



Off Day Stamina & Conditioning Game-Plan

Week 1 Day 1:

- ☐ Warm up- foam roll, stretch
- ☐ Skips, shuffles, karaoke
- ☐ Build up runs- jog to sprint x5

Workout:

- ☐ 5x 100 yard sprint
- ☐ 3x 60 yard shuttles (up 15 yards, back 15 yards twice)
- ☐ Sprint .25 miles

Week 1 Day 2:

- ☐ Warm up- foam roll, stretch
- ☐ Skips, shuffles, karaoke
- ☐ Build up runs- jog to sprint x5

Workout:

- ☐ 1 mile sprint to walk- sprint 15 seconds, walk 10
 - ☐ 5x :30 second shuffle (5 yards back and forth)
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Week 2 Day 1:

- ☐ Warm up- foam roll, stretch
- ☐ Skips, shuffles, karaoke
- ☐ Build up runs- jog to sprint x5

Workout:

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- ☐ 6x 100 yard sprint with :30 rest in between
- ☐ 4x 60 yard shuttles (up 15 yards, back 15 yards twice) with :30 rest in between
- ☐ Sprint .25 miles

Week 2 Day 2:

- ☐ Warm up- foam roll, stretch
- ☐ Skips, shuffles, karaoke
- ☐ Build up runs- jog to sprint x5

Workout:

- ☐ 1 mile sprint to walk- sprint 15 seconds, walk 10
 - ☐ 6x :30 second shuffle (5 yards back and forth)
 - ☐ .5 mile sprint to walk- sprint :30 walk :15
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Week 3 Day 1:

- ☐ Warm up- foam roll, stretch
- ☐ Skips, shuffles, karaoke
- ☐ Build up runs- jog to sprint x5

Workout:

- ☐ 7x 100 yard sprint with :25 second rest in between
- ☐ 5x 60 yard shuttles (up 15 yards, back 15 yards twice)
- ☐ Sprint .25 miles
- ☐ 3 rounds of side planks :30-:60 each side (until fatigue)

Week 3 Day 2:

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- ☐ Warm up- foam roll, stretch
- ☐ Skips, shuffles, karaoke
- ☐ Build up runs- jog to sprint x5

Workout:

- ☐ 10 yard Shuffle to 40 yard turn and sprint- 6 times facing each direction with :30 in between each
 - ☐ 3x 300 yard shuttle (25 yards down, 25 yards back x 6) with 1 minute rest in between each
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Week 4 Day 1:

- ☐ Warm up- foam roll, stretch
- ☐ Skips, shuffles, karaoke
- ☐ Build up runs- jog to sprint x5

Workout:

- ☐ 8x 100 yard sprint with :20 second rest in between
- ☐ 6x 60 yard shuttles (up 15 yards, back 15 yards twice)
- ☐ 3 rounds of side planks :30-:60 each side (until fatigue)

Week 4 Day 2:

- ☐ Warm up- foam roll, stretch
- ☐ Skips, shuffles, karaoke
- ☐ Build up runs- jog to sprint x5

Workout:

- ☐ 10 yard shuffle to 40 yard turn and sprint- 6 times facing each direction with :30 in between each

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- ☐ 4x 300 yard shuttle (25 yards down, 25 yards back x 6) with 1 minute rest in between each
- ☐ Plank 3 rounds to fatigue

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