

**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 45 Sec. between each		20 x 60 Meters
Rest: 2:00 Minutes							
45 Meter Sprints		DE/LB's: 6.3 Sec	OL/DL: 8 Sec.	Skill: 7 Sec.	Rest 30 Sec. between each		10 x 45 Meters
Rest: 5 Minutes							
Agility 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							
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:17 Sec	OL/DL:18 Sec.	Skill:16 Sec.	Rest: 40 Sec. each		15 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.
45 Meter Sprints		DE/LB's: 6.3 Sec	OL/DL: 8 Sec.	Skill: 7 Sec.	Rest 50 Sec. between each		10 x 45 Meters
Rest: 3:00 Minutes							
30 Meter Sprints		DE/LB's: 4 Sec	OL/DL:4.5 Sec.	Skill: 3.6 Sec.	Rest 50 Sec. between each		15 x 30 Meters
Rest: 3:00 Minutes							
10 Meter Sprints		DE/LB's: 2.1 Sec	OL/DL:2.3 Sec.	Skill: 1.6 Sec.	Rest 15 Sec. between each		20 x 10 Meters
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.
300 yard Shuttle (50 yds & back 3x's)		DE/LB's:58 Sec	OL/DL:60 Sec.	Skill: 54 Sec.	Rest: 3:30 Min. each		2 x 300 yd.shuttle
Rest: 3:00 Minutes							
200 yard Shuttle (25 yds & back 4x's)		DE/LB's:38 Sec	OL/DL:40 Sec.	Skill: 34 Sec.	Rest: 2:30 Min. each		3 x 200 yd.shuttle
Rest: 3:00 Minutes							
100 yard Shuttle (25 yds & back 2x's)		DE/LB's:18 Sec	OL/DL:20 Sec.	Skill: 16 Sec.	Rest: 1:00 Min. each		6 x 100 yd.shuttle
Walk -1 Lap Cool Down							
Post Stretch							

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