

Week 6 / Day 1 (Session 2 / Wk 1 - Day 1) (Body weight / Suspension trainer)

	Set 1	Set 2	Set 3	Set 4
Warmup				
A-Skips (3 @ 10 yards)				
Falling Starts (3 @ 10 yards)				
Hill Runs (5 @ 15 yards)				
Sprints (8 @ 30 yards)				
2 min rest				
Strength Training				
Squat jump (5) / Jump Lunge (10) Repeat (3 sets)				
Plank with elevated foot (3 x 20 sec each foot)				
60 second rest				
Resistance band squat (4x8) Tempo (1-1-1)				
Side Plank (3 x 25 seconds)				
60 Second rest				
Pistol Squat (4x6 each leg) Tempo (1-1-1)				
Bird Dog (3x5 each side)				
60 second rest				
Single Leg Buck (3x5 each leg)				
Monster Walk (3x8)				

Week 6 / Day 2 (Session 2 / Wk 1 - Day 2) (Body weight / Suspension trainer)

	Set 1	Set 2	Set 3	Set 4
Warmup				
Shuffle 10 back 5 stick (6x's)				
Crossover 10 yards stick (3 each direction)				
Crossover 10 back 5 stick (3 each direction)				
5 yard starts (5 x's)				
Strength Training				
Resistance band push up (tempo 1-1-1) 4 sets / 10-20 reps				
Bent over T's (3x8)				
60 sec rest				
Pull up variation - body weight or resistance band (4x5) Tempo (1-1-1)				
Shoulder Y's				
60 sec rest				
Side Crawl (5 yards, down only) 2x's each side				
Dead Bug (3x8 each)				
60 sec rest				
Suspension Row (4x8) Tempo (1-1-1)				
Towel curl press (3 x 20 seconds)				

Week 6 / Day 3 (Session 2 / Wk 1 - Day 3)(Body Weight / Suspension Trainer)

	Set 1	Set 2	Set 3	Set 4
Warmup				
Heel Slides (2 sets - 3 reps) 5 yards				
Step over runs (2 sets - 3 reps) 10 yards				
Straight Leg kick (2 sets - 3 reps) 10 yards				
Build ups (30 yards @ 80%) 2 sets - 3 reps				
Strength Training				
Lateral squat jump (3x8 each way)				
Plank (3 x 40 seconds)				
90 sec rest				
Resistance band RDL (4x8) Tempo (1-1-1)				
Resistance band iso hold (3 x 20 sec each side)				
60 sec rest				
Resistance band split squat (4x6 each side) Tempo (1-1-1)				
Side plank (3 x 25 seconds each side)				
60 sec rest				
Single leg hip thrust (3x5 each leg)				
Single leg abduction (3x8 each leg)				

Week 6 / Day 4 (Session 2 - Wk 1 / Day 4) (Body Weight / Suspension Trainer)

	Set 1	Set 2	Set 3	Set 4
Warmup				
Lateral cone down & back stick (2 sets, 4 per set)				
2 cone Rapid Fire (7 seconds) 2 sets, 3 per set)				
90 sec rest				
1/2 ladders (4 reps each drill - 5 drills) 1 set				
Strength Training				
Bent over resisted band row or single arm suspension trainer pull (4x8) Tempo (1-1-1)				
Glute Bridge (3x8)				
60 sec rest				
Walkover push up (4x4 each side)				
90/90 external rotation on wall (3x10)				
Lat Pulldown variation (Pull-up, modified suspension trainer pull up, resistance band pull) Tempo (1-1-1) (4x8)				
T-spine mobility (3x5 each side)				
60 sec rest				
Kneeling 90 degree iso pushup hold (3x20 sec)				
Kneeling hip flexor stretch (3x6 each leg)				