

Athletic Workout Routines: Training Camp!



Equipment needed: Agility Ladder, Half Cone Markers, Timer, Plate or Dumbbell – a football, if you want!

- 30 seconds of Up-downs (down every 5 seconds)
- Agility Ladder Drills
 - High Knees
 - Two in - Two out
 - Lateral High Knees
- Quick Hands Drill (10 reps)
- W-sprint Drill (1-way trip)
- Lineman slides w/ plate or dumbbell (5 yd. cones, 3 round trips)

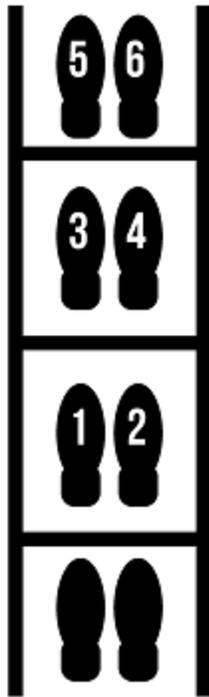
****Go from one drill to the next, no rest. 1-2 minutes of rest between each round.**

*****Start with 3 rounds, and work up to 5 – depending on your fitness level.**

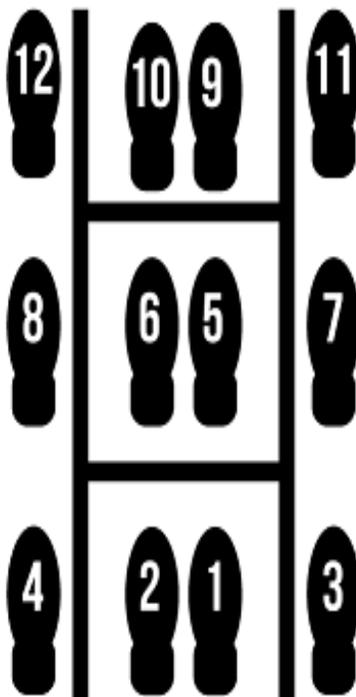
Exercise Descriptions

- **Up-Downs** - Set your interval timer for 6, 5 second intervals. When time begins, start quick feet (moving feet up and down as quickly as possible). On the beep, kick feet back and all the way down to the ground (like the bottom of a burpee). Get back up right away and go back to quick feet until the next beep.
- **Ladder Drills (see diagrams)**
 - **High Knees:** Forward run bringing knees up as high as possible. Lead with either foot – both feet should land in each rung.
 - **2 in – 2 out:** Start at the end of the ladder. Step into first rung with right, then left foot. Then step to side of rung with right, then left foot. Move to next rung with right foot in, then left, etc.
 - **Lateral High Knees:** Start at end of ladder, facing left. Lead with left foot and step into first rung with left, then right. Bring knees up as high as possible while moving continuously to the left. Once you've reached the end, remain facing the same way, and repeat, moving to the right.
- **Quick Hands:** Place one half-cone marker, or whatever you have, on the ground. Get in a high plank position with both hands close together on the left side of the marker. Move right hand over the marker, to the right side, followed by the left hand. Then move back to the other side, leading with the left, followed by the right – that's one rep. Repeat as quickly as possible for 10 total reps.
- **W-Sprints:** See attached diagram for layout. Lateral shuffle to the next cone on dotted lines, and sprint to next cone on solid lines (10 yds between each cone).
- **Lineman Slides:** Set two cones 5 yds. apart (or just use yard lines). Start at the left cone holding object (dumbbell, plate, med ball) with both hands in front of your chest. Shuffle to the right extending arms out, and back, with each step. Once you've reached the other side, plant outside foot, and go back the other way. Complete three round trips (30 total yds).

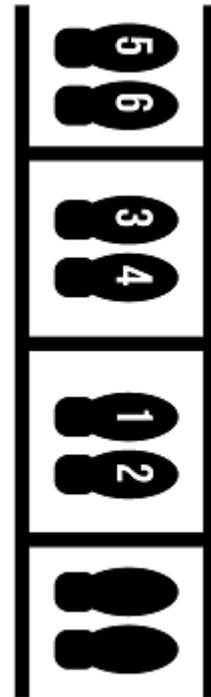
Diagrams



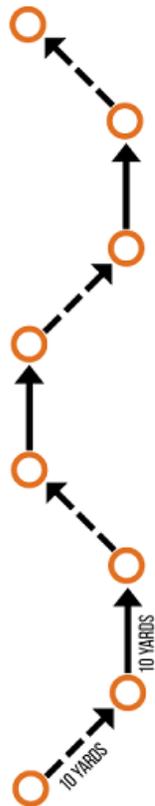
High Knees



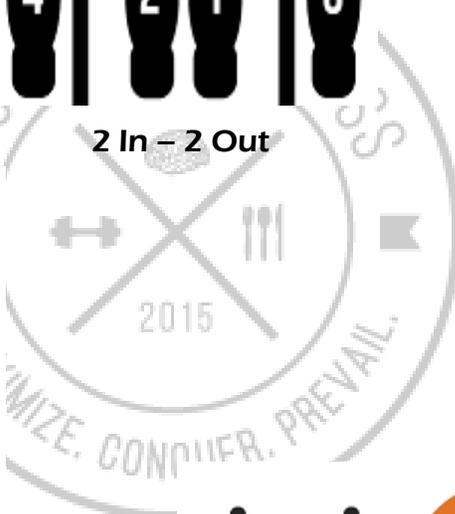
2 In - 2 Out



Lateral High Knees



W-Sprint Drill



Quick Hands Drill