



AUGUST CONDITIONING PROGRAM

AUGUST WEEK 2 – THURSDAY

<u>EXERCISES</u>	<u>SETS X REPS</u>	<u>REST</u>
WARM-UP – SEE APPENDIX 3		
10m Shuffle -> 10m Sprint	2 x 2e	60
10m Backpedal -> 10m Shuffle	2 x 2e	60
Diagonal Box Drill	2 x 3e	45
“T” Drill	3 x 2e	45
Box Drill (Sprint, Carioca, Backpedal, Carioca)	10 x 1e	30
5MIN COOL DOWN WALK & STRETCH		

AUGUST WEEK 3 – THURSDAY

WARM-UP – SEE APPENDIX 3		
EXERCISES	SETS X REPS	REST
25m Sprint	1 x 6	15
50m Sprint	1 x 4	30
100m Sprint	1 x 2	75
5 MINTUE REST		
25m Sprint	1 x 6	15
50m Sprint	1 x 4	30
100m Sprint	1 x 2	75



AUGUST WEEK 4 – THURSDAY

WARM-UP – SEE APPENDIX 3	SETS X REPS	SET 1	SET 2	SET 3	SET 4	SET 5	REST
PLYOMETRICS							
SL Box Jump	3x5e						75
Depth Jump	3x5						90
Box Jump	3x6						90
Hockey Bound	3x7e						75
MB Squat Throw (Heavy MB)	3x5						90
AGILITY							
T-Drill	4x2e						20
Box Drill - (sprint, shuffle, back pedal, shuffle)	4x2e						20
SL Lateral Hurdle Jumps - Inside (3 Jumps ->10m Sprint)	4x2e						90
SL Lateral Hurdle Jumps - Outside (3 Jumps -> 10m Sprint)	4x2e						90