

## 6 week mid-summer high school training plan

### Week 1 Day 1

Exercise	Sets	Distance	Rest
Sprints	4	10 yards	2 min. / 5 min. before next set
Sprints	4	20 yards	2 min. / 7 min. before next set
Sprints	4	30 yards	3-5 min.

\*Sprint at 95-100% max speed

### Day 2

Exercise	Sets	Distance	Rest
In-and-Out Sprint	2	800 yards	30 sec. every 100 yards / 3 min.

Note: Sprint on numbers of football field. Slowly walk across goaline to opposite numbers and repeat.

### Day 3

Exercise	Sets	Distance	Rest
Pro Agility Shuttle	2 each direction		2 min. / 3 min. before next drill
L-Drill	2 each direction		2 min. / 3 min. before next drill
Sprint-to-Shuffle	2 each direction		2 min. / 3 min. before next drill
Sprints*	2	40 yards	4-5 min. / 7 min. before next set
Sprints*	2	50 yards	5 min. / 7 min. before next set
Sprints*	2	60 yards	5 min.

\*Sprint at greater than 90% max speed

### Day 4

Exercise	Sets	Distance	Rest
Hill Squat Jumps	1	20 yards	Walk to start
Hill Lunge Walk	1	20 yards	Walk to start
Hill High Knees With Arms Behind Back	6	20 yards	Walk to start / 3 min. before next drill
Hill High Knees	6	20 yards	Walk to start / 3 min. before next drill
Hill Backpedal	6	20 yards	Walk to start

### Week 2 Day 1

Exercise	Sets	Distance	Rest
Sprints	4	10 yards	2 min. / 5 min. before next set
Sprints	4	20 yards	2-5 min. / 7 min. before next set
Sprints	4	30 yards	3-5 min.

\*Sprint at 95-100% max speed

### Day 2

Exercise	Sets	Distance	Rest
In-and-Out Sprint	2	900 yards	30 sec. every 100 yards / 3 min.

Note: Sprint on numbers of football field. Slowly walk across goaline to opposite numbers and repeat.

### Day 3

Exercise	Sets	Distance	Rest
Pro Agility Shuttle	2 each direction	90 sec. / 3 min. before next drill	2 min. / 3 min. before next drill
L-Drill	2 each direction	90 sec. / 3 min. before next drill	2 min. / 3 min. before next drill
Sprint-to-Shuffle	2 each direction	90 sec. / 3 min. before next drill	2 min. / 3 min. before next drill
Sprints*	3	40 yards	4-5 min. / 7 min. before next set
Sprints*	3	50 yards	5 min. / 7 min. before next set
Sprints*	3	60 yards	5 min.

\*Sprint at greater than 90% max speed

### Day 4

Exercise	Sets	Distance	Rest
Hill Squat Jumps	2	20 yards	Walk to start
Hill Lunge Walk	2	20 yards	Walk to start
Hill High Knees With Arms Behind Back	8	20 yards	Walk to start / 3 min. before next drill
Hill High Knees	8	20 yards	Walk to start / 3 min. before next drill
Hill Backpedal	8	20 yards	Walk to start

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### Week 3 Day 1

Exercise	Sets	Distance	Rest
Sprints	4	20 yards	5 min. / 5 min. before next set
Sprints	4	30 yards	2-5 min. / 7 min. before next set
Sprints	4	40 yards	4-5 min.

\*Sprint at 95-100% max speed

### Day 2

Exercise	Sets	Distance	Rest
In-and-Out Sprint	2	800 yards	30 sec. every 100 yards / 3 min.

Note: Sprint on numbers of football field. Slowly walk across goaline to opposite numbers and repeat.

### Day 3

Exercise	Sets	Distance	Rest
Pro Agility Shuttle	2 each direction		1 min. / 3 min. before next drill
L-Drill	3 each direction		1 min. / 3 min. before next drill
Sprint-to-Shuffle	3 each direction		1 min. / 3 min. before next drill
Sprints*	2	40 yards	4-5 min. / 7 min. before next set
Sprints*	2	50 yards	5 min. / 7 min. before next set
Sprints*	2	60 yards	5 min.

\*Sprint at greater than 90% max speed

### Day 4

Exercise	Sets	Distance	Rest
Hill Squat Jumps	1	20 yards	Walk to start
Hill Lunge Walk	1	20 yards	Walk to start
Hill High Knees With Arms Behind Back	7	20 yards	Walk to start / 3 min. before next drill
Hill High Knees	7	20 yards	Walk to start / 3 min. before next drill
Hill Backpedal	7	20 yards	Walk to start

### Week 4 Day 1

Exercise	Sets	Distance	Rest
Sprints	4	10 yards	2min. / 5 min. before next set
Sprints	4	20 yards	2 min. / 7 min. before next set
Sprints	3	30 yards	3-5 min. / 7 min. before next set
Sprints	3	40 yards	3-5

\*Sprint at 95-100% max speed

### Day 2

Exercise	Sets	Distance	Rest
In-and-Out Sprint	2	800 yards	30 sec. every 100 yards / 3 min.

Note: Sprint on numbers of football field. Slowly walk across goaline to opposite numbers and repeat.

### Day 3

Exercise	Sets	Distance	Rest
Pro Agility Shuttle	3 each direction		45 sec. / 3 min. before next drill
L-Drill	3 each direction		45 sec. / 3 min. before next drill
Sprint-to-Shuffle	3 each direction		45 sec. / 3 min. before next drill
Sprints*	2	40 yards	4-5 min. / 7 min. before next set
Sprints*	2	50 yards	5 min. / 7 min. before next set
Sprints*	2	60 yards	5 min.

\*Sprint at greater than 90% max speed

### Day 4

Exercise	Sets	Distance	Rest
Hill Squat Jumps	3	20 yards	Walk to start
Hill Lunge Walk	3	20 yards	Walk to start
Hill High Knees With Arms Behind Back	9	20 yards	Walk to start / 3 min. before next drill
Hill High Knees	9	20 yards	Walk to start / 3 min. before next drill
Hill Backpedal	9	20 yards	Walk to start

## 6 week mid-summer high school training plan

### Week 5 Day 1

Exercise	Sets	Distance	Rest
Resisted Sprints	3	10 yards	2 min.
Sprints	1	10 yards	5 min. before next set
Resisted Sprints	2	20 yards	2 min.
Sprints	2	20 yards	2 min. / 5 min. before next set
Resisted Sprints	1	30 yards	3-5 min.
Sprints	3	30 yards	3-5 min.

\*Sprint at 95-100% max speed

### Day 2

Exercise	Sets	Distance	Rest
Sprints	2	12x40 yards	45 sec. between reps / 3 min. between sets

\*Sprint at 70-75% max speed

### Day 3

Exercise	Sets	Distance	Rest
Resisted Snapioca	1 each direction	10 yards	45 sec. / 3 min. before next drill
Resisted Shuffle	1 each direction	10 yards	45 sec. / 3 min. before next drill
Resisted 3-Cone Reaction Drill	2 each direction		45 sec. / 3 min. before next drill
3-Cone Reaction Drill	2 each direction		45 sec. / 3 min. before next drill
Plant and Cut Drill	1 each direction		45 sec. / 3 min. before next drill
Fast-Slow-Fast Sprints*	6	60 yards	4 min.

\*20 yards fast, 20 yards slow, 20 yards fast

### Day 4

Exercise	Sets	Distance	Rest
Hill Lateral Lunge	1 each direction	20 yards	Walk to start
Hill Crossover Step	1 each direction	20 yards	Walk to start
Hill 360 Degree Turn and Sprint	3 each direction	20 yards	Walk to start / 3 min. before next drill
Hill Sprint to Shuffle	3 each direction	20 yards	Walk to start / 3 min. before next drill
Hill Zigzag Drill	3 each direction	20 yards	Walk to start

### Week 6 Day 1

Exercise	Sets	Distance	Rest
Resisted Sprints	3	10 yards	2 min.
Sprints	1	10 yards	5 min. before next set
Resisted Sprints	2	20 yards	2 min.
Sprints	2	20 yards	2 min. / 5 min. before next set
Resisted Sprints	1	30 yards	3-5 min.
Sprints	3	30 yards	3-5 min.

\*Sprint at 95-100% max speed

### Day 2

Exercise	Sets	Distance	Rest
Sprints	2	12x40 yards	45 sec. between reps / 3 min. between sets

\*Sprint at 70-75% max speed

### Day 3

Exercise	Sets	Distance	Rest
Resisted Snapioca	1 each direction	10 yards	45 sec. / 3 min. before next drill
Resisted Shuffle	1 each direction	10 yards	45 sec. / 3 min. before next drill
Resisted 3-Cone Reaction Drill	3 each direction		45 sec. / 3 min. before next drill
3-Cone Reaction Drill	3 each direction		45 sec. / 3 min. before next drill
Plant and Cut Drill	1 each direction		45 sec. / 3 min. before next drill
Fast-Slow-Fast Sprints*	3 each direction	60 yards	4 min.

\*20 yards fast, 20 yards slow, 20 yards fast

### Day 4

Exercise	Sets	Distance	Rest
Hill Lateral Lunge	2 each direction	20 yards	Walk to start
Hill Crossover Step	2 each direction	20 yards	Walk to start
Hill 360 Degree Turn and Sprint	4 each direction	20 yards	Walk to start / 3 min. before next drill
Hill Sprint to Shuffle	4 each direction	20 yards	Walk to start / 3 min. before next drill
Hill Zigzag Drill	4 each direction	20 yards	Walk to start