

WLAX Winter Break Quickness Workout #1

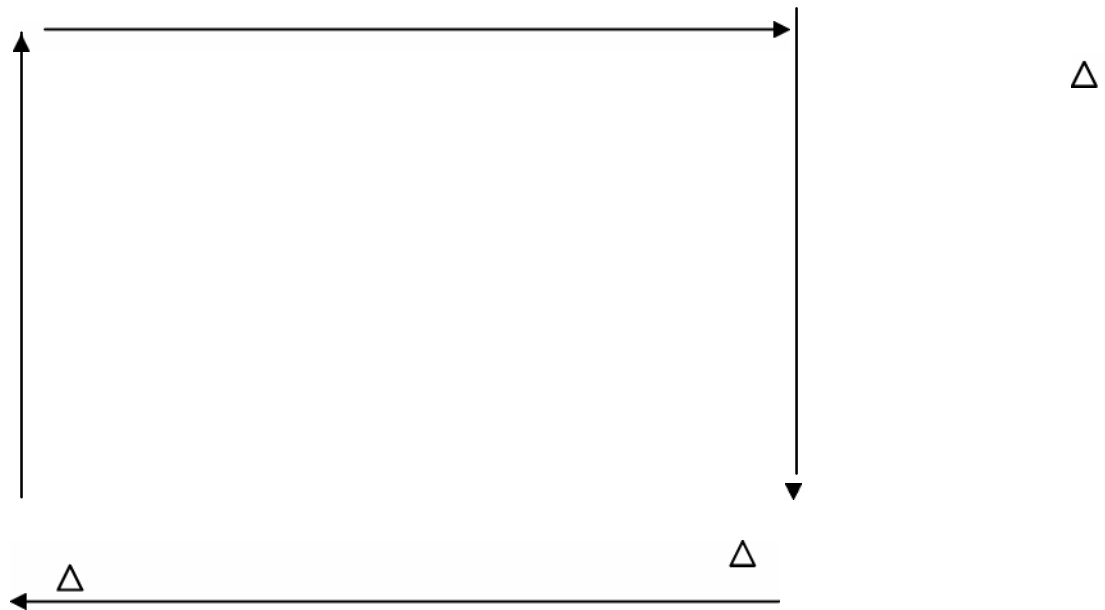
Warm Up:

5 Minute Run

10 warm up drills of your choice (10-15 minutes)

1. Big Box Drill – Space markers 12 yards apart

- Reps 1-4, Sprint, Rest 20 seconds between reps
- REST 1.5 min.
- Reps 5-8, Shuffle, Rest 20 seconds between reps
- REST 1.5 min.
- Reps 9-12, Backpedal, Rest 20 seconds between reps
- REST 3 min.



2. 20 Yard Sprints

- Perform 8 reps at full speed with 20 seconds between reps
- REST 2 min.
- Perform 8 more reps at full speed with 20 seconds between reps

3. 5 – 10 minute cool down run & then stretch.

WLAX Winter Break Quickness Workout #2

Warm Up:

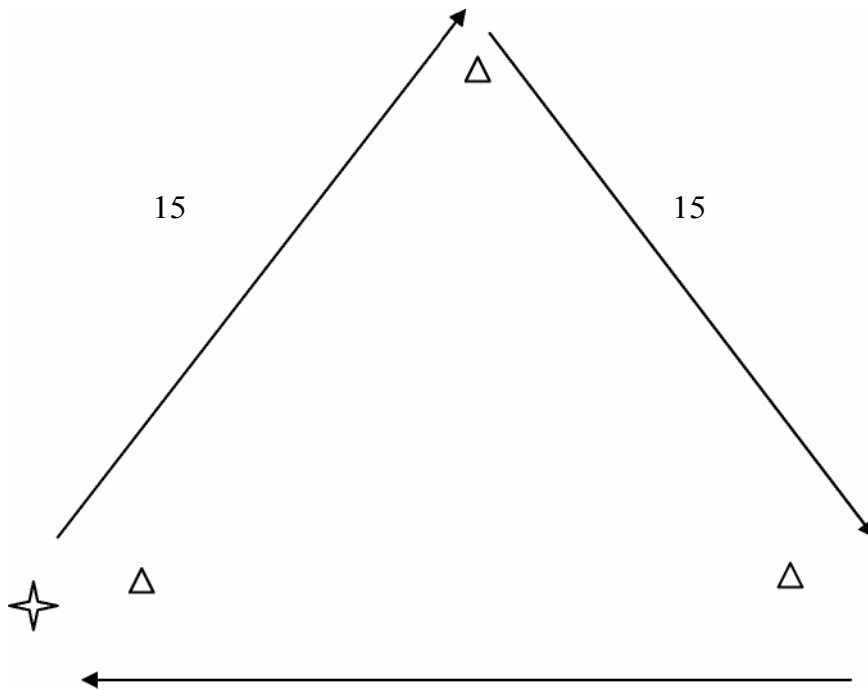
5 Minute Run

10 warm up drills of your choice (10-15 minutes)



1. Triangle Drill – work on exploding out of your cuts and making them as sharp as possible

- Reps 1-4, Sprint, Rest 20 seconds between reps
- REST 1.5 min.
- Reps 5-8, Shuffle, Rest 20 seconds between reps
- REST 1.5 min.
- Reps 9-12, Backpedal, Rest 20 seconds between reps
- REST 3 min.



2. 20 Yard Forward / Backpedal Sprints

- Space your markers 20 yards apart
- Sprint 20 yards and backpedal back, down back down back counts as one rep.
- Perform 5 reps with 35 seconds rest between reps, after your fifth rep rest 1.5 minutes
- Perform 5 more reps

3. 5 – 10 minute cool down run & then stretch.