

**2009- Ranger Speed Conditioning Program  
Running Schedule**

<u>MONDAY: Speed &amp; 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							
60 Meter Sprints: (3pt. Stance)		DE/LB's:12 Sec	OL/DL:9 Sec.	Skill: 8 Sec.	Rest 50 Sec. between each		15 x 60 Meters
Rest: 2:00 Minutes							
45 Meter Sprints		DE/LB's: 6.3 Sec	OL/DL: 8 Sec.	Skill: 7 Sec.	Rest 40 Sec. between each		10 x 45 Meters
Rest: 5 Minutes							
Agility Drills: (10x Through)		Cone Drills-10x	Rest 8 Sec.		Dot Drills-10x	Rest 8 Sec.	SPEED
<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							
200 Meters Sprints		DE/LB's: 36 Sec	OL/DL:39 Sec.	Skill: 33 Sec.	Rest 1:30 Minutes each		6 x 200 Meters
Rest: 3:00 Minutes							
110 Meter Sprints		DE/LB's:18 Sec	OL/DL:19 Sec.	Skill:17 Sec.	Rest: 40 Sec. each		15 x 110 Meters
Walk -1 Lap Cool Down							
Post Stretch							
<u>THURSDAY: Speed &amp; 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.
45 Meter Sprints		DE/LB's: 6.3 Sec	OL/DL: 8 Sec.	Skill: 7 Sec.	Rest 50 Sec. between each		15 x 45 Meters
Rest: 2:00 Minutes							
Speed Ladder: (10 x Through)		Speed Ladder	Rest:15 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.
110 Meters Sprints		DE/LB's:18 Sec	OL/DL:19 Sec.	Skill:17 Sec.	Rest: 20 Sec. each		20 x 110 Meters
Walk -1 Lap Cool Down							
Post Stretch							

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