



RAIDER FOOTBALL 2013

SUMMER DAILY SCHEDULE

Week 6



MONDAY

July 8th

WARMUP

Forward Lunges
Side Lunges
Slow Shuffle
Knee to Chest
Russian March
Leg Balance
Inch Worm
Overs and Unders

Core Abdominal Routitne

AGILITY

Suicide Shuttle 2 reps

LIFT (See Routine)

CONDITIONING

6 x 150 yard shuttle
1:40 rest between

post workout stretch

TUESDAY

July 9th

WARMUP

Forward Lunges
Side Lunges
Slow Shuffle
Knee to Chest
Russian March
Leg Balance
Inch Worm
Overs and Unders

Core Abdominal Routitne

AGILITY

N-Drill 6 Reps

LIFT (See Routine)

CONDITIONING

Sprint Technique Drills
2x 400 Meter 3:00 Rest
5x200 meter 1:30 Rest

post workout stretch

THURSDAY

July 11th

WARMUP

Forward Lunges
Side Lunges
Slow Shuffle
Knee to Chest
Russian March
Leg Balance
Inch Worm
Overs and Unders

Speed Camp

Pattern Sprints

Set 1-A,B,E,F,J,I,C,D
Set 2-C,DI,J,E,F,K,J
Set 3-K,I,G,H,K,K,E,F
Set 4-L,I,K,A,B,G,H,K
Set 5- 800 meter run

post workout stretch

FRIDAY

July 12th

WARMUP

Forward Lunges
Side Lunges
Slow Shuffle
Knee to Chest
Russian March
Leg Balance
Inch Worm
Overs and Unders

Core Abdominal Routitne

AGILITY

Partner reaction 6 reps

LIFT (See Routine)

CONDITIONING

4x100's, 4x80's, 4x60's, 4x40's
Walk back slowly for recovery

post workout stretch