

## Phase 1

### Week 1

#### Day 1

Metabolic set # 1  
Agility station #1 2x's  
Agility station #2 2x's

2x800m rest 2:30  
3x400m rest 1:30  
4x100m jog back recovery

#### 3 sets of:

plank x 1 minute  
situps x 25  
back extentions x15  
Glute Bridges x 25

#### Day 2

20 minute jog

#### 3 sets of:

plank x 30sec  
situps x 25  
back extentions x15  
Glute Bridge alt Legs x20  
pushups x10  
russian twist x20  
squats x 15  
Glute bridges x25

#### Day 3

Metabolic Set #3  
Agility satation #4 2x's  
Agility satation #5 2x's

#### 3 Sets of:

Squat Jump x10  
Push Up x10  
Squat Pause 5 sec pause x10  
Walk Out x10  
Double leg Bound x5  
Split Hop x10  
Mtn Climberx20

### Week 2

#### Day 1

Metabolic Set #2  
Agility Station #2 3x's  
Agility Station #6 3x's

1x1200m 3 min rest  
1x800m 2 min rest  
2x400m 1min rest

#### 3 sets of:

plank x 1 minute  
situps x 25  
back extentions x15  
Glute Bridges x 25

#### Day 2

25 minute jog

#### 3 sets of:

plank x 45sec  
situps x 25  
back extentions x15  
Blute Bridge Hold at top 1 min  
pushups x10  
russian twist x20  
squats x 20  
Glute bridges x25

#### Day 3

Metabolic Set #6  
Agility Station #1 3x's  
Agility Station #5 3x's

#### 3 Sets of:

Split Squat x10/leg  
Push Up x10  
Back Lunge x10/leg  
Walk Out x10  
Walking Lunge x10/leg  
Sholder Taps x20/side  
1 Leg RDL x15/side  
Speed Skaters x10/side

### Week 3

#### Day 1

Metabolic set # 4  
Agility station #2 3x's  
Agility station # 6 3x's

1x1600m 3 min rest  
1x1000m 2min rest  
2x600m 1:30 rest

#### 3 sets of:

plank x 1 minute  
situps x 25  
back extentions x15  
Glute Bridges x 25

#### Day 2

30 minute jog

#### 3 sets of:

plank x 1 minute  
situps x 25  
back extentions x15  
Glute Bridge Alt legs x20  
pushups x10  
russian twist x20  
squats x 25  
Glute bridges x25

#### Day 3

Metabolic Set#5  
Agility station #4 3x's  
Agility station #5 3x's

#### 5 Sets of:

10 Burpies  
10 Push Ups  
15 Sit Ups  
20 walking lunges

## Phase 2

### Week 4 Rest week

#### Day 1

1x800m 2 min rest  
2x400m 1 min rest  
2x100m jog back recovery

#### 3 sets of:

plank x 1 minute  
situps x 25  
back extentions x15  
Glute Bridges x 25

#### Day 2

20 min jog  
  
2x100m jog back recovery  
3x60m jog back recovery  
4x40m jog back recovery

#### 3 sets of:

Plank x 1 minute  
Squats x25  
Push ups x15

#### Day 3

3x60m jog back recovery  
4x20m jog back recovery  
5x10m jog back recovery

#### 3 Sets of:

Walking Lunge x10  
Plank x 1 minute  
Sit ups x25  
Back extentions x15  
Glute Bridges x25

### Week 5

#### Day 1

Metabolic set #3  
Agility station #6 -2x's  
  
1x800m 2 min rest  
2x400m 1 min rest  
2x100m jog back recovery

#### Abs:

Crunchx25  
Reach in Middle x25  
Toe Touch x25  
Bicycle x25  
Penguin x25  
Knee Up x25  
Hip Raisex25  
Leg Lift x25

#### Day 2

30 min jog  
  
Agility Station #2 - 2x's

#### Core:

Push Up Bridge x 1 min  
Glute Bridge x1min  
Plank x 1min  
Glute Bridge Alt Legs x1min  
Side Plank x30 sec  
Sky Divers x1min  
Mtn Climberx20

#### Day 3

5x60m jog back recovery  
5x20m jog back recovery  
5x10m jog back recovery

#### 3 Sets of:

Squat Jump x10  
Push Up x10  
Squat Pause 5 sec pause x10  
Walk Out x10  
Double leg Bound x5  
Split Hop x10  
Mtn Climberx20

### Week 6

#### Day 1

Metabolic set # 1  
Agility station #5 - 3x's  
  
2x800m 2 min rest  
2x400m 1:30 rest  
4x100m jog back recovery

#### Abs:

Crunchx25  
Reach in Middle x25  
Toe Touch x25  
Bicycle x25  
Penguin x25  
Knee Up x25  
Hip Raisex25  
Leg Lift x25

#### Day 2

30 mini Jog  
  
Agility satation #4 - 3x's

#### Core:

Push Up Bridge x 1 min  
Glute Bridge x1min  
Plank x 1min  
Glute Bridge Alt Legs x1min  
Side Plank x30 sec  
Sky Divers x1min  
Mtn Climberx20

#### Day 3

3x60m jog back recovery  
4x40m walk back recovery  
5x20m walk back recovery  
5x10m walk back recovery

#### 3 Sets of:

Split Squat x10/leg  
Push Up x10  
Back Lunge x10/leg  
Walk Out x10  
Walking Lunge x10/leg  
Sholder Taps x20/side  
1 Leg RDL x15/side  
Speed skaters x10/side

**Week 7****Day 1**

Metabolic Set #2  
Agility Station #2- 3x's

2x800m 2 min rest  
4x100m jog back recovery  
5x50m jog back recovery

**Abs:**

Crunchx25  
Reach in Middle x25  
Toe Touch x25  
Bicycle x25  
Penguin x25  
Knee Up x25  
Hip Raise x25  
Leg Lift x25

**Day 2**

30 min jog

Agility Station #6 -3x's

**Core:**

Push Up Bridge x 1 min  
Glute Bridge x1min  
Plank x 1min  
Glute Bridge Alt Legs x1min  
Side Plank x30 sec  
Sky Divers x1min  
Mtn Climberx20

**Day 3**

Metabolic Set #5  
Agility Station #1- 3x's

4x60m jog back recovery  
5x40m walk back recovery  
5x20m walk back recovery  
5x10m walk back recovery

**5 Sets of:**

10 Burpies  
10 Push Ups  
15 Sit Ups  
20 walking lunges

**Week 8 Rest week****Day 1**

1x800m 2 min rest  
2x400m 1 min rest  
2x100m jog back recovery

**3 sets of:**

plank x 1 minute  
situps x 25  
back extentions x15  
Glute Bridges x 25

**Day 2**

20 min jog

2x100m jog back recovery  
3x60m jog back recovery  
4x40m jog back recovery

**3 sets of:**

Plank x 1 minute  
Squats x25  
Push ups x15

**Day 3**

3x60m jog back recovery  
4x20m jog back recovery  
5x10m jog back recovery

**3 Sets of:**

walking lunge x10  
Plank x 1 minute  
Sit ups x25  
Back extentions x15  
Glute Bridges x25

## **Dynamic warmup**

*Perform each movement for 10 meters*

Hand to toe Kick

Quad Stretch

Walking toe touch

Heal Grab

Fence Skip Forwards

Fence skip Backwards

A-Skip

B-Skip

Shuffle

High Knees

Butt Kicks

Carioka

Back Pedal

High knee Cross over

Backwards Run