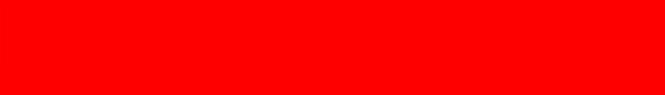
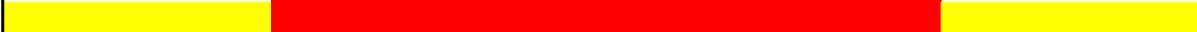


Name _____
Date _____

Football Skill

Zone 1	Recovery		Heart Rate _____
Zone 2	Anaerobic Threshold		Heart Rate _____
Zone 3	Peak/ Interval		Heart Rate _____

Day 1	Interval Training	
		
		
5 minute warm-up	sprints- 20yd,40yd,12yd,30yd,4yd,40yd,20yd,10yd,25yd,50 yds 2nd round- 25yd,30yd,40yd,12yd,40yd,25yd,14yd,7yd,40yd,7yd 3rd round- 7yd,40yd,12yd,15yd,15yd,40yd spints out - light jog back	2 min recovery between rounds

Day 2	Medium Intensity	
		
		
5 minute warm-up	20 minute ladder drills	

Day 3	Recovery Day	
		
5 minute warm-up	30-60 minutes workout	

Day 4	High Intensity Day	
		
		
5 minute warm-up	run 8 play drives- jogging back to starting line Round 1: sprint 20 yd, shuffle RT 5 yd, set-up RT 5 yd set-up LT 5 yd -drop to flats 10 yd, drop back 10 yd, sprint 30 yd, shuffle LT 5 yd and back, set -up LT 5 yd Round 2: set-up LT 5 yd -sprint up 10 yd, drop back 15 yd, sprint 30 yd, shuffle RT 5 yd, set-up RT 5 yd, set-up LT 5 yd sprint 20 yd, lateral run 10 yd break up 15 yd, Repeat if needed	2 min recovery between rounds
<i>or use position skill patterns ex: WR- routes DB- drop back coverage</i>		

Day 5	Medium Intensity	
		
		
5 minute warm-up	15 minute ladder/bag drills	