

ONE DAY TRAINING SESSION

Date	Day	Week (1-52)	Phase	Period

Warm-up:

Specific warm-up:

Another buildup to a warm-up peak:

Technique:

Acceleration sprints: i.e. 4x10 yards, 4x15 yards

____x10 yards ____x15 yards ____x20 yards ____x25 yards ____x30 yards ____x35 yards ____x40 yards

Training Objectives: (1) Technique, (2) Speed, (3) Endurance, (4) Strength, (5) Power programs, (6) Agility-foot speed, (7) Jumping plyometrics, (8) Medicine balls, (9) Aquatics, (10) Core training, (11) General, (12) Rest

Workout:

Cool down 7-14 minutes. The stretches used in the warm-up may also be used in the cool down: