL &amp; FLEXION</b>				
<b>BENCH PRESS PAIRED WITH</b>	<b>4x3</b>	<b>4x3</b>	<b>4x3</b>	<b>4x3</b>
<b>HYPEREXTENSION (BACK EXTENSION)</b>	<b>4x8</b>	<b>4x8</b>	<b>4x8</b>	<b>4x8</b>
<b>DIPS</b>	<b>3x5</b>	<b>3x5</b>	<b>3x5</b>	<b>3x5</b>
<b>LEG CURL</b>	<b>3x10</b>	<b>3x10</b>	<b>3x10</b>	<b>3x10</b>
<b>ADDUCTION + ABDUCTION</b>	<b>3x10 EACH</b>	<b>3x10 EACH</b>	<b>3x10 EACH</b>	<b>3x10 EACH</b>
<b>FLEXIBILITY</b>				

# STRENGTH AND CONDITIONING PROGRAM

## WEEKS 9-12

DAY 3	WEEK 9	WEEK 10	WEEK 11	WEEK 12
<b>WARM UP + PLYOMETRICS + SPEED WORK + CONDITIONING PRIOR TO TORSO AND LIFTING.</b>				
<b>TORSO = EMPHASIS DRAW IN, STABILITY, ROTATIONAL &amp; FLEXION</b>				
<b>LIGHT FRONT SQUAT PAIRED WITH</b>	<b>4x3</b>	<b>4x3</b>	<b>4x3</b>	<b>4x3</b>
<b>PULL UP</b>	<b>4x3</b>	<b>4x3</b>	<b>4x3</b>	<b>4x3</b>
<b>SINGLE LEG SQUAT TRIPLE SET WITH</b>	<b>3x5 EACH</b>	<b>3x5 EACH</b>	<b>3x5 EACH</b>	<b>3x5 EACH</b>
<b>BARBELL BENT OVER ROW</b>	<b>3x10</b>	<b>3x10</b>	<b>3x10</b>	<b>3x10</b>
<b>UPRIGHT ROW W/CALF RAISE</b>	<b>3x10</b>	<b>3x10</b>	<b>3x10</b>	<b>3x10</b>
<b>FLEXIBILITY</b>				



# STRENGTH AND CONDITIONING PROGRAM

## WEEKS 9-12

DAY 4	WEEK 9	WEEK 10	WEEK 11	WEEK 12
<b>WARM UP + PLYOMETRICS + SPEED WORK + CONDITIONING PRIOR TO TORSO AND LIFTING.</b>				
<b>TORSO = EMPHASIS DRAW IN, STABILITY, ROTATIONAL &amp; FLEXION</b>				
<b>INCLINE BENCH PAIRED WITH</b>	<b>4x3</b>	<b>4x3</b>	<b>4x3</b>	<b>4x3</b>
<b>ONE LEG HYPEREXTENSION</b>	<b>4x8 EACH</b>	<b>4x8 EACH</b>	<b>4x8 EACH</b>	<b>4x8 EACH</b>
<b>DIPS</b>	<b>3x5</b>	<b>3x5</b>	<b>3x5</b>	<b>3x5</b>
<b>LEG CURL</b>	<b>3x10</b>	<b>3x10</b>	<b>3x10</b>	<b>3x10</b>
<b>ADDUCTION + ABDUCTION</b>	<b>3x10 EACH</b>	<b>3x10 EACH</b>	<b>3x10 EACH</b>	<b>3x10 EACH</b>
<b>FLEXIBILITY</b>				

# FRONT SQUAT



THE HANDS SHOULD BE JUST OUTSIDE YOUR SHOULDERS WITH ELBOWS UP AND IN. THE CHEST SHOULD BE UP AND THE UPPER AND LOWER BACK SHOULD BE ARCHED AND TIGHT. THE BAR WILL REST JUST TOUCHING THE THROAT. THE FEET WILL BE SHOULDER WITH APART WITH THE TOES FACING SLIGHTLY OUT.

THE DESCENT WILL BEGIN WITH A BIG BREATH TO FULLY INFLATE THE LUNGS. THIS WILL CREATE A NATURAL WEIGHT BELT FOR THE BACK. WHEN DESCENDING INTO THE SQUAT CONCENTRATE ON PLACING YOUR BODYWEIGHT ON YOUR HEELS. DO NOT LET THE BREATH OUT. KEEP THE ELBOWS LEVEL WITH YOUR SHOULDERS. DESCEND UNTIL THE TOP OF YOUR THIGH IS PARALLEL TO THE FLOOR.

THE ACCENT SHOULD FOCUS ON DRIVING UPWARDS WITH THE CHEST OUT, BRINGING THE HIPS UP AND FORWARD. AS YOU NEAR THE TOP BEGIN TO LET THE BREATH OUT.

# SINGLE LEG PROGRESSION

## SPLIT SQUAT



**TAKE A LONGER THAN NORMAL STRIDE KEEPING YOUR KNEE OVER YOUR ANKLE OR UNTIL THE HEEL OF THE BACK FOOT RISES OFF THE FLOOR. DROP THE BACK KNEE DOWN FORCING THE FRONT LEG TO BEND. ADD WEIGHT USING DUMBBELLS OR BAR.**

## ONE LEG BENCH SQUAT



**RAISE THE BACK LEG UP ONTO A BENCH OR BOX OF EQUAL HEIGHT AND DROP THE BACK KNEE TOWARDS THE FLOOR. CONCENTRATE ON KEEPING THE FRONT KNEE OVER THE ANKLE AND DESCEND UNTIL TOP OF THIGH IS PARALLEL TO THE FLOOR.**

## SINGLE LEG SQUAT



**STAND ON THE BOX WITH A PAIR OF FIVE POUND DUMBBELLS OR PLATES IN HAND AND ATTEMPT TO SQUAT TO A TOP OF THIGH PARALLEL POSITION WHILE RAISING THE PLATES IN FRONT TO COUNTER BALANCE YOUR BACKSIDE. IT IS CRITICAL THAT THE EXERCISES BEGINS WITH THE BENDING OF THE KNEE AND NOT BY BENDING AT THE ANKLE. CONCENTRATE HEAVILY ON FORM FOR THIS EXERCISE.**



## STIFF LEG DEADLIFT (SLDL)



**GRAB THE BAR WITH THE HANDS APPROXIMATELY SHOULDER WIDTH APART. ARMS SHOULD REMAIN STRAIGHT. FEET ARE HIP WIDTH APART AND KNEES ARE SLIGHTLY BENT. KEEP THE BACK ARCHED AND CHEST UP. WHILE KEEPING YOUR BACK POSITION SLIDE THE BAR DOWN THE THIGHS UNTIL YOU REACH THE END OF YOUR HAMSTRING RANGE OF MOTION.**

## ONE LEG SLDL



**THIS IS A FUNCTIONAL MODIFICATION OF THE SLDL. THE TECHNIQUE POINTS ARE THE SAME AS THE SLDL ONLY WE WILL HOLD A DUMBBELL INSTEAD OF A BAR. THE DUMBBELL IS HELD IN THE HAND OPPOSITE THE FOOT ON THE GROUND WITH THE BACK LEG BROUGHT TO PARALLEL.**

## ONE LEG HIP LIFT



PLACE THE SOLE OF ONE FOOT FLAT ON THE FLOOR WITH YOUR KNEE FLEXED TO NINETY DEGREES. RAISE THE OTHER LEG UP SO THAT YOU CAN NOT USE IT FOR MOMENTUM. DRIVE DOWN INTO THE FLOOR THROUGH YOUR HEEL RAISING YOUR HIPS UP AS HIGH AS POSSIBLE.

## ONE LEG HIP LIFT ON STABILITY BALL



PLACE THE SOLE OF ONE FOOT FLAT ON THE STABILITY BALL WITH YOUR KNEE FLEXED TO NINETY DEGREES. RAISE THE OTHER LEG UP SO THAT YOU CAN NOT USE IT FOR MOMENTUM. DRIVE DOWN INTO THE STABILITY BALL THROUGH YOUR HEEL RAISING YOUR HIPS UP AS HIGH AS POSSIBLE.

# CONDITIONING/CARDIOVASCULAR

- **CONDITIONING WORKOUTS SHOULD BE AN HOUR IN LENGTH FOUR DAYS PER WEEK.**
- **WARM UP 15 MINUTES**
- **PLYOMETRICS 15 MINUTES (STRAIGHT AHEAD / LATERAL)**
- **SPEED WORK 15 MINUTES (STRAIGHT AHEAD / LATERAL)**
- **CONDITIONING 15 MINUTES (STRAIGHT AHEAD / LATERAL)**
- **TORSO WORK 15 MINUTES**
- **TOTAL 60 MINUTES OF CONDITIONING**

**REMEMBER THAT NO MATTER HOW STRONG YOU BECOME...  
"THE LEGS FEED THE WOLF" -HERB BROOKS (USA HOCKEY COACH)**



# SPEED CONDITIONING

- **WHEN CONDITIONING FOCUS ON HOW YOUR SPORT WORKS (SPRINT INTERVALS).**
- **FARTLEK RUNNING:** FARTLEK, DEVELOPED IN THE 1930'S, COMES FROM THE SWEDISH FOR 'SPEED PLAY' AND COMBINES CONTINUOUS AND INTERVAL TRAINING. FARTLEK ALLOWS THE ATHLETE TO RUN WHATEVER DISTANCE AND SPEED THEY WISH, VARYING THE INTENSITY, AND OCCASIONALLY RUNNING AT HIGH INTENSITY LEVELS. THIS TYPE OF TRAINING STRESSES BOTH THE AEROBIC AND ANAEROBIC ENERGY PATHWAYS. I.E. GO FOR A 20-30 MINUTE RUN AND SELECT CERTAIN POINTS (TELEPHONE POLES OR MAILBOXES) TO SPRINT.
- **SHUTTLE RUNNING:** SET UP CONES 25 OR 50 YARDS APART AND RUN 150 – 300 YARDS RUNNING CONE TO CONE. 150 YARD SHUTTLES SHOULD TAKE NO LONGER THAN 30 SECONDS AND 300 YARD SHUTTLES SHOULD TAKE NO LONGER THAN 1 MINUTE. WORK FROM A 1:3 WORK/REST RATION TO A 1:2 REST RATIO BY PRE-SEASON.
- **HILL RUNNING:** LOCATE A HILL AND FOR 5-15 MINUTES SPRINT UP THE HILL AND JOG DOWN FOR RECOVERY.

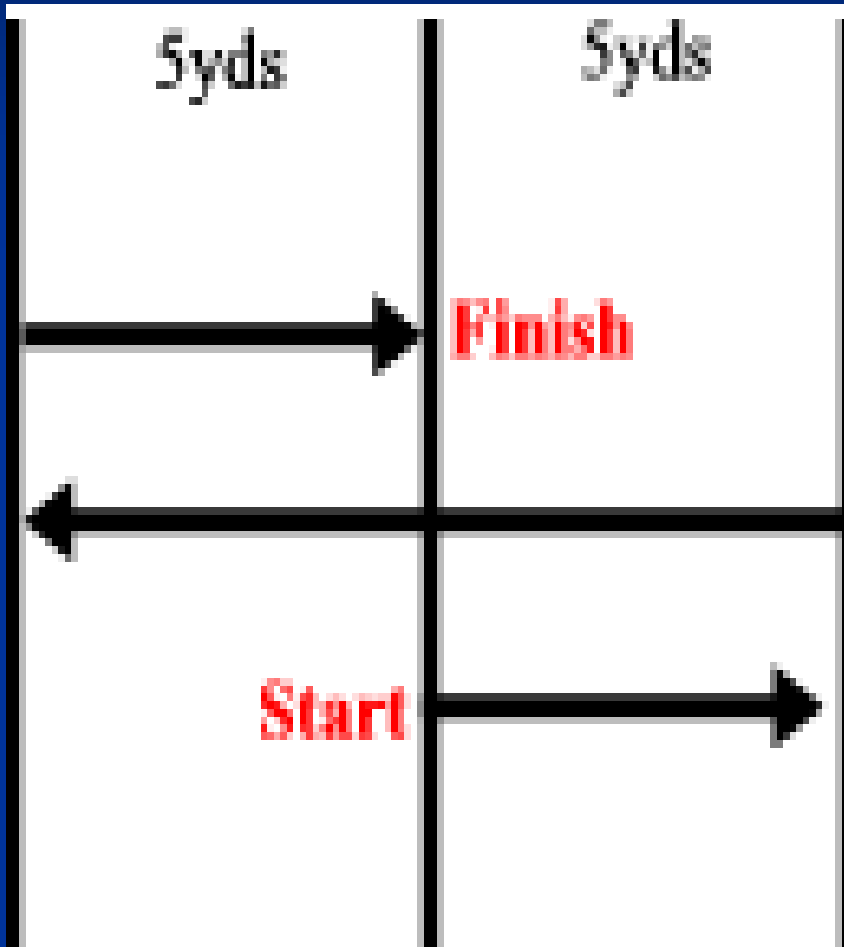


# AGILITY/LATERAL TRAINING

- **AGILITY:** THE ABILITY TO CHANGE DIRECTIONS BOTH QUICKLY AND EFFICIENTLY.
- **TRAIN AGILITY/LATERAL SPEED AT LEAST 2 TIMES PER WEEK.**



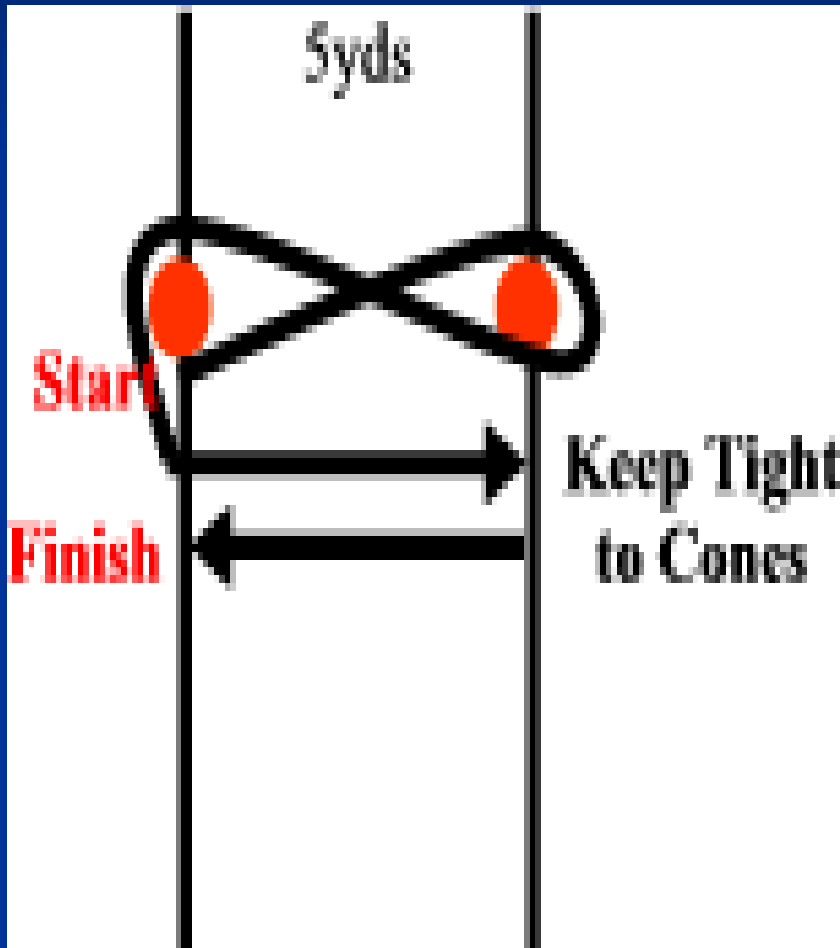
# 5-10-5



## PRO AGILITY

(5-10-5YDS - SPRINT-SPRINT-SPRINT) MARK OFF 10 YARDS, MAKING LINES AT 0, 5 AND 10 YARDS. STRADDLE THE MIDDLE (5YD) LINE WITH FEET HIP-SHOULDER WIDTH APART AND A LOWERED CENTER OF GRAVITY. TURN AND SPRINT TO THE RIGHT 5YDS, TOUCH THE LINE WITH YOUR RIGHT HAND, TURN BACK AND SPRINT 10YDS, TOUCH THE LINE WITH YOUR LEFT HAND, TURN BACK AND SPRINT THROUGH THE LINE YOU STARTED AT (PRETEND YOU ARE RUNNING ON A STRAIGHT LINE).

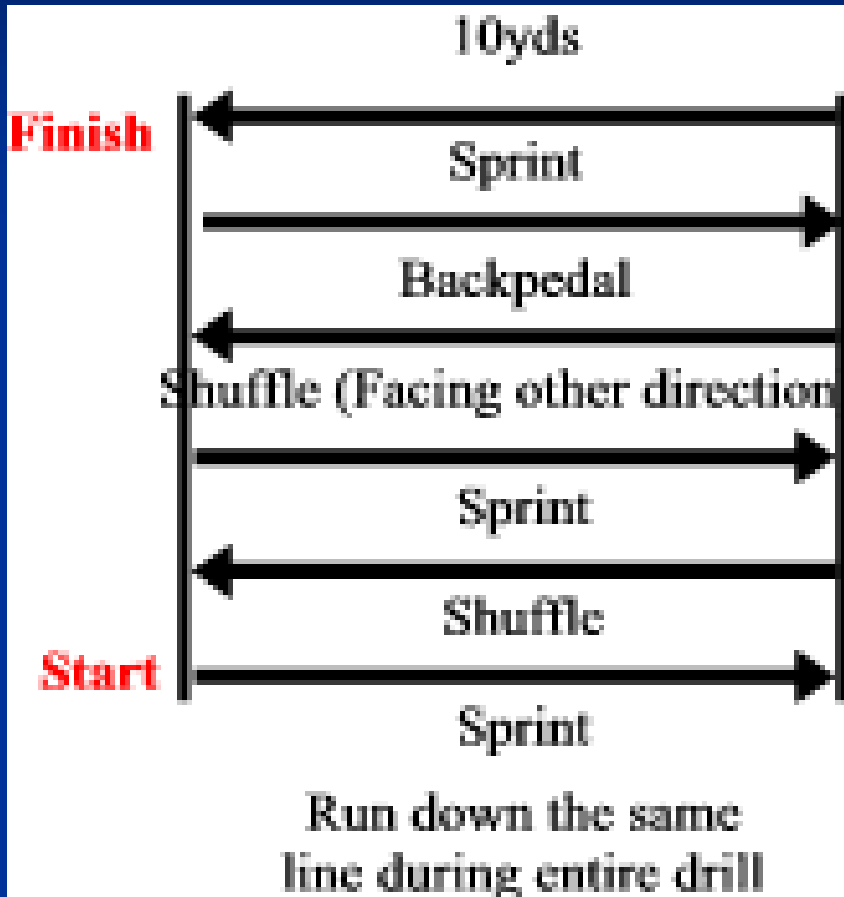
# NEBRASKA AGILITY



## NEBRASKA AGILITY

(5-5-5-5YDS - FIGURE 8-SPRINT-BACKPEDAL)  
SET UP 2 CONES 5YDS APART FROM EACH OTHER. START ON THE RIGHT SIDE OF THE FIRST CONE, SPRINT TO THE LEFT SIDE OF THE OTHER CONE, PUT YOUR RIGHT HAND DOWN ON THE GROUND AND PIVOT AROUND THE CONE TILL YOU ARE FACING THE FIRST CONE, SPRINT TO THE RIGHT SIDE OF THE FIRST CONE, PUT YOUR LEFT HAND DOWN ON THE GROUND AND PIVOT AROUND THE CONE TILL YOU ARE FACING THE SECOND CONE (YOU HAVE NOW COMPLETED THE "FIGURE 8"), STAYING ON THE SAME SIDE YOU ARE ON AND STAYING CLOSE TO THE CONES, SPRINT TO THE LINE THE SECOND CONE IS RESTING ON, THEN BACKPEDAL TO THE STARTING LINE.

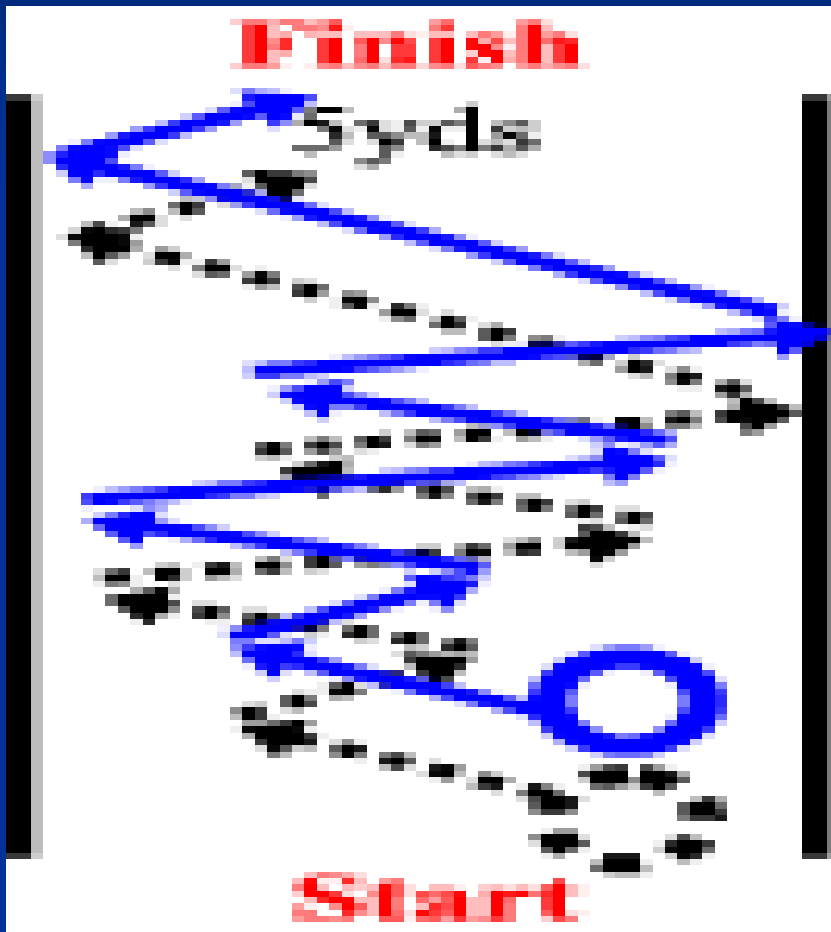
# 10-10-10-10-10-10



## COLGATE AGILITY

(10-10-10-10-10-10 - SPRINT-SHUFFLE-SPRINT-SHUFFLE-BACKPEDAL-SPRINT) MARK OFF 10YDS, YOU WILL RUN A TOTAL OF 60 YARDS. SPRINT 10YDS, TURN EITHER WAY AND SHUFFLE BACK 10YDS, TURN AND SPRINT 10YDS, THEN TURN THE OPPOSITE DIRECTION OF YOUR ORIGINAL TURN AND SHUFFLE BACK 10YDS, BACKPEDAL 10YDS, THEN SPRINT THROUGH THE STARTING LINE.

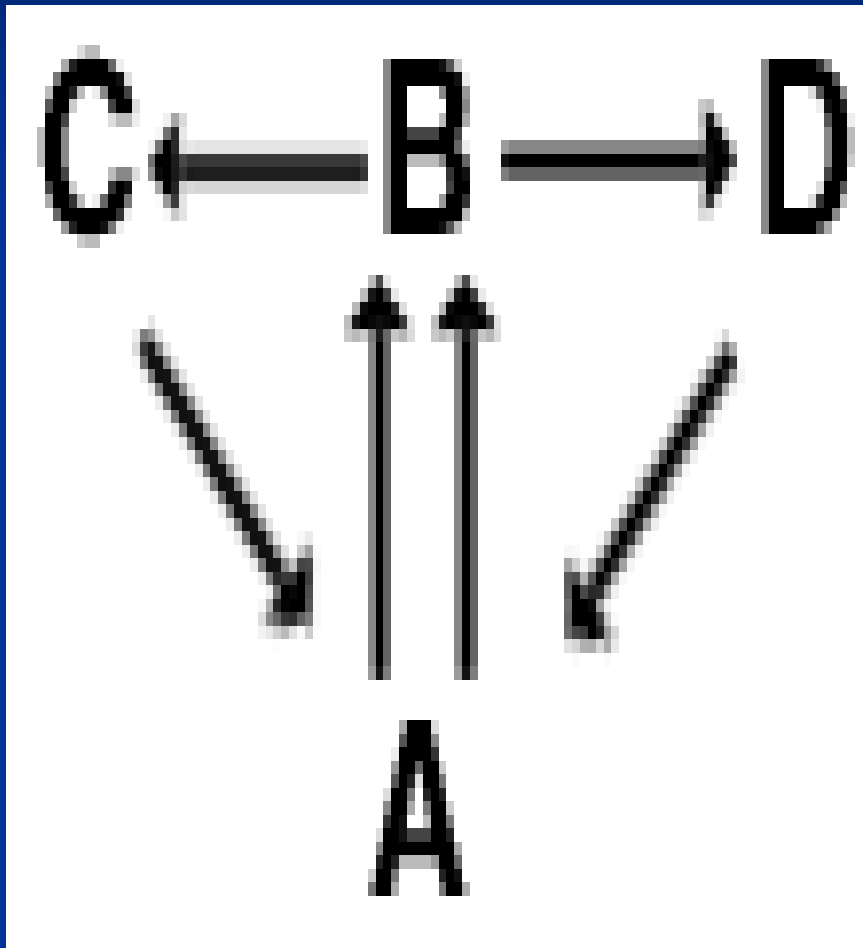
# MIRROR



## MIRROR

(TAKES 2 PEOPLE) HAVE A 5YD WIDE LANE FOR SPECIFIED DISTANCE, FACING EACH OTHER, START AT ONE END AND RUN TO THE OTHER END OF THE LANE. THE OBJECT IS FOR THE "OFFENSIVE" PLAYER TO MAKE THE DEFENDER WORK EXTREMELY HARD BY MAKING LOTS OF CUTS, JUKES AND MOVES AT FULL SPEED. IF THE OFFENSIVE PLAYER GETS PAST THE DEFENDER THE DEFENDER SHOULD TURN AND SPRINT TO CUT HIM/HER OFF AND THE OFFENSIVE PLAYER SHOULD LET THEM CATCH THEM AND THEN CONTINUE TO TRY TO GET PAST THEM.

# T-DRILL



## T-DRILL

- FOLLOW SET UP 4 CONES ABOUT 10 YARDS APART IN THE SHAPE OF A T. SPRINT FROM CONE A TO CONE B, SLIDE FROM CONE B TO CONE C, BACKPEDAL FROM CONE C TO CONE A. REPEAT BY GOING TO THE OPPOSITE SIDE FIRST.

# PLYOMETRICS

- ALWAYS WARM UP PRIOR TO PLYOMETRIC TRAINING
- PERFORM PLYOMETRICS ON A SOFT SURFACE WHENEVER POSSIBLE
- ALWAYS WEAR PROPER FOOTWEAR (BASKETBALL OR CROSSTRAINERS)
- QUALITY IS MORE IMPORTANT THAN QUANTITY. EACH REP SHOULD BE BOTH FAST AND EXPLOSIVE
- TAKE PLENTY OF REST BETWEEN SETS
- PROPERLY EXECUTED PLYOMETRICS ARE QUIET. IF YOU ARE HEARING LOUD GROUND CONTACT YOU MAY BE PROGRESSING TOO FAST
- DISCONTINUE PLYOMETRICS IF YOU EXPERIENCE ANY UNUSUAL JOINT SORENESS

# PLYOMETRICS WEEKS 1-8

## ■ WEEKS 1-4

- DAY 1 = BOX JUMP OR TUCK JUMP 3x10 (REST 2 MINUTES)
- DAY 2 = LATERAL BOX JUMP 3x5 EACH SIDE (REST 2 MINUTES)
- DAY 3 = SINGLE LEG BOX JUMP OR SINGLE LEG LINE HOP (FORWARD AND BACK) 3x10 (REST 2 MINUTES)
- DAY 4 = HEIDENS WITH STICK 3x10

## ■ WEEKS 5-8

- DAY 1 = HURDLE HOP WITH STICK 5x5 (2 MINUTES REST)
- DAY 2 = HEIDENS 4x10 (2 MINUTES REST)
- DAY 3 = SINGLE LEG HURDLE HOP WITH STICK 5x5 (2 MINUTES REST)
- DAY 4 = HEIDENS 4x10 (2 MINUTES REST)



# PLYOMETRICS WEEKS 9-12

- DAY 1 = HURDLE HOPS 5x5 (2 MINUTES REST)
- DAY 2 = LATERAL CONE HOP 3x20 (2 MINUTES REST)
- DAY 3 = SINGLE LEG HURDLE HOP 5x5 (2 MINUTES REST)
- DAY 4 = SINGLE LEG LATERAL CONE HOP 3x10 (2 MINUTES REST)

# TORSO/ABDOMINAL TRAINING

## LYING DRAW IN (REVERSE BREATHING)



**PLACE TENNIS BALL OR FLAT OBJECT ON BELLY BUTTON**

**PULL YOUR BELLY BUTTON TO THE FLOOR AND RIB CAGE UP TO SHOULDERS  
(IMAGINE TRYING TO SQUEEZE BETWEEN TWO TIGHT OBJECTS OR ZIPPING UP  
THE WORLDS TIGHTEST PANTS)**

**BLOW YOUR AIR OUT (DO NOT LET THE OBJECT RISE UP) THEN BREATHE SHALLOW  
SQUEEZE YOUR KNEES TOGETHER**

## 4 POINT STABILITY



- 1 = FACE DOWN ON FOREARMS  
BACK FLAT WITH BELLY BUTTON  
PULLED IN**
- 2 & 3 = TURN ON SIDE WITH  
FEET BACK, HIPS UP AND  
SHOULDERS BACK**
- 4 = LIE ON BACK WITH FEET  
TOGETHER AND KNEES TOGETHER,  
BRIDGE UP AS HIGH AS YOU CAN**

## FLAT FOOT SIT UP



**FEET FLAT ON THE FLOOR WITH YOUR HANDS 1-BY YOUR SIDES (EASY) 2-ACROSS YOUR CHEST (MEDIUM) 3-ON YOUR EARS (DIFFICULT). PROCEED TO SIT ALL THE WAY UP UNTIL YOUR CHEST TOUCHES YOUR THIGHS.**

## HIP ROLL



**BEGIN BY LYING DOWN ON YOUR BACK WITH YOUR HANDS OUT BY YOUR SIDE. PICK YOUR FEET UP SO THAT YOUR TOES ARE DIRECTLY OVER YOUR BELLY BUTTON. DROP SIDE TO SIDE WITHOUT YOUR OPPOSITE SHOULDER LIFTING OFF THE FLOOR**

## DIAGONAL PLATE RAISE



START BY GRABBING A PLATE WITH TWO HANDS AND SQUATTING DOWN AS FAR AS YOU CAN. DRIVE UP TURNING YOUR HIPS AND ROTATING TOWARDS THE CEILING. PUSH THE PLATE OVERHEAD AND LOOK UP AT THE CEILING THROUGH THE HOLE IN THE PLATE.

## RUSSIAN TWIST



**PLACE YOUR FEET FLAT ON THE FLOOR  
WITH YOUR SHOULDERS ON A STABILITY  
BALL. HOLD A PLATE OR MEDICINE BALL  
OVER YOUR CHEST AND TURN (STACKING  
YOUR SHOULDERS) SIDE TO SIDE**

## OVER UNDER CRUNCH



**TAKE A BROOMSTICK OR PVC PIPE AND EXTEND IT OVER-HEAD WITH YOUR LEGS EXTENDED. BRING YOUR KNEES TO YOUR CHEST WHILE AT THE SAME TIME BRINGING THE PIPE OR STICK OVER YOUR FEET. EXTEND YOUR FEET OUT AND THEN REPEAT IN REVERSE. MAKE SURE THAT YOUR SHOULDERS RISE UP OFF THE FLOOR. IMAGINE THAT YOU ARE CURLING INTO A BALL.**



# STATIC FLEXIBILITY

- FLEXIBILITY IS THE ABILITY TO MOVE MUSCLES AND JOINTS THROUGH THEIR FULL RANGES OF MOTION
- IN CONTRAST, STRETCHING IS THE PROCESS OF ELONGATING CONNECTIVE TISSUES, MUSCLES, AND OTHER TISSUES.

SPIDERMAN



3 POSITION HAMSTRING



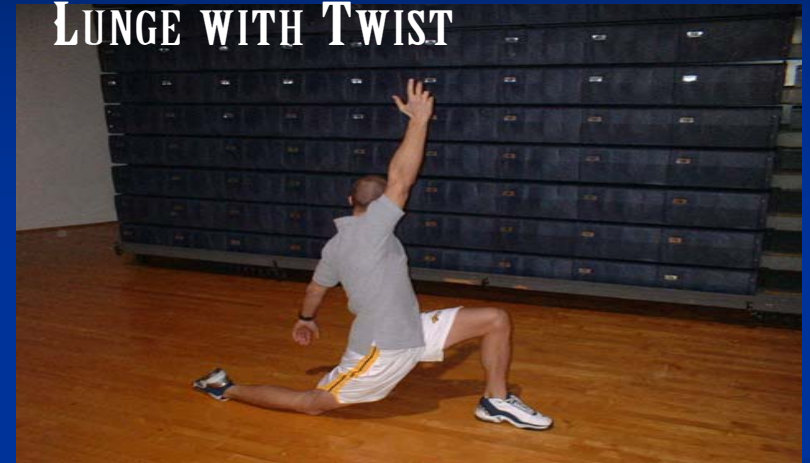


# STATIC FLEXIBILITY CONTINUED

**GLUTE**



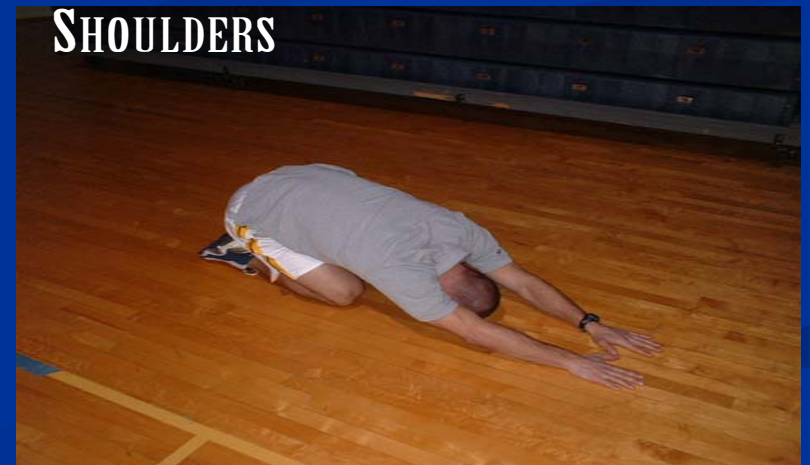
**LUNGE WITH TWIST**



**DOWNWARD DOG**



**SHOULDERS**



# STATIC FLEXIBILITY CONTINUED

**ABDOMINALS**



**SIDE LYING QUAD**



- **STATIC STRETCHING SHOULD FOLLOW EACH WORKOUT**
- **HOLD EACH STRETCH 10-30 SECONDS**

# ACHIEVEMENT



- “DECIDE CAREFULLY, EXACTLY WHAT YOU WANT IN LIFE, THEN WORK LIKE MAD TO MAKE SURE YOU GET IT!”  
-UNKNOWN

**HAVE FUN WITH YOUR TRAINING AND  
WELCOME TO DREXEL!**