

# 4 Day Plyometrics and Conditioning

Warm-Up - 3 Minute Jog

3 X 15 yards running, high knee skips, side shuffles, carioca, high knees, butt kickers

Stretch

Day 1	
Plyometrics	
2 X 10 Tuck Jumps	
2 X 8 Single Leg Vertical Jumps	
2 X 10 Broad Jumps	
2 X Max Block Jumps	

Day 3	
Jump Rope	
2 Minute Regular	
1 Minute Jumping Jack	
1 Minute Side to Side	
1 Minute Speed (fast)	
1 Minute Alt. Front to Back	
2 Minute Regular	

Day 2	
Sprints (outside in grass)	
5 X 100 Yard Sprints	
8 X 50 Yard Sprints	
10 X 10 Yard Sprints	

Day 4	
Sprints (outside in grass)	
5 X 100 Yard Sprints	
8 X 50 Yard Sprints	
10 X 10 Yard Sprints	

