Monday	Tuesday	Thursday	Friday
6/4 1 Lap Jog Walk on Toes Knees to chest/QuadsX2 High Knees/Butt KicksX2 A-Skips B-Skips Frankensteins Flamingoes Lunges/BackwardsX2 Basketball Pivots Sidestraddles Carioca (Quick Feet) 4 Starts 3 Tuck Jumpsx2 Flying 30'sX 6	**6/5** Knees to chest/Quads Lunges/Backwards Sidestraddles Carioca ¼ Gashers X6 w/ 15 sec rest 1 min break ¼ Gashers x6 w/15sec Backwards run X2 20 YDS	**6/7** 1 Lap Jog Walk on Toes Knees to Chest Lunge Quads to Back lunge High Knees/Butt KicksX2 A-Skips B-Skips Frankensteins Flamingoes Basketball Pivots Sidestraddles Carioca (Quick Feet) 3 Tuck Jumpsx2 40 YD Sprint X2 30 YD Sprint X2 20 YD Sprint X2	**6/8** Piriformis/Cross Quads Lunges/Backwards Sidestraddles Carioca 60 yard sprints x8(20sec rest) Backwards run X2 20 YDS
6/11 1 Lap Jog Walk on Toes Knees to chest/QuadsX2 High Knees/Butt KicksX2 A-Skips B-Skips Frankensteins Flamingoes Lunges/BackwardsX2 Basketball Pivots Sidestraddles Carioca (Quick Feet) 4 Starts 3 Tuck Jumpsx2 Flying 30'sX 6 6 sec Front/Lat Hopsx2	**6/12** Knees to chest/Quads Lunges/Backwards Sidestraddles Carioca ¼ Gashers X6 w/ 15 sec rest 1 min break ¼ Gashers x6 w/15sec Backwards run X2 20 YDS	**6/14** 1 Lap Jog Walk on Toes Knees to Chest Lunge Quads to Back lunge High Knees/Butt KicksX2 A-Skips B-Skips Frankensteins Flamingoes Basketball Pivots Sidestraddles Carioca (Quick Feet) 4 Starts 3 Tuck Jumpsx2 40 YD Sprint X2 30 YD Sprint X2 20 YD Sprint X2 6 sec Line Stepsx2	**6/15** Piriformis/Cross Quads Lunges/Backwards Sidestraddles Carioca 60 yard sprints x8(20sec rest) Backwards run X2 20 YDS

6/18 1 Lap Jog Walk on Toes Knees to chest/QuadsX2 High Knees/Butt KicksX2 A-Skips B-Skips Frankensteins Flamingoes Lunges/BackwardsX2 Basketball Pivots Sidestraddles Carioca (Quick Feet) 4 Starts 3 Tuck Jumpsx2 Flying 40'sX 6 6 sec 1ft Front/Lat Hopsx2	**6/19** Knees to chest/Quads Lunges/Backwards Sidestraddles Carioca ¼ Gashers X8 w/ 15 sec rest 1 min break ¼ Gashers x8 w/15sec Backwards run X2 20 YDS	**6/21** 1 Lap Jog Walk on Toes Knees to Chest Lunge Quads to Back lunge High Knees/Butt KicksX2 A-Skips/ B-Skips Frankensteins Flamingoes Basketball Pivots Sidestraddles Carioca (Quick Feet) 4 Starts 3 Tuck Jumpsx2 40 YD Sprint X2 30 YD Sprint X2 20 YD Sprint X2 6 sec Alt Line Stepsx2	**6/22** Piriformis/Cross Quads Lunges/Backwards Sidestraddles Carioca 60 yard sprints x8(20sec rest) Backwards run X2 20 YDS
6/25 1 Lap Jog Walk on Toes Knees to chest/QuadsX2 High Knees/Butt KicksX2 A-Skips B-Skips Frankensteins Flamingoes Basketball Pivots Sidestraddles Carioca(Quick Feet) 4 Starts 3 Tuck Jumpsx2 Flying 40'sX 6 6 sec Alt Line Stepsx2	**6/26** Knees to chest/Quads Lunges/Backwards Sidestraddles Carioca ¼ Gashers X8 w/ 15 sec rest 1 min break ¼ Gashers x8 w/15sec Backwards run X2 20 YDS	**6/28** 1 Lap Jog Walk on Toes Knees to Chest Lunge Quads to Back lunge High Knees/Butt KicksX2 A-Skips /B-Skips Frankensteins Flamingoes Basketball Pivots Sidestraddles Carioca (Quick Feet) 4 Starts 3 Tuck Jumpsx2 40 YD Sprint X2 30 YD Sprint X2 20 YD Sprint X2 Wall Runs(Frt/Sd)x2	**6/29** Piriformis/Cross Quads Lunges/Backwards Sidestraddles Carioca 60 yard sprints x8(20sec rest) Backwards run X2 20 YDS

7/9 1 Lap Jog Walk on Toes Knees to chest/QuadsX2 High Knees/Butt KicksX2 A-Skips B-Skips Frankensteins Flamingoes Lunges/BackwardsX2 Basketball Pivots Sidestraddles Carioca (Quick Feet) 4 Starts 3 Single Leg Tuck Jumpsx2 Flying 40'sX 6 6sec Alt Line Stepsx2 6 Cone Drill-1 and 4	**7/10** Knees to chest/Quads Lunges/Backwards Sidestraddles Carioca 1/2 Gashers X8 w/ 15 sec rest 1 min break 1/2Gashers x8 w/15sec Backwards run X2 20 YDS	**7/12** Walk on Toes Knees to Chest Lunge Quads to Back lunge High Knees/Butt KicksX2 A-Skips/ B-Skips Frankensteins Flamingoes Basketball Pivots Sidestraddles Carioca 4 Starts 3 Single Leg Tuck Jumpsx2 40 YD Sprint X2 30 YD Sprint X2 20 YD Sprint X2 6 sec Wall Runs(Frt/Sd)x2 6 Cone Drill-2 and 3	**7/13** Piriformis/Cross Quads Lunges/Backwards Sidestraddles Carioca 60 yard sprints x8(20sec rest) Backwards run X2 20 YDS
7/16 1 Lap Jog Walk on Toes Knees to chest/QuadsX2 High Knees/Butt KicksX2 A-Skips B-Skips Frankensteins Flamingoes Lunges/BackwardsX2 Basketball Pivots Sidestraddles Carioca (Quick Feet) 4 Starts 3 Single Lg Broad Jumpsx2 Flying 40'sX 6 6sec Alt Line Stepsx2 6 Cone Drill-1 and 4	**7/17** Knees to chest/Quads Lunges/Backwards Sidestraddles Carioca 1/2 Gashers X8 w/ 15 sec rest 1 min break 1/2Gashers x8 w/15sec Backwards run X2 20 YDS	**7/19** Walk on Toes Knees to Chest Lunge Quads to Back lunge High Knees/Butt KicksX2 A-Skips/ B-Skips Frankensteins Flamingoes Basketball Pivots Sidestraddles Carioca 4 Starts 3 Single Lg Broad Jumpsx2 40 YD Sprint X2 30 YD Sprint X2 20 YD Sprint X2 6 sec Wall Runs(Frt/Sd)x2 6 Cone Drill-2 and 3	**7/20** Piriformis/Cross Quads Lunges/Backwards Sidestraddles Carioca 60 yard sprints x8(20sec rest) Backwards run X2 20 YDS

7/23 1 Lap Jog Walk on Toes Knees to chest/QuadsX2 High Knees/Butt KicksX2 A-Skips B-Skips Frankensteins Flamingoes Lunges/BackwardsX2 Basketball Pivots Sidestraddles Carioca (Quick Feet) 4 Starts 6 Broad Jumps w/pause 6 Broad Jumps w/o pause 6 Tuck Jumps w/pause 6 Tuck Jumps w/o pause 2 Skips For Distance-40yds 2 Skips For Height-30yds Flying 40'sX 6 6 Lateral Hops x 2 6 Cone Drill-1 and 4	**7/24** Knees to chest/Quads Lunges/Backwards Sidestraddles Carioca 2 Gashers w/ 3:00 rest Backwards run X2 20 YDS	**7/26** Walk on Toes Knees to Chest Lunge Quads to Back lunge High Knees/Butt KicksX2 A-Skips/ B-Skips Frankensteins Flamingoes Basketball Pivots Sidestraddles Carioca 4 Starts 3 Single Lg Broad Jumpsx2 40 YD Sprint X4 30 YD Sprint X4 20 YD Sprint X4 6 Cone Drill-2 and 3	**7/27** Piriformis/Cross Quads Lunges/Backwards Sidestraddles Carioca Metabolics (See Manual)
7/30 1 Lap Jog Walk on Toes Knees to chest/QuadsX2 High Knees/Butt KicksX2 A-Skips B-Skips Frankensteins Flamingoes Lunges/BackwardsX2 Basketball Pivots Sidestraddles Carioca (Quick Feet) 4 Starts 6 Broad Jumps w/pause 6 Broad Jumps w/o pause 6 Tuck Jumps w/pause 6 Tuck Jumps w/o pause 2 Skips For Distance-40yds 2 Skips For Height-30yds Flying 40'sX 6 6 Lateral Hops x 2 4 Cone Drill-1 and 4	**7/31** Knees to chest/Quads Lunges/Backwards Sidestraddles Carioca 2 Gashers w/ 3:00 rest Backwards run X2 20 YDS	**8/2** Walk on Toes Knees to Chest Lunge Quads to Back lunge High Knees/Butt KicksX2 A-Skips/ B-Skips Frankensteins Flamingoes Basketball Pivots Sidestraddles Carioca 4 Starts 3 Single lg BroadJumpsx2 40 YD Sprint X2 30 YD Sprint X2 20 YD Sprint X2 6 Cone Drill-2 and 3	**8/3** Piriformis/Cross Quads Lunges/Backwards Sidestraddles Carioca Metabolics (See Manual)