

* On M-W-F: Very little rest between sets of lower, upper, core & dynamic. Also, very little rest between set 1-4. Do all Set 1 in order, then 2, 3, 4.

BFS at Home Training - WEEK 9

**We are trying to add additional resistance this week, if possible use a Med. Ball, if not, find something with resistance that you can hold securely and safely.

* Flex. Should be done everyday - make sure you are warmed up first. 9 hours of sleep a night, lots of water & protein.

| <u>Workout</u> | <u>Monday</u> | <u>Tuesday</u> | Wed. | Thurs. | <u>Fri.</u> | Sat. | Sun. |
|-------------------|---|----------------|--|-----------|---|-----------|-----------|
| Warm Up | Dot Drill | Dot Drill | Dot Drill | Dot Drill | Dot Drill | Dot Drill | Dot Drill |
| Set 1: Lower Body | Overhead (OH) Squat - Med. Ball or other - 1 x 20 (Perfect Form) | N/A | Standing Long Jump (Goal - far as possible) - 1 x 20 | N/A | Meb. Ball or Other - Parallel Squat w/ Press - 1 x 20 (Perfect Form) | N/A | N/A |
| Set 1: Upper Body | Standard Grip - Plyo - Push Ups - 1 x 15 | N/A | Standard Grip Push Ups - Feet Elevated - 1 x 20 | N/A | Standard Grip - Plyo - Push Ups - 1 x 20 | N/A | N/A |
| Set 1: Core | Swimmer: Right Arm & Left Leg off ground - 90 Sec. Left Arm & Right Leg off ground - 90 Sec. | N/A | Straight Leg Lift - Center (Flat on back, legs together, heels 6" off ground - lift straight up) - 1 x 30 | N/A | Swimmer: Right Arm & Left Leg off ground - 90 Sec. Left Arm & Right Leg off ground - 90 Sec. | N/A | N/A |
| Set 1: Dynamic | Line Jumps - Rt ft - 1 x 30 front to back - Lt ft - 1 x 30 front to back (fast as possible) | N/A | Jump Rope - 2 Ft 1 x 200 or Jumping Jacks 1 x 200 | N/A | Line Jumps - Rt ft - 1 x 40 front to back - Lt ft - 1 x 40 front to back (fast as possible) | N/A | N/A |
| Set 2: Lower Body | Overhead (OH) Lunge - Med. Ball or other - 1 x 15 each leg | N/A | Standing Long Jump - Right Leg Jump - Right Leg Land (Goal - far as possible) - 1 x 15 | N/A | Lunge w/ rotation - both ways - Med. Ball or other - 1 x 15 each leg | N/A | N/A |
| Set 2: Upper Body | Diamond Grip Push Ups - Feet Elevated - 1 x 15 | N/A | Bench Dips - 1 x 75 | N/A | Diamond Grip Push Ups - Feet Elevated - 1 x 20 | N/A | N/A |

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|-------------------|---|----------------|--|--------|---|------|-------------|
| Set 2: Core | Seated Twist & Press w/ Med. Ball or other - 1 x 30 twist each way - 15 presses | N/A | Straight Leg Lift - Right & Left (Flat on back, legs together, heels 6" off ground - lift straight up) - 1 x 15 each way (rt/lt) | N/A | Seated Twist & Press w/ Med. Ball or other - 1 x 30 twist each way - 15 presses | N/A | N/A |
| Set 2: Dynamic | Line Jumps - Rt ft - 1 x 30 side to side - Lt ft - 1 x 30 side to side (fast as possible) | N/A | Jump Rope - Running - 1 x 200 or Mountain Climbers - 1 x 100 | N/A | Line Jumps - Rt ft - 1 x 40 side to side - Lt ft - 1 x 40 side to side (fast as possible) | N/A | N/A |
| Set 3: Lower Body | Overhead (OH) Squat - Med. Ball or other - 1 x 20 (Perfect Form) | N/A | Standing Long Jump (Goal - far as possible) - 1 x 20 | N/A | Meb. Ball or Other - Parallel Squat w/ Press - 1 x 20 (Perfect Form) | N/A | N/A |
| Set 3: Upper Body | Standard Grip - Plyo - Push Ups - 1 x 15 | N/A | Standard Grip Push Ups - Feet Elevated - 1 x 20 | N/A | Standard Grip - Plyo - Push Ups - 1 x 20 | N/A | N/A |
| Set 3: Core | Swimmer: Right Arm & Left Leg off ground - 90 Sec. Left Arm & Right Leg off ground - 90 Sec. | N/A | Straight Leg Lift - Center (Flat on back, legs together, heels 6" off ground - lift straight up) - 1 x 30 | N/A | Swimmer: Right Arm & Left Leg off ground - 90 Sec. Left Arm & Right Leg off ground - 90 Sec. | N/A | N/A |
| Set 3: Dynamic | Line Jumps - Rt ft - 1 x 30 front to back - Lt ft - 1 x 30 front to back (fast as possible) | N/A | Jump Rope - 2 Ft 1 x 200 or Jumping Jacks 1 x 200 | N/A | Line Jumps - Rt ft - 1 x 40 front to back - Lt ft - 1 x 40 front to back (fast as possible) | N/A | N/A |
| Set 4: Lower Body | Overhead (OH) Lunge - Med. Ball or other - 1 x 15 each leg | N/A | Standing Long Jump - Left Leg Jump - Left Leg Land (Goal - far as possible) - 1 x 15 | N/A | Lunge w/ rotation - both ways - Med. Ball or other - 1 x 15 each leg | N/A | N/A |
| Set 4: Upper Body | Diamond Grip Push Ups - Feet Elevated - 1 x 15 | N/A | Bench Dips - 1 x 75 | N/A | Diamond Grip Push Ups - Feet Elevated - 1 x 20 | N/A | N/A |

| Workout | Monday | <u>Tuesday</u> | Wed. | Thurs. | <u>Fri.</u> | Sat. | <u>Sun.</u> |
|---------------------------------|---|---|---|---|---|---|--|
| Set 4: Core | Seated Twist & Press w/ Med. Ball or other - 1 x 30 twist each way - 15 presses | N/A | Straight Leg Lift - Right & Left (Flat on back, legs together, heels 6" off ground - lift straight up) - 1 x 15 each way (rt/lt) | N/A | Seated Twist & Press w/ Med. Ball or other - 1 x 30 twist each way - 15 presses | N/A | N/A |
| Set 4: Dynamic | Line Jumps - Rt ft - 1 x 30 side to side - Lt ft - 1 x 30 side to side (fast as possible) | N/A | Jump Rope - Running - 1 x 200 or Mountain Climbers - 1 x 100 | N/A | Line Jumps - Rt ft - 1 x 40 side to side - Lt ft - 1 x 40 side to side (fast as possible) | N/A | N/A |
| Sprint Tech. Work or Agility | N/A | Agility Drills 19 - 25 (4 Cones) 3 x each drill with 20 Sec. rest btwn. each. Cones 5 yards apart. Full Speed. | N/A | 6 x 50 yards - focus on head & eyes. 6 x 50 yards - focus on arm rotation. 6 x 50 yards - focus on leg drive and plant on ball of foot. Full Speed - good amount of rest btwn. Not cond. (*If possible - use a sprint chute or speed harness) | N/A | Agility Drills 1 - 6 (6 Cones) 3 x each drill with 30 Sec. rest btwn. each. Cones 10 yards apart. Full Speed. | N/A |
| Conditioning | N/A | 4 x 200 Meters - 36 sec. or less - 1:45 min. Rest btwn each. 8 x 100 Meters - 17 sec. or less - 52 Sec. Rest btwn each. 6 x 50 Meters - 8 Sec. or less - 23 Sec. Rest | N/A | 4 x 200 Meters - 36 sec. or less - 1:45 min. Rest btwn each. 8 x 100 Meters - 17 sec. or less - 51 Sec. Rest btwn each. 6 x 50 Meters - 8 Sec. or less - 22 Sec. Rest | N/A | 4 x 200 Meters - 36 sec. or less - 1:45 min. Rest btwn each. 8 x 100 Meters - 17 sec. or less - 50 Sec. Rest btwn each. 6 x 50 Meters - 8 Sec. or less - 21 Sec. Rest | N/A |
| Flexibility | 1-2-3-4 Flex. Program - 30 Sec. Each Stretch | 1-2-3-4 Flex. Program - 30 Sec. Each Stretch | 1-2-3-4 Flex. Program - 30 Sec. Each Stretch | 1-2-3-4 Flex. Program - 30 Sec. Each Stretch | 1-2-3-4 Flex. Program - 30 Sec. Each Stretch | 1-2-3-4 Flex. Program - 30 Sec. Each Stretch | 1-2-3-4 Flex. Program - 30 Sec. Each Stretch |