

|  |             |             |             |            |  |                                      |
|--|-------------|-------------|-------------|------------|--|--------------------------------------|
| <b>Focus: Linear Acceleration</b>  |             |             |             |            |  |                                      |
|  |             |             |             |            |  |                                      |
| <b>Exercise</b>  | <b>Sets</b> | <b>Reps</b> | <b>Rest</b> | <b>RPE</b> | <b>Notes</b>   | <b>Alternate Exercises</b>           |
| <a href="#">Inchworm</a>   | 1           | 3           |             |            |  |                                      |
| <a href="#">Lateral Dying Bug</a>  | 1           | 5/side      |             |            |  |                                      |
| <a href="#">Hip Flexor Trio</a>  | 1           | 4/side      |             |            |  |                                      |
| <a href="#">Banded Side Step</a>   | 1           | 1 min       |             |            | Use the space you have                               |                                      |
| <a href="#">1.5 Rep Squat</a>  | 1           | 6           |             |            |  |                                      |
| <i>Rotate between these exercises, using the soft tissue and mobility work as active prep/recovery between sets of the major lift.</i>   |             |             |             |            |  |                                      |
| <a href="#">Roll Glutes</a>  | 3           | 30s/side    |             |            |  |                                      |
| <a href="#">FLESS</a>  | 3           | 5/side      |             | 5          | Might need a shorter step than for the next exercise |                                      |
| <a href="#">Step-Up for Accel</a>  | 3           | 6/side      |             | 6          | Unweighted, include the arm action                   |                                      |
| <i>Complete as a circuit if your access to the different pieces of equipment allows, moving steadily from each exercise to the next.</i> |             |             |             |            |  |                                      |
| <a href="#">Hip Thrust from Floor</a>  | 3           | 8           | 30 sec      | 7          |  |                                      |
| <a href="#">Heel Toe Walks</a>   | 3           | 10y         | 30 sec      |            | Shoes off (if allowed in your gym)                   |                                      |
| <a href="#">Plank Row</a>  | 3           | 6/side      | 60 sec      | 6          |  |                                      |
| <i>Complete as a circuit if your access to the different pieces of equipment allows, moving steadily from each exercise to the next.</i> |             |             |             |            |  |                                      |
| <a href="#">Wall Accel Drill 3 Step Burst</a>  | 3           | 6           | 30 sec      | 6          |  |                                      |
| <a href="#">KB Side Swing</a>  | 3           | 6/side      | 30 sec      | 6          |  | <a href="#">Side-Loaded Thruster</a> |
| <a href="#">Banded Deadbug</a>   | 3           | 5/side      | 60 sec      | 8          |  |                                      |

| <b>Focus: Linear Acceleration</b>   |      |                           |           |              | RPE: 1=this barely takes effort 5=breathing hard but could talk 10=hardest possible thing ever  |
|---|------|---------------------------|-----------|--------------|---|
| Exercise  | Sets | Reps/Distance             | Rest      | RPE          | Notes   |
| <a href="#">Foam Roll/LAX Ball</a>  |      |                           |           |              | Hit major areas and traditional trouble spots   |
| Perform parts 1 & 2 of the Field Warm-Up for Ultimate. Use either the solo or group version as appropriate. |      |                           |           |              |   |
| <a href="#">Solo pdf</a>  |      | <a href="#">Group pdf</a> |           |              |   |
| <a href="#">Warm-Up for Ultimate Part I</a>   |      |                           |           |              | <a href="#">Group Version Part I Videos</a>   |
| <a href="#">Warm-Up for Ultimate Part II</a>  |      |                           |           |              | <a href="#">Group Version Part II Videos</a>  |
| <i>2 sets of everything, then finish with light skips and SL Line Hops</i>                                  |      |                           |           |              |   |
| <a href="#">Light Skip</a>  | 3    | 10y                       |           |              |   |
| <a href="#">SL Line Hop</a>   | 3    | 10/side                   |           |              | <a href="#">DL line hop if SL is too intense</a>  |
| <a href="#">SL Cycling</a>  | 2    | 10y/side                  |           |              | 2x Dribbles at ankle height if too intense  |
| <a href="#">Drop &amp; Catch Push Up</a>  | 2    | 5                         |           |              | Reduce reps or do to a bench if too intense   |
| <i>Alternate between the two, ending with an extra set of Accel Drill</i>                                   |      |                           |           |              |   |
| Acceleration Wall Drill   | 3    | 3/side                    |           |              | <a href="#">Set 1: Slow and controlled, find angles</a>   |
|   |      |                           |           |              | <a href="#">Set 2: Bursts of 3</a>  |
|   |      |                           |           |              | Set 3: Bursts on cue (if you have a buddy, they say a number from 1-5, otherwise stick with bursts of 3)  |
| <a href="#">90-90 Hip Mobility</a>  | 2    | 3/side                    |           |              | Readjust back to 90-90 each time you get to the other side  |
| <a href="#">A March</a>   | 1    | 10y                       |           |              | Get up onto toe. Focus on strong core, angles you repped in the accel drill   |
| <a href="#">A Skip</a>  | 2    | 10y                       |           |              | Strong core! Stay tall, hitting those angles  |
| Rest between reps / sets  |      |                           |           |              |   |
| <a href="#">15y Falling Starts</a>  | 2    | 1/side                    | 30s / 90s | 6            | Chase your shoulders, core engaged, push the ground away  |
| Hesitation Accelerators   | 2    | 2/side                    | 20s / 90s | 8            | Ladder not required, do these on both sides!  |
|   |      |                           |           |              | <a href="#">Set 1: Hesitation Accelerator, maintain forward lean</a>  |
|   |      |                           |           |              | <a href="#">Set 2: Hesitation Accelerator, pop up to vertical</a>   |
| 20y Sprint  | 1    | 8-12                      | full      | 10           | Full intensity w/full recovery. Stop and/or take longer rests if you slow down (time yourself!)   |
| 40y Sprint  | 3    | 3/side                    | 30s / 90s | 9            | Alternate starting legs each rep. Take the full rest allotted, don't let form degrade. Maintain speed across all reps (time yourself -- stop or take extra rest if you're slowing down a bunch!)  |
| <a href="#">Motivated Throwing</a>  | 1    | 10-10-10 /side            |           | 9 on sprints | Set up 15y away from partner; throw 10 flat, 10 IO, 10 OI of each throw. Each time you have a throwing or catching error, immediately sprint to switch places with your partner. <a href="#">If you're alone, grab a net or piece of fence.</a> |
| Cooldown  |      |                           |           |              | You can do your own thing or follow along using one of the following:<br><a href="#">Mobility with Ren</a> (movements start 1:30)   |

|  |      |               |      |     |  |
|--|------|---------------|------|-----|--|
| <a href="#">Focus: Linear Acceleration</a> |      |               |      |     | RPE: 1=this barely takes effort 5=breathing hard but could talk 10=hardest possible thing ever |
| Exercise                                   | Sets | Reps/Distance | Rest | RPE | Notes  |
|  |      |               |      |     | <a href="#">MOB with Dr Patrick</a>  |

| <a href="#">Focus: Linear Acceleration</a>  |      |                           |                                  |     | RPE: 1=this barely takes effort 5=breathing hard but could talk 10=hardest possible thing ever  |
|---|------|---------------------------|----------------------------------|-----|---|
| Exercise  | Sets | Reps/Distance             | Rest                             | RPE | Notes   |
| <a href="#">Foam Roll/LAX Ball</a>  |      |                           |                                  |     | Hit major areas and traditional trouble spots   |
| Perform parts 1 & 2 of the Field Warm-Up for Ultimate. Use either the solo or group version as appropriate. |      |                           |                                  |     |   |
| <a href="#">Solo.pdf</a>  |      | <a href="#">Group.pdf</a> |                                  |     |   |
| <a href="#">Warm-Up for Ultimate Part I</a>   |      |                           |                                  |     | <a href="#">Group Version Part I Videos</a>   |
| <a href="#">Warm-Up for Ultimate Part II</a>  |      |                           |                                  |     | <a href="#">Group Version Part II Videos</a>  |
| 2 sets of everything, then finish with light skips and SL Line Hops   |      |                           |                                  |     |   |
| <a href="#">Light Skip</a>  | 3    | 10y                       |                                  |     |   |
| <a href="#">SL Line Hop</a>   | 3    | 10/side                   |                                  |     | <a href="#">DL line hop if SL is too intense</a>  |
| <a href="#">SL Cycling</a>  | 2    | 10y/side                  |                                  |     | 2x Dribbles at ankle height if too intense  |
| <a href="#">Drop &amp; Catch Push Up</a>  | 2    | 5                         |                                  |     | Reduce reps or do to a bench if too intense   |
| Alternate between the two, ending with an extra set of Accel Drill  |      |                           |                                  |     |   |
| Acceleration Wall Drill   | 3    | 3/side                    |                                  |     | <a href="#">Set 1: Slow and controlled, find angles</a>   |
|   |      |                           |                                  |     | <a href="#">Set 2: Bursts of 3</a>  |
|   |      |                           |                                  |     | Set 3: Bursts on cue (if you have a buddy, they say a number from 1-5, otherwise stick with bursts of 3)  |
| <a href="#">90-90 Hip Mobility</a>  | 2    | 3/side                    |                                  |     | Readjust back to 90-90 each time you get to the other side  |
| <a href="#">A March</a>   | 1    | 10y                       |                                  |     | Get up onto toe. Focus on strong core, angles you repped in the accel drill   |
| <a href="#">A Skip</a>  | 2    | 10y                       |                                  |     | Strong core! Stay tall, hitting those angles  |
| Rest between reps / sets  |      |                           |                                  |     |   |
| <a href="#">15y Falling Starts</a>  | 2    | 1/side                    | 30s / 90s                        | 6   | Chase your shoulders, core engaged, push the ground away  |
| Hesitation Accelerators   | 2    | 2/side                    | 20s / 90s                        | 8   | Ladder not required, do these on both sides!  |
|   |      |                           |                                  |     | <a href="#">Set 1: Hesitation Accelerator, maintain forward lean</a>  |
|   |      |                           |                                  |     | <a href="#">Set 2: Hesitation Accelerator, pop up to vertical</a>   |
| 20y Sprint  | 1    | 4                         | full                             | 10  | Full intensity w/full recovery. Stop and/or take longer rests if you slow down  |
| <a href="#">Long Serpentine</a>   | 2    | 4-6                       | 1.5-2x work // full between sets | 7   | Set up by marching 6 cones 10y apart from each other, then stagger them 5 yards wide. Add a throw on under cut at the end if you have a partner. Partner immediately starts running theirs when you're done if you have a group of 2 to hit the work:rest ratio |
| Cooldown  |      |                           |                                  |     |   |
| You can do your own thing or follow along using one of the following:                                       |      |                           |                                  |     |   |
| <a href="#">Mobility with Ren</a> (movements start 1:30)  |      |                           |                                  |     |   |
| <a href="#">MOB with Dr Patrick</a>   |      |                           |                                  |     |   |

|  |             |             |             |            |   |                                  |
|--|-------------|-------------|-------------|------------|---|----------------------------------|
| <b>Focus: Lateral Acceleration</b>   |             |             |             |            |   |                                  |
|  |             |             |             |            |   |                                  |
| <b>Exercise</b>  | <b>Sets</b> | <b>Reps</b> | <b>Rest</b> | <b>RPE</b> | <b>Notes</b>  | <b>Alternate Exercises</b>       |
| <a href="#">Inchworm</a>   | 1           | 3           |             |            |   |                                  |
| <a href="#">Lateral Dying Bug</a>  | 1           | 5/side      |             |            |   |                                  |
| <a href="#">Hip Flexor Trio</a>  | 1           | 4/side      |             |            |   |                                  |
| <a href="#">Banded Side Step</a>   | 1           | 1 min       |             |            | Use the space you have  |                                  |
| <a href="#">1.5 Rep Squat</a>  | 1           | 6           |             |            |   |                                  |
|  |             |             |             |            |   |                                  |
| <i>Rotate between these exercises, using the soft tissue and mobility work as active prep/recovery between sets of the major lift.</i>   |             |             |             |            |   |                                  |
| <a href="#">Roll High Hamstring/Adductor</a>   | 3           | 30s/side    |             |            |   |                                  |
| <a href="#">Frog</a>   | 3           | 30s         |             |            |   |                                  |
| <a href="#">Lateral MB Throw</a>   | 3           | 6/side      |             | 6          | Drive with your hips  | <a href="#">Lateral Lunge</a>    |
|  |             |             |             |            |   |                                  |
| <i>Complete as a circuit if your access to the different pieces of equipment allows, moving steadily from each exercise to the next.</i> |             |             |             |            |   |                                  |
| <a href="#">Sumo Deadlift</a>  | 3           | 8           | 30 sec      | 7          |   | <a href="#">KB Sumo Deadlift</a> |
| <a href="#">Squat Shapes</a>   | 3           | 5/direction | 30 sec      |            | Set 1 Circles, Set 2 Squares, Set 3 whichever was harder to control |                                  |
| <a href="#">Supine Hip Abduction</a>   | 3           | 10          | 30 sec      | 7          |   |                                  |
|  |             |             |             |            |   |                                  |
| <i>Complete as a circuit if your access to the different pieces of equipment allows, moving steadily from each exercise to the next.</i> |             |             |             |            |   |                                  |
| <a href="#">2.5lb Shoulder Warm-Up</a>   | 3           | 2           | 30 sec      | 5          | One rep = returning to palms down (two cycles)                      |                                  |
| <a href="#">One-Arm Half-Kneeling Lat Pulldown</a>   | 3           | 8           | 30 sec      | 7          |   |                                  |
| <a href="#">Scapular Press to Push Up</a>  | 3           | 8           | 60 sec      | 7          | Do your appropriate pushup type to complete all reps                |                                  |

| <b>Focus: Lateral Acceleration</b>  |      |                           |                 |      | RPE: 1=this barely takes effort 5=breathing hard but could talk 10=hardest possible thing ever  |
|---|------|---------------------------|-----------------|------|---|
| Exercise  | Sets | Reps/Distance             | Rest            | RPE  | Notes   |
| <a href="#">Foam Roll/LAX Ball</a>  |      |                           |                 |      | Hit major areas and traditional trouble spots   |
| Perform parts 1 & 2 of the Field Warm-Up for Ultimate. Use either the solo or group version as appropriate. |      |                           |                 |      |   |
| <a href="#">Solo pdf</a>  |      | <a href="#">Group pdf</a> |                 |      |   |
| <a href="#">Warm-Up for Ultimate Part I</a>   |      |                           |                 |      | <a href="#">Group Version Part I Videos</a>   |
| <a href="#">Warm-Up for Ultimate Part II</a>  |      |                           |                 |      | <a href="#">Group Version Part II Videos</a>  |
| <i>Two sets of everything, finishing with an extra set of A skip and Lateral Skip</i>                       |      |                           |                 |      |   |
| <a href="#">Light Skips</a>   | 2    | 10y                       |                 |      |   |
| <a href="#">A Skip</a>  | 3    | 10y                       |                 |      |   |
| <a href="#">Lateral Skip</a>  | 3    | 10y/side                  |                 |      |   |
| <a href="#">Skater Hop</a>  | 2    | 15y                       |                 |      |   |
| <a href="#">Split Squat Drop Jump</a>   | 2    | 5/side                    |                 |      | <a href="#">Squat Drop Jump</a>   |
| <i>Alternate between the two, ending with an extra set of Accel Drill</i>                                   |      |                           |                 |      |   |
| <a href="#">Acceleration Wall Drill</a>   | 3    | 5/side                    |                 |      | Set 1: Bursts of 3<br>Set 2 & 3: Bursts on cue (someone calls out 1, 3, 5...) or varying length bursts if alone   |
| <a href="#">90-90 Hip Mobility</a>  | 2    | 3/side                    |                 |      | Readjust back to 90-90 each time you get to the other side  |
| <a href="#">Lateral Start (on Cue)</a>  | 1    | 2/side                    | full            | 6    | If you have a partner, go when they drop their arm or point the direction you'll go.  |
| <a href="#">Lateral Agility to Sprint</a>   | 3    | 1/side                    | 20s / 90s       | 8    | You can use cones to make a fake ladder if you don't have one. Sprint out of the ladder on cue if you have a partner. Choose your own adventure, ideas below<br><a href="#">2 In 2 Out (front leg leading)</a><br><a href="#">2 In 2 Out (rear leg leading)</a><br><a href="#">1 In 2 Out "Salsa"</a> |
| <a href="#">20y Sprint from Lateral</a>   | 1    | 4-6/side                  | full            | 10   | Full intensity w/full recovery. Move on and/or take longer rests if you slow down   |
| <i>for the next work set, pick one of the following:</i>  |      |                           |                 |      |   |
| <a href="#">5-10-5 Shuttle (Solo)</a>   | 1    | 10-14                     | full (10x work) | 9-10 | Set up three cones in a line 5y apart. Face the same way as you turn so you turn off both legs. Stop once your form degrades or you slow down   |
| <b>OR</b>   |      |                           |                 |      |   |
| <a href="#">Colombian Tag (Partner)</a>   | 1    | 6 O, 6 D                  | 30-40s          | 9    | Set up both ends evenly. Offender has 5 seconds in the middle to try to get open  |
| <a href="#">40y Sprint from Backwards</a>   | 2    | 2/side                    | 30s / 90s       | 9    | Set up facing away from direction of travel. 2nd and 3rd set do on cue from partner (if you have one) yelling "left!" or "right!". Take the full rest allotted, don't let form degrade. Aim to maintain speed across all reps   |
| <a href="#">Cooldown</a>  |      |                           |                 |      | You can do your own thing or follow along using one of the following:<br><a href="#">Mobility with Ren</a> (movements start 1:30)<br><a href="#">MOB with Dr Patrick</a>  |

| <a href="#">Focus: Lateral Acceleration</a>   |      |                           |                                  |     | RPE: 1=this barely takes effort 5=breathing hard but could talk 10=hardest possible thing ever  |
|---|------|---------------------------|----------------------------------|-----|---|
| Exercise  | Sets | Reps/Distance             | Rest                             | RPE | Notes   |
| <a href="#">Foam Roll/LAX Ball</a>  |      |                           |                                  |     | Hit major areas and traditional trouble spots   |
| Perform parts 1 & 2 of the Field Warm-Up for Ultimate. Use either the solo or group version as appropriate. |      |                           |                                  |     |   |
| <a href="#">Solo pdf</a>  |      | <a href="#">Group pdf</a> |                                  |     |   |
| <a href="#">Warm-Up for Ultimate Part I</a>   |      |                           |                                  |     | <a href="#">Group Version Part I Videos</a>   |
| <a href="#">Warm-Up for Ultimate Part II</a>  |      |                           |                                  |     | <a href="#">Group Version Part II Videos</a>  |
| <i>Two sets of everything, finishing with an extra set of A skip and Lateral Skip</i>                       |      |                           |                                  |     |   |
| <a href="#">Light Skips</a>   | 2    | 10y                       |                                  |     |   |
| <a href="#">A Skip</a>  | 3    | 10y                       |                                  |     |   |
| <a href="#">Lateral Skip</a>  | 3    | 10y/side                  |                                  |     |   |
| <a href="#">Skater Hop</a>  | 2    | 15y                       |                                  |     |   |
| <a href="#">Split Squat Drop Jump</a>   | 2    | 5/side                    |                                  |     | <a href="#">Squat Drop Jump</a>   |
| <i>Alternate between the two, ending with an extra set of Accel Drill</i>                                   |      |                           |                                  |     |   |
| <a href="#">Acceleration Wall Drill</a>   | 3    | 5/side                    |                                  |     | Set 1: Bursts of 3<br>Set 2 & 3: Bursts on cue (someone calls out 1, 3, 5...) or varying length bursts if alone   |
| <a href="#">90-90 Hip Mobility</a>  | 2    | 3/side                    |                                  |     | Readjust back to 90-90 each time you get to the other side  |
| <a href="#">Lateral Start (on Cue)</a>  | 1    | 2/side                    | full                             | 6   | If you have a partner, go when they drop their arm or point the direction you'll go.  |
| Lateral Agility to Sprint   | 3    | 1/side                    | 20s / 90s                        | 8   | You can use cones to make a fake ladder if you don't have one. Sprint out of the ladder on cue if you have a partner. Choose your own adventure, ideas below  |
|   |      |                           |                                  |     | <a href="#">2 In 2 Out (front leg leading)</a>  |
|   |      |                           |                                  |     | <a href="#">2 In 2 Out (rear leg leading)</a>   |
|   |      |                           |                                  |     | <a href="#">1 In 2 Out "Salsa"</a>  |
| <a href="#">20y Sprint from Lateral</a>   | 1    | 2/side                    | full                             | 10  | Full intensity w/full recovery. Move on and/or take longer rests if you slow down   |
| <a href="#">Long Serpentine</a>   | 2    | 4-6                       | 1.5-2x work // full between sets | 7   | Set up by marching 6 cones 10y apart from each other, then stagger them 5 yards wide. Add a throw on under cut at the end if you have a partner. Partner immediately starts running theirs when you're done if you have a group of 2 to hit the work:rest ratio |
| Cooldown  |      |                           |                                  |     | You can do your own thing or follow along using one of the following:   |
|   |      |                           |                                  |     | <a href="#">Mobility with Ren</a> (movements start 1:30)  |
|   |      |                           |                                  |     | <a href="#">MOB with Dr Patrick</a>   |

| Focus: Defensive Reacceleration  |      |                   |        |     |  |  |
|--|------|-------------------|--------|-----|--|--|
| Exercise   | Sets | Reps              | Rest   | RPE | Notes  | Alternate Exercises                                |
| <a href="#">Inchworm</a>   | 1    | 3                 |        |     |  |  |
| <a href="#">Lateral Dying Bug</a>  | 1    | 5/side            |        |     |  |  |
| <a href="#">Hip Flexor Trio</a>  | 1    | 4/side            |        |     |  |  |
| <a href="#">Banded Side Step</a>   | 1    | 1 min             |        |     | Use the space you have   |  |
| <a href="#">1.5 Rep Squat</a>  | 1    | 6                 |        |     |  |  |
| <i>Rotate between these exercises, using the soft tissue and mobility work as active prep/recovery between sets of the major lift.</i>   |      |                   |        |     |  |  |
| <a href="#">Roll Calves</a>  | 3    | 30s/side          |        |     |  |  |
| <a href="#">Squat Ankle Flexion</a>  | 3    | 5                 |        |     |  |  |
| <a href="#">Weighted Split Squat Jumps</a>   | 3    | 6/side            |        | 6   | If you add weight it should be ~1/3 of what you would lift for an RLESS or split squat     | On up call from partner, if you have one           |
| <i>Complete as a circuit if your access to the different pieces of equipment allows, moving steadily from each exercise to the next.</i> |      |                   |        |     |  |  |
| <a href="#">Weighted Lateral Lunge</a>   | 3    | 8/side            | 30 sec | 7   |  |  |
| <a href="#">Leg Circles</a>  | 3    | 5/direction /side | 30 sec |     |  |  |
| <a href="#">Plank Rotational Reach</a>   | 3    | 5/side            | 30 sec | 8   |  |  |
| <i>Complete as a circuit if your access to the different pieces of equipment allows, moving steadily from each exercise to the next.</i> |      |                   |        |     |  |  |
| <a href="#">DB Clean to Curtsy Lunge</a>   | 3    | 5/side            | 30 sec | 6   |  | <a href="#">KB Clean to Curtsy Lunge</a>           |
| <a href="#">Nordic Curl</a>  | 3    | 8                 | 30 sec | 7   |  | <a href="#">Hamstring Curl on Ball</a> 8 or 8/side |
| <a href="#">Lateral Pallof Press + Overhead Reach</a>  | 3    | 5/side            | 60 sec | 7   | Overhead reach is the hardest part, determine your band tension / cable weight based on it |  |

| <a href="#">Focus: Defensive Reacceleration</a>  |                                      |                           |                 |      | RPE: 1=this barely takes effort 5=breathing hard but could talk 10=hardest possible thing ever   |
|--|--------------------------------------|---------------------------|-----------------|------|--|
| Exercise   | Sets                                 | Reps/Distance             | Rest            | RPE  | Notes  |
| <a href="#">Foam Roll/LAX Ball</a>   |                                      |                           |                 |      | Hit major areas and traditional trouble spots  |
| Perform parts 1 & 2 of the Field Warm-Up for Ultimate. Use either the solo or group version as appropriate.                            |                                      |                           |                 |      |  |
| <a href="#">Solo pdf</a>   |                                      | <a href="#">Group pdf</a> |                 |      |  |
| <a href="#">Warm-Up for Ultimate Part I</a>  |                                      |                           |                 |      | <a href="#">Group Version Part I Videos</a>  |
| <a href="#">Warm-Up for Ultimate Part II</a>   |                                      |                           |                 |      | <a href="#">Group Version Part II Videos</a>   |
| <i>Begin with a set of light skips, then complete the rest as a circuit, finishing with an additional set of A Skip and Slalom Hop</i> |                                      |                           |                 |      |  |
| <a href="#">Light Skips</a>  | 1                                    | 10y                       | full            |      |  |
| <a href="#">A Skip</a>   | 3                                    | 10y                       | full            |      |  |
| <a href="#">Slalom Hops</a>  | 3                                    | 10y                       | full            |      |  |
| <a href="#">DL Lateral Barrier Hops</a>  | 2                                    | 10                        | full            |      |  |
| <a href="#">SL Barrier Hops</a>  | 2                                    | 6/side                    | full            |      |  |
| <a href="#">Split Squat Jump to SL Landing</a>   | 2                                    | 2/side                    | full            |      |  |
| <i>Alternate between the two, ending with an extra set of the starts</i>   |                                      |                           |                 |      |  |
| <a href="#">Lateral Start to Bail Run</a>  | 3                                    | 2/side                    | full            | 6-7  | Bail run = run one way with your legs while your chest points elsewhere. Think checking in with the disc or playing defense  |
| <a href="#">90-90 Hip Mobility</a>   | 2                                    | 3/side                    |                 |      | Readjust back to 90-90 each time you get to the other side   |
| <a href="#">Error Correction to 20y Sprint</a>   | 3                                    | 2/side                    | full            | 6-7  |  |
| Hollywood Squares  | 3                                    | 2/side                    | ~40s / 120s     | 8    | <a href="#">Set 1: Alpha defensive footwork</a>  |
|  |                                      |                           |                 |      | <a href="#">Set 2: N offensive footwork</a>  |
|  |                                      |                           |                 |      | <a href="#">Set 3: Z defensive footwork</a>  |
| <i>For the next work set, pick one of the following:</i>   |                                      |                           |                 |      |  |
| <a href="#">5-10-5 Shuttle (Solo)</a>  | 1                                    | 10-14                     | full (10x work) | 9-10 | Set up three cones 5y apart. Face the same way as you turn so you turn off both legs. Stop once your form degrades or you slow down  |
| <b>OR</b>  |                                      |                           |                 |      |  |
| <a href="#">Colombian Tag (Partner)</a>  | 1                                    | 6 O, 6 D                  | 30-40s          | 9    | Set up both ends evenly. Offender has 5 seconds in the middle to try to get open   |
| <a href="#">Defensive Zig Zag</a>  | 2 (one forehand, one backhand force) | 3-4 O, 3-4 D              | 30s / 90s       | 8    | Zig zag 5 cones ~10y apart across a field. Offender must go through the zig zag, defender positions off the offense. After last cone, offender chooses out or under, with live throw if you have the peeps for it. Take the full rest allotted, don't let form degrade. Aim to maintain sprint speed across all reps. If you're alone, run the zig zag pattern with O footwork, then D footwork with 5-7 hard steps out at the end (get to your top speed) |
| Cooldown   |                                      |                           |                 |      | You can do your own thing or follow along using one of the following:  |
|  |                                      |                           |                 |      | <a href="#">Mobility with Ren</a> (movements start 1:30)   |
|  |                                      |                           |                 |      | <a href="#">MOB with Dr Patrick</a>  |

| <b>Focus: Defensive Reacceleration</b>   |      |                           |                 |                                  | RPE: 1=this barely takes effort 5=breathing hard but could talk 10=hardest possible thing ever  |
|--|------|---------------------------|-----------------|----------------------------------|---|
| Exercise   | Sets | Reps/Distance             | Rest            | RPE                              | Notes   |
| <a href="#">Foam Roll/LAX Ball</a>   |      |                           |                 |                                  | Hit major areas and traditional trouble spots   |
| Perform parts 1 & 2 of the Field Warm-Up for Ultimate. Use either the solo or group version as appropriate.                            |      |                           |                 |                                  |   |
| <a href="#">Solo pdf</a>   |      | <a href="#">Group pdf</a> |                 |                                  |   |
| <a href="#">Warm-Up for Ultimate Part I</a>  |      |                           |                 |                                  | <a href="#">Group Version Part I Videos</a>   |
| <a href="#">Warm-Up for Ultimate Part II</a>   |      |                           |                 |                                  | <a href="#">Group Version Part II Videos</a>  |
| <i>Begin with a set of light skips, then complete the rest as a circuit, finishing with an additional set of A Skip and Slalom Hop</i> |      |                           |                 |                                  |   |
| <a href="#">Light Skips</a>  | 1    | 10y                       | full            |                                  |   |
| <a href="#">A Skip</a>   | 3    | 10y                       | full            |                                  |   |
| <a href="#">Slalom Hops</a>  | 3    | 10y                       | full            |                                  |   |
| <a href="#">DL Lateral Barrier Hops</a>  | 2    | 10                        | full            |                                  |   |
| <a href="#">SL Barrier Hops</a>  | 2    | 6/side                    | full            |                                  |   |
| <a href="#">Split Squat Jump to SL Landing</a>   | 2    | 2/side                    | full            |                                  |   |
| <i>Alternate between the two, ending with an extra set of the starts</i>   |      |                           |                 |                                  |   |
| <a href="#">Lateral Start to Bail Run</a>  | 3    | 2/side                    | full            | 6-7                              | Bail run = run one way with your legs while your chest points elsewhere. Think checking in with the disc or playing defense   |
| <a href="#">90-90 Hip Mobility</a>   | 2    | 3/side                    |                 |                                  | Readjust back to 90-90 each time you get to the other side  |
| <a href="#">Error Correction to 20y Sprint</a>   | 3    | 2/side                    | full            | 6-7                              |   |
| Hollywood Squares  | 3    | 2/side                    | ~40s / 120s     | 8                                | <a href="#">Set 1: Alpha defensive footwork</a>   |
|  |      |                           |                 |                                  | <a href="#">Set 2: N offensive footwork</a>   |
|  |      |                           |                 |                                  | <a href="#">Set 3: Z defensive footwork</a>   |
| <i>For the next work set, pick one of the following:</i>   |      |                           |                 |                                  |   |
| <a href="#">5-10-5 Shuttle (Solo)</a>  | 1    | 4                         | full (10x work) | 9-10                             | Set up three cones 5y apart. Face the same way as you turn so you turn off both legs. Stop once your form degrades or you slow down   |
| OR   |      |                           |                 |                                  |   |
| <a href="#">Colombian Tag (Partner)</a>  | 1    | 2 O, 2 D                  | 30-40s          | 9                                | Set up both ends evenly. Offender has 5 seconds in the middle to try to get open  |
| <a href="#">Long X</a>   | 2    | 4-6                       | 7               | 1.5x work // full between n sets | Set up by marching 4 cones in a box 15y on each side. Run straight out, under on the diagonal, straight out, back under on the diagonal, repeat (total 2 times or ~140y). One set offensive, one set defensive footwork (like large Hollywood Squares!) |
| Cooldown   |      |                           |                 |                                  | You can do your own thing or follow along using one of the following:   |
|  |      |                           |                 |                                  | <a href="#">Mobility with Ren</a> (movements start 1:30)  |
|  |      |                           |                 |                                  | <a href="#">MOB with Dr Patrick</a>   |

|  |             |             |             |            |   |  |
|--|-------------|-------------|-------------|------------|---|--|
| <b>Focus: Top Speed</b>  |             |             |             |            |   |  |
|  |             |             |             |            |   |  |
| <b>Exercise</b>  | <b>Sets</b> | <b>Reps</b> | <b>Rest</b> | <b>RPE</b> | <b>Notes</b>  | <b>Alternate Exercises</b>                     |
| <a href="#">Inchworm</a>   | 1           | 3           |             |            |   |  |
| <a href="#">Lateral Dying Bug</a>  | 1           | 5/side      |             |            |   |  |
| <a href="#">Hip Flexor Trio</a>  | 1           | 4/side      |             |            |   |  |
| <a href="#">Banded Side Step</a>   | 1           | 1 min       |             |            | Use the space you have                                  |  |
| <a href="#">1.5 Rep Squat</a>  | 1           | 6           |             |            |   |  |
| <i>Rotate between these exercises, using the soft tissue and mobility work as active prep/recovery between sets of the major lift.</i>   |             |             |             |            |   |  |
| <a href="#">Roll Quad</a> or <a href="#">Glute</a>   | 3           | 30s/side    |             |            | Wherever you feel needs care                            |  |
| <a href="#">Hip Release</a>  | 3           | 30s/side    |             | 5          | Gentle release, not a super deep stretch                |  |
| <a href="#">Staggered KB Swing</a>   | 3           | 6/side      |             | 6          |   | <a href="#">Staggered DB Snatch</a>            |
| <i>Complete as a circuit if your access to the different pieces of equipment allows, moving steadily from each exercise to the next.</i> |             |             |             |            |   |  |
| <a href="#">Loaded Hurdle Step</a>   | 3           | 8/side      | 30 sec      | 6          |   |  |
| <a href="#">Knee Pull</a>  | 3           | 8/side      | 30 sec      | 7          |   | <a href="#">Front Support Plus Kick</a>        |
| <a href="#">Eccentric Calf Raise</a>   | 3           | 5/side      | 30 sec      | 7          | Assist on the way up as needed for your calves/Achilles |  |
| <i>Complete as a circuit if your access to the different pieces of equipment allows, moving steadily from each exercise to the next.</i> |             |             |             |            |   |  |
| <a href="#">SL Pallof Press</a>  | 3           | 30s/side    | 30 sec      |            |   |  |
| <a href="#">Bodyweight Row</a>   | 3           | 8           | 30 sec      | 7          |   | <a href="#">Resistance Strap Row</a>           |
| <a href="#">One-Arm Bench Press (hips off)</a>   | 3           | 6/side      | 60 sec      | 7          |   | <a href="#">One-Arm Floor Press in A March</a> |

| <b>Focus: Top Speed</b>   |      |                           |                |      | RPE: 1=this barely takes effort 5=breathing hard but could talk 10=hardest possible thing ever   |
|---|------|---------------------------|----------------|------|--|
| Exercise  | Sets | Reps/Distance             | Rest           | RPE  | Notes  |
| <a href="#">Foam Roll/LAX Ball</a>  |      |                           |                |      | Hit major areas and traditional trouble spots  |
| Perform parts 1 & 2 of the Field Warm-Up for Ultimate. Use either the solo or group version as appropriate. |      |                           |                |      |  |
| <a href="#">Solo pdf</a>  |      | <a href="#">Group pdf</a> |                |      |  |
| <a href="#">Warm-Up for Ultimate Part I</a>   |      |                           |                |      | <a href="#">Group Version Part I Videos</a>  |
| <a href="#">Warm-Up for Ultimate Part II</a>  |      |                           |                |      | <a href="#">Group Version Part II Videos</a>   |
| Perform 2 sets of everything as a circuit, finishing with an extra round of the last three                  |      |                           |                |      |  |
| <a href="#">Light Skips</a>   | 2    | 10y                       | full           |      |  |
| <a href="#">A Skip</a>  | 3    | 10y                       | full           |      |  |
| <a href="#">Bounding</a>  | 3    | 15y                       | full           |      | If bounding is too intense 15y/ea <a href="#">Skip for Height</a> ,<br><a href="#">Skip for Distance</a>   |
| <a href="#">SLDL to Lateral Hop &amp; Stick</a>   | 3    | 5/side                    | full           |      |  |
| Alternate between the two, ending with an extra set of the Top Speed Drill                                  |      |                           |                |      |  |
| Wall Top Speed Drill  | 3    | 5/side                    |                |      | <a href="#">Set 1: Slow and controlled, find angles</a>  |
|   |      |                           |                |      | <a href="#">Set 2: Pop down at the ground</a>  |
|   |      |                           |                |      | <a href="#">Set 3: Leg recovery</a>  |
| <a href="#">Psoas Hold</a>  | 2    | 30s/side                  |                |      | Can use a bench/bleachers for a platform, but you can also do without. Hands on hips = level 1, hands on head = level 2  |
| Perform as a circuit, increasing your intensity the second time   |      |                           |                |      |  |
| <a href="#">High Knees</a>  | 2    | 15y                       | full           | 6, 8 | Stay tall, core strong   |
| <a href="#">Heel Kicks</a>  | 2    | 15y                       | full           | 6, 8 | Draw heel up, not back   |
| <a href="#">B Skip</a>  | 2    | 15y                       | full           | 6, 8 | Pop down under your hips   |
| 30y Striders  | 2    | 30y                       | full           | 6, 8 | 30y at top speed - so run into it over 20-30y, letting yourself ramp up, then coast down at the end  |
| Flying 30y Sprints (~80y total)   | 1    | 2-4                       | full (2-5 min) | 10   | 30y at top speed - so get up to top speed gradually over ~30y, then coast back down for 20y. At top speed, think chest up, eyes up. Quick and light!   |
| <a href="#">Triple Cut to Huck</a>  | 1    | 4/side                    | ~4x work       | 8-9  | Triple cut = out, under, deep (catch floaty discs at your high point!). Jog back your throw. Do forehand and backhand sides for throwing<br><a href="#">If you don't have a partner, run triple cut, then gather and jump ~50y out</a> |
| Cooldown  |      |                           |                |      | You can do your own thing or follow along using one of the following:  |
|   |      |                           |                |      | <a href="#">Mobility with Ren</a> (movements start 1:30)   |
|   |      |                           |                |      | <a href="#">MOB with Dr Patrick</a>  |

| <b>Focus: Top Speed</b>   |      |                           |                                |      | RPE: 1=this barely takes effort 5=breathing hard but could talk 10=hardest possible thing ever  |
|---|------|---------------------------|--------------------------------|------|---|
| Exercise  | Sets | Reps/Distance             | Rest                           | RPE  | Notes   |
| <a href="#">Foam Roll/LAX Ball</a>  |      |                           |                                |      | Hit major areas and traditional trouble spots   |
| Perform parts 1 & 2 of the Field Warm-Up for Ultimate. Use either the solo or group version as appropriate. |      |                           |                                |      |   |
| <a href="#">Solo pdf</a>  |      | <a href="#">Group pdf</a> |                                |      |   |
| <a href="#">Warm-Up for Ultimate Part I</a>   |      |                           |                                |      | <a href="#">Group Version Part I Videos</a>   |
| <a href="#">Warm-Up for Ultimate Part II</a>  |      |                           |                                |      | <a href="#">Group Version Part II Videos</a>  |
| Perform 2 sets of everything as a circuit, finishing with an extra round of the last three                  |      |                           |                                |      |   |
| <a href="#">Light Skips</a>   | 2    | 10y                       | full                           |      |   |
| <a href="#">A Skip</a>  | 3    | 10y                       | full                           |      |   |
| <a href="#">Bounding</a>  | 3    | 15y                       | full                           |      | If bounding is too intense 15y/ea <a href="#">Skip for Height</a> , <a href="#">Skip for Distance</a>   |
| <a href="#">SLDL to Lateral Hop &amp; Stick</a>   | 3    | 5/side                    | full                           |      |   |
| Alternate between the two, ending with an extra set of the Top Speed Drill                                  |      |                           |                                |      |   |
| Wall Top Speed Drill  | 3    | 5/side                    |                                |      | <a href="#">Set 1: Slow and controlled, find angles</a><br><a href="#">Set 2: Pop down at the ground</a><br><a href="#">Set 3: Leg recovery</a>   |
| <a href="#">Psoas Hold</a>  | 2    | 30s/side                  |                                |      | Can use a bench/bleachers for a platform, but you can also do without. Hands on hips = level 1, hands on head = level 2   |
| Perform as a circuit, increasing your intensity the second time   |      |                           |                                |      |   |
| <a href="#">High Knees</a>  | 2    | 15y                       | full                           | 6, 8 | Stay tall, core strong  |
| <a href="#">Heel Kicks</a>  | 2    | 15y                       | full                           | 6, 8 | Draw heel up, not back  |
| <a href="#">B Skip</a>  | 2    | 15y                       | full                           | 6, 8 | Pop down under your hips  |
| 30y Striders  | 2    | 30y                       | full                           | 6, 8 | 30y at top speed - so run into it over 20-30y, letting yourself ramp up, then coast down at the end   |
| 150y Shuttles   | 2    | 4-5                       | 1.5x work // full between sets | 7    | Set up 2 cones 50y apart. Run out, back, out (150y total). Face the same direction to turn off both legs. Time yourself to make sure you're maintaining speed across reps, trying to keep them all ~RPE 7 |
| Cooldown  |      |                           |                                |      | You can do your own thing or follow along using one of the following:<br><a href="#">Mobility with Ren</a> (movements start 1:30)<br><a href="#">MOB with Dr Patrick</a>                                  |

| Exercise  | Sets | Reps/Time                     |
|---|------|-------------------------------|
| <a href="#">5 min MOB</a>                               | 1    | 5 min                         |
|   |      |                               |
| <a href="#">Hundred #3</a>                              | 1    | 100 pumps                     |
| <a href="#">Rolling #3</a>                              | 1    | 6-8                           |
| <a href="#">Leg Circles #3 (Elevated)</a>               | 1    | 6-8/direction/side            |
| <a href="#">Twist</a>                                   | 1    | 4-5/side                      |
|   |      |                               |
| <i>full recovery (10x work) between these exercises</i> |      |                               |
| <a href="#">Lateral Bound &amp; Stick</a>               | 2-3  | 5-8/side                      |
| <a href="#">Wall Acceleration #3 (Bursts)</a>           | 2-3  | 2-3/side (burst of 3 = 1 rep) |
|   |      |                               |
| <i>full recovery (10x work) between these exercises</i> |      |                               |
| <a href="#">SL Clock Hop</a>                            | 2-3  | 1-2/side (4 points = 1 rep)   |
| <a href="#">Drop &amp; Catch Pushup</a>                 | 2-3  | 3-8                           |
| <a href="#">Arms-Only Jump</a>                          | 2-3  | 5-8                           |
|   |      |                               |
| <a href="#">SLDL #4b (Accelerator)</a>                  | 2-3  | 5-8/side                      |
| <a href="#">Clock Lunge</a>                             | 2-3  | 2-3/side (3 points = 1 rep)   |

|  |             |                              |  |                            |
|--|-------------|------------------------------|--|----------------------------|
| <b>Focus: Resetting Movement Patterns</b>  |             |                              |  |                            |
| You can do this workout at home or in a gym -- all of them are also great as bodyweight exercises.                                     |             |                              |  |                            |
| Many of the sets are expressed as ranges. Listen to your body, sticking with fewer sets if you're feeling overloaded.                  |             |                              |  |                            |
|  |             |                              |  |                            |
| <b>Exercise</b>  | <b>Sets</b> | <b>Reps</b>                  | <b>Notes</b>   | <b>Alternate Exercises</b> |
| <a href="#">Inchworm</a>   | 1           | 3                            |  |                            |
| <a href="#">Lateral Dying Bug</a>  | 1           | 5/side                       |  |                            |
| <a href="#">Hip Flexor Trio</a>  | 1           | 4/side                       |  |                            |
| <a href="#">Banded Side Step</a>   | 1           | 1 min                        | Use the space that you have  |                            |
| <a href="#">1.5 Rep Squat</a>  | 1           | 6                            |  |                            |
|  |             |                              |  |                            |
| <a href="#">Soft Tissue Work</a>   | 1           | 3-5 min                      | After the warm-up, notice what parts feel particularly stuck and target them |                            |
|  |             |                              |  |                            |
| <i>Rotate between these exercises, using the soft tissue and mobility work as active prep/recovery between sets of the major lift.</i> |             |                              |  |                            |
| <a href="#">90-90s</a>   | 2-3         | 3/side                       |  |                            |
| <a href="#">Lunge Matrix</a>   | 1-3         | 4/pattern/side               |  |                            |
| <a href="#">Leg Stability Compass</a>  | 1-3         | 2/side                       | On foam pad, bosu, or pillow if the ground is easy                           |                            |
|  |             |                              |  |                            |
| <i>Rotate through these exercises</i>  |             |                              |  |                            |
| <a href="#">SLDL</a>   | 1-3         | 8-10/side                    |  | <a href="#">Wall SLDL</a>  |
| <a href="#">Half-TGU to Side Plank</a>   | 1-3         | 3/side                       | Pause for one breath in and out at each position                             |                            |
| <a href="#">Crawling</a>   | 1-3         | 15s forward,<br>15s backward |  |                            |
|  |             |                              |  |                            |
| <i>Rotate through these exercises</i>  |             |                              |  |                            |
| <a href="#">Scapular Push Up</a>   | 1-3         | 6-8                          |  |                            |
| <a href="#">SL Squat to Bench</a>  | 1-3         | 8-10/side                    |  |                            |
| <a href="#">Eccentric Calf Raise</a>   | 1-3         | 8-10/side                    | Up on both, down on one if calf/Achilles feels it too much                   |                            |
|  |             |                              |  |                            |
| <a href="#">Soft Tissue Work</a>   | 1           | 3-5 min                      | After the workout, notice what parts feel particularly stuck and target them |                            |

|   |                           |               |            |   |
|---|---------------------------|---------------|------------|---|
| <b>Focus: Post-Tournament</b>   |                           |               |            | RPE: 1=this barely takes effort 5=breathing hard but could talk 10=hardest possible thing ever  |
| <b>Exercise</b>   | <b>Reps/Distance</b>      | <b>Rest</b>   | <b>RPE</b> | <b>Notes</b>  |
| <a href="#">Foam Roll/LAX Ball</a>  |                           |               |            | Hit major areas and traditional trouble spots   |
|   |                           |               |            |   |
| Perform parts 1 & 2 of the Field Warm-Up for Ultimate. Use either the solo or group version as appropriate. |                           |               |            |   |
| <a href="#">Solo pdf</a>  | <a href="#">Group pdf</a> |               |            |   |
| <a href="#">Warm-Up for Ultimate Part I</a>   |                           |               |            | <a href="#">Group Version Part I Videos</a>   |
| <a href="#">Warm-Up for Ultimate Part II</a>  |                           |               |            | <a href="#">Group Version Part II Videos</a>  |
|   |                           |               |            |   |
| <a href="#">Light Skips</a>   | 10y                       |               |            |   |
| <a href="#">A Skip</a>  | 10y                       |               |            | Strong core, drive at the ground, strike back/the ball/foot   |
| <a href="#">DL Bound &amp; Stick</a>  | 5                         |               |            | Send energy into glutes on landing, strong core   |
| <a href="#">Squat Jump to SL Landing</a>  | 5/side                    |               |            | Keep knee tracking over toes (no wobble wobbles)  |
|   |                           |               |            |   |
| <a href="#">Throwing Set</a>  | 10-10-10/side             |               |            | Forehands and backhands, 10 flat, 10 stepping out suuuuper far, 10 with a fake of the other throw first   |
| <a href="#">Opposite Leg Pivots</a>   | 10                        |               |            | Cross body, then back to wide as if you were faking with the other hand. Really lunge into it!  |
|   |                           |               |            |   |
| Ladder Patterns   | 8                         | full recovery | 4-6        | Do a mix of patterns with your hips forward and with hips moving, as well as forward and backward patterns. Ramp up intensity as you go through. Focus on staying low, solid movement patterns over speed. Try two of each:<br><a href="#">Angled Icky Shuffle</a><br><a href="#">Slalom</a><br><a href="#">2 In 2 Out</a><br><a href="#">Backwards Jab-Crossover</a> |
|   |                           |               |            |   |
| Hollow Laps   | 10 minutes                |               | 3/6-8      | On a track, jog/walk/plod extremely slowly on the curves @RPE=3 and stride the straights @RPE=6-8 (depending on how you feel). Around a neighborhood, shoot for 10s stride, 50s jog. *RPE=3 should feel super slow*   |
|   |                           |               |            |   |
| Cooldown  |                           |               |            | You can do your own thing or follow along using one of the following:<br><a href="#">Mobility with Ren</a> (movements start 1:30)<br><a href="#">MOB with Dr Patrick</a>  |

If you live somewhere snowy, you might struggle to do all of the field work in the program consistently. Here are some indoor conditioning alternatives!

Soft tissue work is totally doable wherever you are!

Complete as much as you are able of the warm-up. If you have 5 yards instead of 25, you can still do a lot of the exercises in part 1 by moving back and forth in the space you have. Pick modifications in part 2 that work within the space you have. Omit part 3 if you have less than ~3x15y of space.

Complete the plyometrics section - these are usually not space-intensive, but might make downstairs neighbors cranky! Some exercises like skater hops and bounding need a longer space like a hallway. Just be careful to not run into walls, and omit anything that doesn't work in the space you have.

Technique work has more variable space requirements!

Things like the Wall Accel Drill just need a wall, so stick with the regular program for those!

Elements like Hip Turn & Sprint or really any kind of sprinting might be harder depending on what you're working with. The important focus in the technique section is the movement patterns, so you can slow these down and practice the concepts at a speed and size that works with the area you have.

Agility is similarly variable.

If you have space for a ladder (or one built out of socks!), you can do most patterns, omitting sprints and throwing out of the ladder. Again, the important thing is the movements.

Hollywood squares can be done in a smaller size box, moving slower, focusing on the turning action -- they require more care when you're not wearing cleats, so it's not bad to do them small and barefoot, just make sure you've got enough traction!

Conditioning is where we need to get creative! Here's a little table of the different things we work on in conditioning, how they show up in running workouts, and how you can substitute them with weights at home or other tools!

| Purpose   | Running Workout   | Equipment  | No Equipment   |
|---|---|--|--|
| Phosphagen - e.g. first three steps burst                                   | Sprints that take less than 10 seconds - distances of less than 100y before resting, generally at RPE 9-10. Examples include 20y sprint, 40y shuttle, short serpentine. | <a href="#">KB Swings</a> or Bike Intervals 8-10 sets of 10 seconds on, 50 seconds off   | Fast <a href="#">Squat to Toes</a> for 8-10 sets of 10 seconds on, 50 seconds off. Can hold a water bottle, books, bag of flour, etc to add some weight.   |
| Glycolytic / Anaerobic - e.g. sprint endurance, pushing through long points | Sprints that take more than 10 seconds, generally at RPE 7-9. Examples include long X, 120-250y shuttles, long serpentine.  | <a href="#">One-Arm (Bench) Thrusters</a> 6-12 sets/side of 10 seconds on, 20 seconds off  | <a href="#">Step-Up on Stairs/Bench</a> for 6-12 sets/side of 10 seconds on, 20 seconds off. Can hold a water bottle, books, bag of flour, etc to add some weight.   |
| Aerobic - e.g. making it through game 7 of the weekend in good form         | Moving at less than sprint pace, RPE 6 and under. Examples include aerobic intervals, slog jogs.  | Bike trainer / row / treadmill for same time/intervals/RPE as the running workout lists<br>OR<br>Slow AGT - 3-6 rounds 30 seconds on, 90 seconds off 2x slllloooooow goblet/plate squat, pushup, pullup (if you have the bar). Steps listed below.<br>OR | Slow AGT - 6-9 rounds omit the pullup. Grab a heavy book, jug of milk, bag of flour for the goblet squat. Can also do another aerobic activity of your choosing, potentially on a different day like biking, hiking/snowshoeing, cross-country skiing, etc depending on your environment/access. |
| <b>Slow AGT</b>   |   |  |  |
| Slow <a href="#">Goblet Squat</a>   | 2 reps / 30s  | Lower over 7.5 seconds, up over 7.5 seconds. Imagine you're resisting your own motion the whole time. Full body tension  |  |
| Rest 90s  |   |  |  |
| Slow <a href="#">Pullup</a>   | 2 reps / 30s  | Up over 7 seconds, hold 1 second at top, lower over 7 seconds. Use band support as needed  |  |
| Rest 90s  |   |  |  |
| Slow <a href="#">Pushup</a>   | 2 reps / 30s  | Lower over 7.5 seconds, up over 7.5 seconds. Imagine you're resisting your own motion the whole time. Full body tension; use appropriate pushup modification to maintain great form  |  |
| Rest 90s  |   | *Talk test: can you form complete sentences? Okay to go to another round - aim for 3-6 rounds of 3 exercises or 4-9 rounds of 2  |  |