

Advanced

Performance: Football

Speed: Steady Jog/Walk between 6.0 and Interval Run 12.0+

Drive & Driven

25

Minute Cardio

Treadmill

8 Reaction Downs Non-Stop

Steady Push/Off	Interval Run/Squat Hold
1:00 Minute Jog	15 Seconds
30 Second Push	10 Second Squat Hold
Off	10 Seconds
1:00 Minute Walk	10 Seconds
30 Second Push	15 Second Squat Hold

Stretch

Daily Stretches