## Sample 5-Day Total Body Workout

| Day 1 | Day 2 | Day 3 | Day 4 | Day 5 |
|---|---|---|---|---|
| Speed / Agility / Flexibility | Muscular Strength / Anaerobic Power | Anaerobic Capacity / Agility / Flexibility | Muscular Strength / Muscular Endurance | Aerobic Capacity / Flexibility |
| • 40 yd Line Drills<br>- Lateral Shuffle<br>- Carioca<br>- High Knees<br>- Bounding<br>- Broad Jump<br><br>*OR*<br><br>• 40 yd Sprints<br>- Mod 30; Max 10<br>- Mod 20; Max 20<br>- Max 10; Mod 30<br>- Max 20; Mod 20<br>- Max 40<br><br>*OR*<br><br>• NOFFS 6-Cone Drill<br>- 2 min continuous<br>- repeat 3-5 times | • Squats<br>- 5 sets<br>- 8-12 reps<br><br>• Bench Press<br>- 5 sets<br>- 8-12 reps<br><br>• Barbell Bent-over Rows<br>- 5 sets<br>- 8-12 reps<br><br>• Push Press<br>- 5 sets<br>- 8-12 reps<br><br>• Vertical or Broad Jumps<br>- 5 sets<br>- 10-15 reps | • 300-yd Shuttle<br>- 5 sets<br>- 3-5 minute rest<br><br>*OR*<br><br>• 40-yd Suicides<br>- 5 sets<br>- 2-3 minute rest<br><br>*OR*<br><br>• 3-min Celtic Run (conducted on basketball court)<br>- 5 sets<br>- 2-3 minute rest<br><br>*OR*<br><br>• 200– 400 m Sprints<br>- 4-6 sets<br>- 3-5 minute rest | • Barbell Curls<br>- 5 sets<br>- 8-12 reps<br><br>• Triceps Extensions<br>- 5 sets<br>- 8-12 reps<br><br>• Shrugs<br>- 5 sets<br>- 8-12 reps<br><br>• Hamstring Curls<br>- 5 sets<br>- 8-12 reps<br><br>• Calf Raises<br>- 5 sets<br>- 8-12 reps | • Long Slow Distance<br>- 3-5 miles<br>- 30-60 minutes<br><br>*OR*<br><br>• Pace / Tempo<br>- 90 ÷ desired 1.5 mile run time<br>- Ex: desired run time of 12:30<br>90 ÷ 12.5 = 7.2 mph<br><br>*OR*<br><br>• Fartlek Run<br><br>*OR*<br><br>• Mock PRT |
| • Modified Hurdler Stretch<br>• Groin Stretch<br>• Quadriceps Stretch<br>• Piriformis Stretch<br>• Low Back Stretch | • Front Plank (2-min Hold)<br>• Right Side Plank (1-min Hold)<br>• Left Side Plank (1-min Hold)<br>• Glute Bridge (2-min Hold)<br>• Birddogs (10-15 reps) | • Modified Hurdler Stretch<br>• Groin Stretch<br>• Quadriceps Stretch<br>• Piriformis Stretch<br>• Low Back Stretch | • Knee-ups w/ Medicine Ball<br>- 3-5 sets<br>- 25 reps<br>• Bicycles (Abs)<br>- 3-5 sets<br>- 25 reps | • Modified Hurdler Stretch<br>• Groin Stretch<br>• Quadriceps Stretch<br>• Piriformis Stretch<br>• Low Back Stretch |