

2009- Ranger Speed Conditioning Program
Running Schedule

<u>MONDAY: Speed & Agility</u>		<u>Time</u>	<u>Set # 1 =</u>	<u>Set # 2 =</u>	<u>Set # 3 =</u>	<u>Set # 4 =</u>	<u>Set# 5</u>	<u>Reminders</u>
Form Runs:&-Stretch Routine			Form Running (aka Flex Runs) Will increase Speed					30Yrds.
Stretch: See Routine								
40 Meter Sprints: (3pt. Stance)			DE/LB's:5.1 Sec	OL/DL:6 Sec.	Skill: 5 Sec.	Rest 45 Sec. between each		20 x 40 Meters
Rest: 2:00 Minutes								
20 Meter Sprints			DE/LB's: 2.9 Sec	OL/DL: 3.1 Sec.	Skill: 2.6 Sec.	Rest 35 Sec. between each		15 x 20 Meters
Rest: 5 Minutes								
Agility Drills: (10x Through)			Cone Drills-10x	Rest 8 Sec.		Bag Drills-10x	Rest 8 Sec.	SPEED
10 Meter Sprints			DE/LB's: 1.9 Sec	OL/DL: 2.0 Sec.	Skill: 1.6 Sec.	Rest 10 Sec. between each		10 x 10 Meters
<u>TUESDAY: Conditioning</u>		<u>Time</u>	<u>Set # 1 =</u>	<u>Set # 2 =</u>	<u>Set # 3 =</u>	<u>Set # 4 =</u>	<u>Set# 5</u>	<u>Reminders</u>
Form Runs:&-Stretch Routine			Form Running (aka Flex Runs) Will increase Speed					50Yrds.
Stretch: See Routine								
110 Meter Sprints			DE/LB's:17 Sec	OL/DL:18 Sec.	Skill:16 Sec.	Rest: 40 Sec. each		25 x 110 Meters
Walk -1 Lap Cool Down								
Post Stretch								
<u>THURSDAY: Speed & Agility</u>			<u>Set # 1 =</u>	<u>Set # 2 =</u>	<u>Set # 3 =</u>	<u>Set # 4 =</u>	<u>Set# 5</u>	<u>Reminders</u>
Form Runs:&-Stretch Routine			Form Running (aka Flex Runs) Will increase Speed					30Yrds.
40 Meter Sprints: (3pt. Stance)			DE/LB's:5.1 Sec	OL/DL:6 Sec.	Skill: 5 Sec.	Rest 40 Sec. between each		30 x 40 Meters
Rest: 2:00 Minutes								
20 Meter Sprints			DE/LB's: 2.9 Sec	OL/DL: 3.1 Sec.	Skill: 2.6 Sec.	Rest 25 Sec. between each		10 x 20 Meters
Rest: 2:00 Minutes								
Agility Drills: (10x Through)			Hurdle Drills-10x	No Rest		Cone Drills-10x	Rest 8 Sec.	
Walk -1 Lap Cool Down								
Post Stretch								
<u>FRIDAY: Conditioning</u>			<u>Set # 1 =</u>	<u>Set # 2 =</u>	<u>Set # 3 =</u>	<u>Set # 4 =</u>	<u>Set# 5</u>	<u>Reminders</u>
Form Runs:&-Stretch Routine			Form Running (aka Flex Runs) Will increase Speed					50Yrds.
200 Meter Sprint			DE/LB's: 35 Sec	OL/DL:38 Sec.	Skill: 30 Sec.	Rest 65 Sec. between each		2 x 200 Meters
Rest: 3:00 Minutes								
100 Meter Sprint			DE/LB's: 15 Sec	OL/DL: 18 Sec.	Skill: 13 Sec.	Rest 55 Sec. between each		4 x 100 Meters
Rest: 3:00 Minutes								
40 Meter Sprints: (3pt. Stance)			DE/LB's:5.1 Sec	OL/DL:6 Sec.	Skill: 5 Sec.	Rest 40 Sec. between each		6 x 40 Meters
Rest: 3:00 Minutes								
20 Meter Sprints			DE/LB's: 2.9 Sec	OL/DL: 3.1 Sec.	Skill: 2.6 Sec.	Rest 30 Sec. between each		10 x 20 Meters
Rest: 3:00 Minutes								
10 Meter Sprints			DE/LB's: 2.0 Sec	OL/DL: 2.1 Sec.	Skill: 1.6 Sec.	Rest 15 Sec. between each		15 x 10 Meters

What Are you willing to do to WIN a NATIONAL CHAMPIONSHIP?