



U14 Aug-09



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10						Off	Off
11	Dynamic Warm up Cone Agili <b>4 x 15"on 90"off</b> Strength Training 3 <b>1 set</b> Flexibility	Dynamic Warm up Speed 2 Strength Training 2 <b>1 set</b> Torso 3 <b>2x20 reps each</b> Flexibility	Dynamic Warm up 5x2'on/3'off OR 4 x 400m on/5'off Running or biking Flexibility	Off	Dynamic Warm up Agility 3 <b>10 x 10-12" on 90" off</b> Strength Training 1 <b>1 set</b> Torso 3 <b>2 x 30 reps</b> Flexibility	Dynamic Warm up GCC 2 <b>1 set</b> Flexibility	45-60' Conditioning HR ~145-155bpm any mode Torso 2 <b>3 x 1'on 10" off</b> Flexibility
12	Off	Off	Dynamic Warm up Speed 2 Strength Training 1 <b>1 set</b> Torso 3 <b>3 x 30 reps</b> Flexibility	Dynamic Warm up 4x3'on/5'off OR 4 x 800m on/5'off Flexibility	Dynamic Warm up Speed 2 Strength Training 1 <b>1 set</b> Torso 3 <b>2 x 30 reps</b> Flexibility	Off	45-60' Conditioning HR ~145-155bpm any mode Torso 2 <b>3 x 1'on 10" off</b> Flexibility
13	45-60' Conditioning HR ~145-155bpm any mode Torso 2 <b>2 x 1'on 10" off</b> Flexibility	Dynamic Warm up GCC 2 <b>2 sets</b> Flexibility	Off	Off	Dynamic Warm up Speed 2 Strength Training 1 <b>1 sets</b> Torso 3 <b>3 x 30 reps</b> Flexibility	Dynamic Warm up GCC 2 <b>2 sets</b> Flexibility	Dynamic Warm up Agility 3 <b>10 x 10-12" on 90" off</b> Strength Training <b>1 set</b> Torso 3 <b>2 x 30 reps</b> Flexibility
14	Off	Dynamic Warm up Speed 1 2 sets Strength Training 1 <b>1 set</b> Flexibility	20' Conditioning HR >170bpm any mode	Dynamic Warm up 4x3'on/5'off OR 4 x 800m on/5'off Running or Biking <b>3 x 30"on 10"off</b> Torso 2 Flexibility	Off	Off	Cone Agility 2 30'-40' Conditioning HR ~140-155bpm Torso 1 3 sets Flexibility
15	Dynamic Warm up Speed 2 Strength Training 1 <b>1 set</b> Torso 3 <b>3 x 30 reps</b> Flexibility	<b>September</b> Dynamic Warm up Cone Agili 6 x each 60"off GCC 2 X2 Flexibility	Off	Off		<b>*Special Note*</b> All weight training should focus on Technique with a small to no amount of weight!!!	