Week # 15 and 16

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							
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
Agiltiy Drills: (10x Through)		Cone Drills-10x	Rest 8 Sec.		Bag Drills-10x	Rest 8 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							
110 Meter Sprints		DE/LB's:17 Sec	OL/DL:18 Sec.	Skill:16 Sec.	Rest: 40 Sec. each		6 x 110 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.
20 Meter Sprints		DE/LB's: 2.9 Sec	OL/DL: 3.1 Sec.	Skill: 2.6 Sec.	Rest 25 Sec. between each		15 x 20 Meters
Rest: 2:00 Minutes							
Agiltiy Drills: (10x Through)		Hurddle Drills-10x	No Rest		Cone Drills-10x	Rest 8 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.
200 Meter Sprint		DE/LB's: 35 Sec	OL/DL:38 Sec.	Skill: 30 Sec.	Rest 65 Sec. between each		4 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		6 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		10 x 40 Meters
Walk -1 Lap Cool Down							
Post Stretch							

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