Week # 9 and 10

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 40 Sec. between each		10 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		15 x 45 Meters
Rest: 5 Minutes							
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		20 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.
80 Meter Build-Ups (Jog,Stride, Sprir		Build-Up ever 20yrds-Sprint last 20yds		DE/LB's:2.9 Sec	OL/DL:3.1 Sec.	Skill:2.6 Sec.	10 x 80 Meters Build-Ups
Rest: 2:00 Minutes							
60 Meter Sprints		DE/LB's: 9 Sec	OL/DL:12 Sec.	Skill: 8 Sec.	Rest 50 Sec. between each		20 x 60 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.
800 Meter Sprint		DE/LB's:1:55 Min.	OL/DL: 2 Min.	Skill: 1:45 Min.			1 x 800 Meters
Rest: 3:00 Minutes							
300 Meter Sprint		DE/LB's: 50 Sec	OL/DL:55 Sec.	Skill: 45 Sec.	Rest: 2:00 Minutes		2 x 300 Meters
Rest: 3:00 Minutes							
200 Meter Sprint		DE/LB's: 35 Sec	OL/DL:38 Sec.	Skill: 30 Sec.	Rest: 1:30 Minute		2 x 200 Meters
Rest: 3:00 Minutes							
100 Meter Sprint		DE/LB's: 15 Sec	OL/DL: 18 Sec.	Skill: 13 Sec.	Rest: 1:00 Minute		8 x 100 Meters
Walk -1 Lap Cool Down							
Post Stretch							

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