



U16

Jul-09



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5			Dynamic Warm up 1 2x3'on/7'off OR 2 x 800m on/7'off Running or Biking Torso 2 2 x 30'on 12"off Flexibility	Dynamic Warm up 2 GSC 1 2 Sets Flexibility	Dynamic Warm up 3 Cone Agili 3 x 15"on 90"off Strength Training 1 2 sets Flexibility	Off 4 45-60' Conditioning HR ~145-155bpm any mode Torso 1 2 x 1' on 12" off Flexibility	5	
6	Dynamic Warm up 6 Speed 1 Strength Training 2 2 sets Torso 3 2x20 reps each Flexibility	Dynamic Warm up 7 Cone Agili 4 x 15"on 90"off Strength Training 3 2 sets Flexibility	Off 8	Off 9	Dynamic Warm up 9 Cone Agili 4 x 15"on 90"off Strength Training 3 2 sets Flexibility	45-60' Conditioning # HR ~145-155bpm any mode Torso 1 3 x 1' on 10" off Flexibility	60-75'Conditioning # HR ~145-155bpm any mode Torso 1 3 x 1' on 10" off Flexibility	12
7	Off 13	Dynamic Warm up 14 Cone Agili 5 x 15"on 90"off Strength Training 3 2 sets Flexibility	60-75'Conditioning 15 HR ~155-165bpm any mode Torso 1 3 x 1' on 10" off Flexibility	Dynamic Warm up 16 Speed 2 Strength Training 2 2 sets Torso 3 3x20 reps each Flexibility	Off #	Off #	Dynamic Warm up 19 Speed 1 Strength Training 2 2 sets Torso 3 3x20 reps each Flexibility	19
8	45-60' Conditioning 20 HR ~155-165bpm any mode Torso 1 3 x 1' on 10" off Flexibility	Dynamic Warm up 21 Speed 2 Strength Training 2 2 sets Torso 3 3x20 reps each Flexibility	Dynamic Warm up 21 Cone Agility 4 x 15"on 90"off Strength Training 3 2 sets Flexibility	Off 22	Off #	60-75'Conditioning # HR ~155-165bpm any mode Torso 1 3 x 1' on 10" off Flexibility	60-75'Conditioning # HR ~155-165bpm any mode Torso 1 3 x 1' on 10" off Flexibility	25
9	Dynamic Warm up 26 Cone Agili 4 x each 60"rest Strength Training 1 2 sets 40' run HR 140-150bpm Flexibility	Off 27	Dynamic Warm up 28 Cone Agility 5 x each 75"rest Strength Training 1 2 sets 40' run HR 140-150bpm Flexibility	Dynamic Warm up 29 3x3'on/5'off OR 3 x 800m on/5'off Running or Biking Torso 2 3 x 30'on 10"off Flexibility	Dynamic Warm up # Speed 1 Strength Training 1 2 sets Flexibility	Off 1 *Special Note* All weight training should focus on Technique with a small to no amount of weight!!!	Off 2	2