Week # 3 and 4

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							
60 Meter Sprints: (3pt. Stance)		DE/LB's:12 Sec	OL/DL:9 Sec.	Skill: 8 Sec.	Rest 1:30 Minute between each		10 x 60 Meters
Rest: 4:00 Minutes							
45 Meter Sprints		DE/LB's: 6.3 Sec	OL/DL: 8 Sec.	Skill: 7 Sec.	Rest 1:00 Minute between each		10 x 45 Meters
Rest: 5 Minutes							
Agiltiy Drills: (10x Through)		Bag Drills-10x	Rest 15 Sec.		Dot Drills-10x	Rest 15 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							
300 Meters Sprints		DE/LB's: 55 Sec	OL/DL:60 Sec.	Skill: 50 Sec.	Rest 3:00 Minutes each		8 x 300 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.
60 Meter Sprints: (3pt. Stance)		DE/LB's:12 Sec	OL/DL:9 Sec.	Skill: 8 Sec.	Rest 1:00 Minute between each		10 x 60 Meters
Rest: 5:00 Minutes							
45 Meter Sprints		DE/LB's: 6.3 Sec	OL/DL: 8 Sec.	Skill: 7 Sec.	Rest 1:30 Minute between each		15 x 45 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.
110 Meters Sprints		DE/LB's:18 Sec	OL/DL:19 Sec.	Skill:17 Sec.	Rest: 20 Sec. each		15 x 110 Meters
Walk -1 Lap Cool Down							
Post Stretch							

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