Week # 1 and 2

2009- Ranger Speed Conditioning Program
Running Schedule

MONDAY: Speed & Agility	Time	Set # 1 =	Set # 2 =	Set # 3 =	Set # 4 =	Set# 5	Reminders
Form Runs:&-Stretch Routine		Form Running (aka Flex Runs) Will increase Speed					30Yrds.
Stretch: See Routine							
100 Meter Sprints: (3pt. Stance)		DE/LB's: 14 Sec	OL/DL:19 Sec.	Skill: 14 Sec.	Rest 2:00 Minute between each		10 x 100 Meters
Rest: 5 Minutes							
80 Meter Sprints		DE/LB's: 16 Sec	OL/DL:13 Sec.	Skill: 11 Sec.	Rest 2:00 Minute between each		10 x 80 Meters
Rest: 5 Minutes							
Agiltiy Drills: (10x Through)		Cone Drills-10x	Rest 25 Sec.		Dot Drills-10x	Rest 20 Sec.	SPEED

TUESDAY: Conditioning	Time	Set # 1 =	Set # 2 =	Set # 3 =	Set # 4 =	Set# 5	Reminders
Form Runs:&-Stretch Routine		Form Running (aka Flex Runs) Will increase Speed					50Yrds.
Stretch: See Routine							
400 Meters Sprints		DE/LB's: 80 Sec	OL/DL:75 Sec.	Skill: 70 Sec.	Rest 4:00 Minutes each		8 x 400 Meters
Walk -1 Lap Cool Down							
Post Stretch							

THURSDAY: Speed & Agility		Set # 1 =	Set # 2 =	Set # 3 =	Set # 4 =	Set# 5	Reminders
Form Runs:&-Stretch Routine		Form Running (aka Flex Runs) Will increase Speed					30Yrds.
80 Meter Sprints		DE/LB's: 16 Sec	OL/DL:13 Sec.	Skill: 11 Sec.	Rest 1:30 Minute between each		10 x 80 Meters
Rest: 5:00 Minutes							
60 Meter Sprints		DE/LB's:12 Sec	OL/DL:9 Sec.	Skill: 8 Sec.	Rest 1:30 Minute between each		15 x 60 Meters
Rest : 3:00 Minutes							
Speed Ladder: (10 x Through)		Speed Ladder	Rest:15 Sec.				
Walk -1 Lap Cool Down							
Post Stretch							

FRIDAY: Conditioning		Set # 1 =	Set # 2 =	Set # 3 =	Set # 4 =	Set# 5	Reminders
Form Runs:&-Stretch Routine		Form Running (aka Flex Runs) Will increase Speed					50Yrds.
400 Meters Sprints		DE/LB's: 80 Sec	OL/DL:75 Sec.	Skill: 70 Sec.	Rest 4:00 Minutes each		8 x 400 Meters
Walk -1 Lap Cool Down							
Post Stretch							

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

You Must Sacrifice the Summers to get what you want in the Fall.

YOU MUST DO EVERYTHING, EVERY DAY. DO NOT SKIP IT OR CUT IT SHORT. IF YOU SKIP YOU WILL NOT MAKE THIS TEAM