

## 10 Week Training Program

Participation in this training program is subject to the descriptions and disclaimers detailed on the College GAMEplan web site at:

[www.collegegameplanonline.com/newsletter\\_jun\\_summertraining.htm](http://www.collegegameplanonline.com/newsletter_jun_summertraining.htm)

This workout is laid out over 7 days and is designed to give you an outline of what to do each day. Feel free to adjust the program to fit your individual schedule, for example, you can make Day 1 = Tuesday, Day 2 = Wednesday, etc.

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6 Shuttle Sprints (Description on Page 2)	Day 7
1	20 min run	Stretch & Strength	2 mile run	OFF Sprints (See Page 2)	REST	8	20 min run
2	25 min run	Stretch & Strength	2 mile run	Week 1	REST	10	20 min run
3	30 min run	Stretch & Strength	2 mile run	Week 1	REST	10	25 min run
4	3 mile run **timed	Stretch & Strength	4 mile run	Week 2	REST	12 ** 15 sec. rest	30 min run
5	30 min run	Stretch & Strength	2.5 mile run	Week 3	REST	12	25 min run
6	35 min run	Stretch & Strength	2.5 mile run	Week 4	REST	14	25 min run
7	5 mile run **timed	Stretch & Strength	5 mile run	Week 5	REST	16 ** 15 sec. rest	35 min run
8	40 min run	Stretch & Strength	3 mile run	Week 6	REST	14	30 min run
9	45 min run	Stretch & Strength	3 mile run	Week 7	REST	12	30 min run
10	45 min run	Stretch & Strength	3 mile run	OFF	REST	10	30 min run

(Continued – see Page 2)

### **SPRINT PROGRAM (8 Weeks):**

On the Day 4 Sprint Days, use the following Sprint Program. Therefore, the first week of the training program you do not use the Sprint Program. The 2<sup>nd</sup> week of the training program, you use the Week 1 Sprint Program ... the 5<sup>th</sup> week, use the Week 3 Sprint Program, etc.

Each Sprint needs to be performed at TOP speed! Be sure to utilize the following proper rest periods.

#### **Rest Periods:**

20 seconds per 20 yard sprint  
30 seconds per 40 yard sprint  
45 seconds per 60 yard sprint  
60 seconds per 80 yard sprint  
70 seconds per 100 yard sprint

#### **Week 1:**

20 yards: 15 reps  
40 yards: 10 reps  
60 yards: 8 reps  
80 yards: 6 reps  
20 yards (backwards): 20 reps

#### **Week 2:**

20 yards: 15 reps  
40 yards: 10 reps  
60 yards: 8 reps  
80 yards: 6 reps  
20 yards (backwards): 20 reps

#### **Week 3:**

20 yards: 20 reps  
40 yards: 12 reps  
60 yards: 9 reps  
80 yards: 7 reps  
20 yards (backwards): 25 reps

#### **Week 4:**

20 yards: 20 reps  
40 yards: 15 reps  
60 yards: 10 reps  
80 yards: 8 reps  
20 yards (backwards): 25 reps

#### **Week 5:**

20 yards: 20 reps  
40 yards: 20 reps  
60 yards: 15 reps  
80 yards: 10 reps  
100 yards: 8 reps  
20 yards (backwards): 25 reps

#### **Week 6:**

20 yards: 22 reps  
40 yards: 22 reps  
60 yards: 18 reps  
80 yards: 12 reps  
100 yards: 10 reps  
20 yards (backwards): 20 reps

#### **Week 7:**

20 yards: 24 reps  
40 yards: 24 reps  
60 yards: 18 reps  
80 yards: 12 reps  
100 yards: 10 reps  
20 yards (backwards): 20 reps

#### **Week 8:**

20 yards: 25 reps  
40 yards: 25 reps  
60 yards: 18 reps  
80 yards: 15 reps  
100 yards: 12 reps  
20 yards (backwards): 25 reps

### **SHUTTLES:**

- Place cones 15 yards apart. Start at Cone A and sprint to Cone B, then back to start.
- Rest 30 seconds between each shuttle except on weeks 4 and 7 when you should rest for 15 seconds.
- Number listed is the total for the day.