Week 1	Monday 6/13	
Dynamic Warm-up		
Sprint Drills (15 yards High Knees, Butt Kicks, A skip, B skip, Drum Major)		
Broad Jumps 2x25 Yards	1.00 Made State 2 days State S	
Power Skips for Height 2x25 Yards		1
5 - 50 Yard Sprints (3-4 minutes rest in between)	0 ~000 × 4400000000 · · · · · · · · · · · · · ·	
Week 1	6/15/2022	Wednesda
Dynamic Warm-up		İ
Sprint Drills (15 yards High Knees, Butt Kicks, A skip, B skip, Drum Major,)	1	· ·
U Drill 2 Times each way	According to the second	
W Drill 4 Times Through	*** **********************************	;
Shuttle Runs (10 Yards and Back, 20 Yards and Back, 30 Yards and Back = 1	:	•
2 Shuttle Runs (1-2 Minutes Rest)	With a 1/2 and the same of the	
Week 1	6/17/2022	Friday
Dynamic Warm-up	The Agency of the Section of the Sec	
Sprint Drills (15 yards High Knees, Butt Kicks, A skip, B skip, Drum Major,)		
Falling Starts, Push up starts		
20 - 10 Yard Sprints out of 3 point stance - Get a great Start (4 sets of 5 sprints)		
Week 2	6/20/2022	Monday
Dynamic Warm-up	_	
Sprint Drills (15 yards High Knees, Butt Kicks, A skip, B skip, Drum Major,)	· _;	
Broad Jumps 2x25 Yards		
Power Skips for Height 2x25 Yards		
6 - 50 Yard Sprints (3-4 minutes rest in between)		
Week 2	6/22/2022	Wednesda
Dynamic Warm-up	-7-7-7-	
Sprint Drills (15 yards High Knees, Butt Kicks, A skip, B skip, Drum Major,)	-	•
U Drill 2 Times each way		
W Drill 4 Times Through		MINT
Shuttle Runs (10 Yards and Back, 20 Yards and Back, 30 Yards and Back = 1		
2 Shuttle Runs (1-2 Minutes Rest)		
Week 2	6/24/22	Friday
Dynamic Warm-up		
Sprint Drills (15 yards High Knees, Butt Kicks, A skip, B skip, Drum Major,)		
Falling Starts, Push up starts		
20 - 10 Yard Sprints out of 3 point stance - Get a great Start (4 sets of 5 sprints)		- construction of the entire and recommendations

Week 3	6/27/22	Monday
Dynamic Warm-up		
Sprint Drills (15 yards High Knees, Butt Kicks, A skip, B skip, Drum Major,)		
Broad Jumps 2x25 Yards		The state of the s
Power Skips for Height 2x25 Yards		- ************************************
6 - 50 Yard Sprints (3-4 minutes rest in between)		
Week 3	6/29/2022	Wednesday
Dynamic Warm-up		
Sprint Drills (15 yards High Knees, Butt Kicks, A skip, B skip, Drum Major,)		
U Drill 2 Times each way		
W Drill 4 Times Through		:
Shuttle Runs (10 Yards and Back, 20 Yards and Back, 30 Yards and Back = 1		
2 Shuttle Runs (1-2 Minutes Rest)		-
	 	! -
Week 3	7/1/22	Friday
Dynamic Warm-up		
Sprint Drills (15 yards High Knees, Butt Kicks, A skip, B skip, Drum Major,)		
Falling Starts, Push up starts		-
20 - 10 Yard Sprints out of 3 point stance - Get a great Start (4 sets of 5 sprints)		3
		-
		- High Andrews
Week 4	7/4/22	Monday
Dynamic Warm-up		
Sprint Drills (15 yards High Knees, Butt Kicks, A skip, B skip, Drum Major,)		-
Broad Jumps 2x25 Yards		
Power Skips for Height 2x25 Yards		
4 - 100 yard sprints (4-5 minutes between sprints)	**************************************	**************************************
	······································	
		-
Week 4	7/6/2022	Wednesday
Dynamic Warm-up		
Sprint Drills (15 yards High Knees, Butt Kicks, A skip, B skip, Drum Major,)	ČAIA.	
U Drill 2 Times each way		And the state of t
W Drill 4 Times Through		
Zig-Zags		
Start and stops with proper body position		=
Start and stops with proper body position		
	7/8/2022	: Friday
Week 4	7/8/2022	Friday
Week 4 Dynamic Warm-up	7/8/2022	Friday
Week 4	7/8/2022	Friday

Week 5	7/11/22	Monday
Dynamic Warm-up		
Sprint Drills (15 yards High Knees, Butt Kicks, A skip, B skip, Drum Major,)		
Broad Jumps 2x25 Yards	2	1
Power Skips for Height 2x25 Yards		
6 - 50 yards sprints (3-4 minutes between sprints)		
Week 5	7/13/2022	Wednesday
Dynamic Warm-up	Commence of the commence of th	y announting amounting square transmission of a completely beautiful and
Sprint Drills (15 yards High Knees, Butt Kicks, A skip, B skip, Drum Major,)		AND CONTRACTOR OF THE STATE OF
Drop off bleacher of boxes		THE RESERVE THE PROPERTY OF TH
Start and stops with proper body position		
1 shuttle run (if time) 10 back, 20 back, 30 back	The second section is a second	THE RESERVE OF THE PROPERTY OF
	Acceptable	
Week 5	7/15/22	Friday
Dynamic Warm-up		
Sprint Drills (15 yards High Knees, Butt Kicks, A skip, B skip, Drum Major,)	:	The second of th
Wall Knee Drive		
24 - 10 Yard Sprints out of 3 point stance - Get a great Start (4 sets of 6 sprints)	-	
Week 6	7/18/22	Monday
Dynamic Warm-up		
Sprint Drills (15 yards High Knees, Butt Kicks, A skip, B skip, Drum Major,)	TANK SHIPLY SAME AND SHIPLY SAME	
Broad Jumps 2x25 Yards		
Power Skips for Height 2x25 Yards		77.4
6 - 50 yard sprints (3-4 minutes between sets	TOTAL PROPERTY AND A SALES AND	M-A
o so yara spinits (o 4 minutes batteren sets		
Week 6	7/20/2022	Wednesday
Dynamic Warm-up	33Y.a &.a.a.	
Sprint Drills (15 yards High Knees, Butt Kicks, A skip, B skip, Drum Major,)		
U Drill 2 Times each way	1	A
W Drill 4 Times Through	Section 10	
Zig-Zags		
Start and stops with proper body position		
Week 6	7/22/22	Friday
Dynamic Warm-up	,	
Sprint Drills (15 yards High Knees, Butt Kicks, A skip, B skip, Drum Major,)		·
Wall Knee Drive		hitematy profile from Architectura III III III II II II II II II II II II
24 - 10 Yard Sprints out of 3 point stance - Get a great Start (4 sets of 6 sprints)		ALL THE COLUMN THE COL

Week 7	7/25/22	Monday
Dynamic Warm-up		
Sprint Drills (15 yards High Knees, Butt Kicks, A skip, B skip, Drum Major,)		
Pogo Jumps 2 x 15 seconds		
Bounding 2 x 25 yards		
Form Run 2 x 40 yards		
4 - 100 yard sprints (4-5 minutes between sprints)		
		Marine Control of the
Week 7	7/27/2022	Wednesday
Dynamic Warm-up		AND THE RESERVE AND THE RESERV
Sprint Drills (15 yards High Knees, Butt Kicks, A skip, B skip, Drum Major,)		
Start and stops with proper body position		
2 shuttle runs (10 back, 20 back, 30 back)		Annual Control of the Section of the
		AAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAA
Week 7	7/29/22	Friday
Dynamic Warm-up		- 12-5mm - 12-5mm - 12-5mm
Sprint Drills (15 yards High Knees, Butt Kicks, A skip, B skip, Drum Major,)		yannania a va aş mişmişmişminin ve
24 - 10 Yard Sprints out of 3 point stance - Get a great Start (4 sets of 6 sprints)		
		A CONTRACTOR OF THE PROPERTY O
Week 8	8/1/22	Monday
Dynamic Warm-up		
Sprint Drills (15 yards High Knees, Butt Kicks, A skip, B skip, Drum Major,)		
Broad Jumps 2x25 Yards		
Power Skips for Height 2x25 Yards		
8 50s2 minutes rest in between sprints)		1844
Week 8	8/3/2022	Wednesday
Dynamic Warm-up		
Sprint Drills (15 yards High Knees, Butt Kicks, A skip, B skip, Drum Major,)		
U Drill 2 Times each way		
W Drill 4 Times Through		The state of the s
Zig Zags		
Shuttle Runs (10 Yards and Back, 20 Yards and Back, 30 Yards and Back = 1		ACCORDING TO THE RESIDENCE OF THE PROPERTY OF
3 Shuttle Runs (1-2 Minutes Rest)		
Week 8	8/5/22	Friday
Dynamic Warm-up	wy w and the state of the state	
Sprint Drills (15 yards High Knees, Butt Kicks, A skip, B skip, Drum Major,)	Control and Control of the Control o	
Falling Starts, Push up starts	ALL PLANTS OF THE PARTY OF THE	
24 - 10 Yard Sprints out of 3 point stance - Get a great Start (4 sets of 6 sprints)		

Week 9	8/8/22	Monday
Dynamic Warm-up		
Sprint Drills (15 yards High Knees, Butt Kicks, A skip, B skip, Drum Major,)		
Form Run 2 x 40 yards		
10 - 40s(1 minute rest in between sprints)		
Week 9	8/10/2022	Wednesday
Dynamic Warm-up		
Sprint Drills (15 yards High Knees, Butt Kicks, A skip, B skip, Drum Major,)		
Accelerations 3 x 80 yards total		
Shuttle Runs (10 Yards and Back, 20 Yards and Back, 30 Yards and Back = 1		
2 Shuttle Runs (1-2 Minutes Rest)		
Week 9	8/12/22	Friday
Dynamic Warm-up		
Sprint Drills (15 yards High Knees, Butt Kicks, Askip, Bskip, Drum Major,)	t .	
Accelerations 3 x 80 yards total		
Full Field every 5 yards (3 point stance)		
		ONNOTED, PRINCESON, PRINCESON, CONTRACTOR AND ANALYSIS ANALYSIS AND ANALYSIS AND ANALYSIS AND ANALYSIS AND ANALYSIS AND AN
Week 10	8/15/22	Monday
Dynamic Warm-up		· · · · · · · · · · · · · · · · · · ·
Sprint Drills (15 yards High Knees, Butt Kicks, A skip, B skip, Drum Major,)		
Form Run 2 x 40 yards		
12 - 40s(1 minute rest in between sprints)		
Week 10	8/17/2022	Wednesday
Dynamic Warm-up		
Sprint Drills (15 yards High Knees, Butt Kicks, A skip, B skip, Drum Major,)		
Accelerations 3 x 80 yards total		
Shuttle Runs (10 Yards and Back, 20 Yards and Back, 30 Yards and Back = 1		
2 Shuttle Runs (1-2 Minutes Rest)		