

6 WEEK  
6 WEEK  
6 WEEK  
**6 WEEK**  
**RUNNING PROGRAM**



# Tuesday

## Linear Acceleration Focus

EXERCISE			WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	REST
Hop Series (2 leg/ 1 leg Linear)			1x10 ea	1x10 ea	1x10 ea	1x10 ea	1x10 ea	1x10 ea	30s
Technical Work	Heavy Banded 2-Point Starts (3 hard steps)	Switch to Heavy Banded 1/2 Kneeling Linear Starts (3 hard steps) weeks 4-6	1x4 ea	1x4 ea	1x4 ea	1x4 ea	1x4 ea	1x4 ea	30s
	High Knee Falling Starts (1 hard step)		1x4 ea	1x4 ea	1x4 ea	1x4 ea	1x4 ea	1x4 ea	30s
2-Point Start 10yd Sprint	Switch to 1/2 Kneeling Linear Start 10yd Sprint weeks 4-6		1x2-3 ea	1x3-4 ea	1x3-4 ea	1x3-4 ea	1x4 ea	1x2-3 ea	30s



# Wednesday

## Recovery

EXERCISE		WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	REST
<u>Hop Series (2 leg/ 1 leg Linear/Lateral)</u>		1x10 ea	1x10 ea	1x10 ea	1x10 ea	1x10 ea	1x10 ea	30s
A-Series	<u>A-March</u>	2x10yd	2x10yd	2x10yd	2x10yd	2x10yd	2x10yd	30s
	<u>A-Hop</u>	2x10yd	2x10yd	2x10yd	2x10yd	2x10yd	2x10yd	30s
	<u>1-2 Pause</u>	2x10yd	2x10yd	2x10yd	2x10yd	2x10yd	2x10yd	30s
	<u>3-Hop</u>	2x10yd	2x10yd	2x10yd	2x10yd	2x10yd	2x10yd	30s
	<u>A-Run</u>	2x10yd	2x10yd	2x10yd	2x10yd	2x10yd	2x10yd	30s
	<u>Bounds</u>	2x8steps	2x8steps	2x8steps	2x8steps	2x8steps	2x8steps	30s
	<u>Straight Leg Bounds</u>	2x8steps	2x8steps	2x8steps	2x8steps	2x8steps	2x8steps	30s
Tempo Runs		2x6x80yd	2x6x60yd	2x6x60yd	2x6x40yd	2x6x40yd	2x6x80yd	5-7 min

# Thursday

## Medballs/Plyometrics

EXERCISE		WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	REST	
<u>Hop Series (2 leg/1 leg Linear/Lateral)</u>		1x10 ea	1x10 ea	1x10 ea	1x10 ea	1x10 ea	1x10 ea	30s	
Medball Work	<u>Hop Back to MB Scoop Toss</u>		2x4 ea	2x4 ea	2x4 ea	2x4 ea	2x4 ea	2x4 ea	30s
	<u>Step Behind MB Shotput</u>		2x4 ea	2x4 ea	2x4 ea	2x4 ea	2x4 ea	2x4 ea	30s
	<u>Rollover OH MB Slam</u>		2x6	2x6	2x6	2x6	2x6	2x6	30s
Hurdle Work	<u>Hurdle Hop Series - 2 leg/1 leg Linear (for Weeks 1-3)</u>	<u>Hurdle Hop Series - 2 leg/1 leg Linear w/ Sprint Out (for Weeks 4-6)</u>	1-2x ea	1-2x ea	1-2x ea	1-2x ea	1-2x ea	1-2x ea	30s
	<u>Hurdle Hop Series - 2 leg/1 leg Lateral (for Weeks 1-3)</u>	<u>Hurdle Hop Series - 2 leg/1 leg Lateral w/ Sprint Out (for Weeks 4-6)</u>	1-2x ea	1-2x ea	1-2x ea	1-2x ea	1-2x ea	1-2x ea	30s
	<u>Hurdle Hop Series - 2 leg/1 leg Staircase (for Weeks 1-3)</u>	<u>Hurdle Hop Series - 2 leg/1 leg Staircase w/ Sprint Out (for Weeks 4-6)</u>	1-2x ea	1-2x ea	1-2x ea	1-2x ea	1-2x ea	1-2x ea	30s
<u>Skater Ladder w/ Stick</u>		<u>Switch to Skater Ladder w/ Sprint Out week 4</u>	2x ea	2x ea	3x ea	2x ea	3x ea	2x ea	30s



## Change of Direction Focus

EXERCISE		WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	REST
<u>Hop Series (2 leg/1 leg Lateral)</u>		1x10 ea	1x10 ea	1x10 ea	1x10 ea	1x10 ea	1x10 ea	30s
Technical Work	<u>Band Resisted Crossover</u>	1x3 ea	1x3 ea	1x3 ea	1x3 ea	1x3 ea	1x3 ea	30s
	<u>Band Resisted Shuffle to Crossover</u>	1x3 ea	1x3 ea	1x3 ea	1x3 ea	1x3 ea	1x3 ea	30s
<u>T Drill</u>								
<u>Add Competition to T Drill week 4</u>		2x	3x	4x	5x	5x	3x	30s