

# Incoming Athlete Spring Manual – General Fitness Training

UNIVERSITY OF MINNESOTA



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# Minnesota Strength

This General Preparation manual is a five week cycle of non-specific workouts for your sport. The goal is this cycle is to elevate your fitness levels in order to prepare you mentally and physically for the time when we begin specialized physical preparation. The Specialized preparation is when work becomes intensified to specifically prepare you for the demands that you will face in your sport. In order to maximize your potential we must begin to elevate your physical capacity so you will be able to endure the later cycles.

Each day during this cycle has a hyperlink in the calendar that takes you to that day's workout. When you click on the link it will take you to a list of everything to be completed for the day's workout. Everything on the list will also be hyperlinked to the [Xlathlete](#) website where you will have the exercise explained along with a picture or video.

Once you have completed everything the workout for that specific date, there is a link that takes you back to the calendar where you will get your workout for the next day.

It is your responsibility to email me two weeks before you need a new workout, so I will be able to get it to you in time.

# Minnesota Strength

## Month 1 - Off Season Training

*Monday*

*Tuesday*

*Wednesday*

*Thursday*

*Friday*

*Saturday*

<b>Week 1 Day 1</b> <a href="#"><u>Workout 1</u></a>	<b>Week 1 Day 2</b> <a href="#"><u>Workout 2</u></a>	<b>Week 1 Day 3</b> <a href="#"><u>Workout 3</u></a>	<b>Week 1 Day 4</b> <a href="#"><u>Workout 4</u></a>	<b>Week 1 Day 5</b> <a href="#"><u>Workout 5</u></a>	<b>Week 1 Day 6</b> <a href="#"><u>Workout 6</u></a>
<b>Week 2 Day 1</b> <a href="#"><u>Workout 7</u></a>	<b>Week 2 Day 2</b> <a href="#"><u>Workout 8</u></a>	<b>Week 2 Day 3</b> <a href="#"><u>Workout 9</u></a>	<b>Week 2 Day 4</b> <a href="#"><u>Workout 10</u></a>	<b>Week 2 Day 5</b> <a href="#"><u>Workout 11</u></a>	<b>Week 2 Day 6</b> <a href="#"><u>Workout 12</u></a>
<b>Week 3 Day 1</b> <a href="#"><u>Workout 13</u></a>	<b>Week 3 Day 2</b> <a href="#"><u>Workout 14</u></a>	<b>Week 3 Day 3</b> <a href="#"><u>Workout 15</u></a>	<b>Week 3 Day 4</b> <a href="#"><u>Workout 16</u></a>	<b>Week 3 Day 5</b> <a href="#"><u>Workout 17</u></a>	<b>Week 3 Day 6</b> <a href="#"><u>Workout 18</u></a>
<b>Week 4 Day 1</b> <a href="#"><u>Workout 19</u></a>	<b>Week 4 Day 2</b> <a href="#"><u>Workout 20</u></a>	<b>Week 4 Day 3</b> <a href="#"><u>Workout 21</u></a>	<b>Week 4 Day 4</b> <a href="#"><u>Workout 22</u></a>	<b>Week 4 Day 5</b> <a href="#"><u>Workout 23</u></a>	<b>Week 4 Day 6</b> <a href="#"><u>Workout 24</u></a>
<b>Week 4 Day 1</b> <a href="#"><u>Workout 25</u></a>	<b>Week 4 Day 2</b> <a href="#"><u>Workout 26</u></a>	<b>Week 4 Day 3</b> <a href="#"><u>Workout 27</u></a>	<b>Week 4 Day 4</b> <a href="#"><u>Workout 28</u></a>	<b>Week 4 Day 5</b> <a href="#"><u>Workout 29</u></a>	<b>Week 4 Day 6</b> <a href="#"><u>Workout 30</u></a>

# Minnesota Strength

## Workout 1

[Dynamic Warm Up For Sport 1](#)

[Cone Agility Drills](#) – Agility Drill #1 – 2 Sets of Each, Plenty of Rest – Speed!!

[Super Endurance General Workout For Sport 1](#) – Level 7

[Medicine Ball Total Body Circuits For Sport](#) – Level 8-No Rest in Between Sets on this Sheet

[Core Workouts With Equipment For Sport](#) – Workout 2 - No Rest in Between Sets on this Sheet

[Shoulder Prehab Circuits For Sport](#) – Workout 1 – 1 Set Each Exercise - No Rest in Between Sets on this Sheet

[Game Speed Conditioning - Gym](#) - Level 3

[Foam Roller Work](#)

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# Minnesota Strength

## Workout 2

### [Dynamic Warm Up For Sport 1](#)

[Cone Agility Drills](#) – Agility Drill #2 – 2 Sets of Each, Plenty of Rest – Speed!!

[Ladder Drill 1](#) - 2 Sets - No Rest in Between Sets on this Sheet

[Forearm Circuits For Sport](#) - Workout 2 - No Rest in Between Sets on this Sheet

[Plate Workout For Sport 1](#) - No Rest in Between Sets on this Sheet

[27 Minute Interval Bike Workout Level 7 Time Counts Down](#)

or

[27 Minute Interval Bike Workout Level 7 Time Counts Up](#)

[Band Stretching 1](#)

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# Minnesota Strength

## **Workout 3**

### **Dynamic Warm Up For Sport 1**

**Cone Agility Drills** – Agility Drill #3 – 2 Sets of Each - Plenty of Rest – Speed!!

**GPP Ultimate Single Lift Workout For Sport** – Level 5

**Medicine Ball Total Body Circuits For Sport** – Level 10 - No Rest in Between Sets on this Sheet

**Core Workouts With Equipment For Sport** – Workout 2 - No Rest in Between Sets on this Sheet

**Shoulder Prehab Circuits For Sport** – Workout 1 –1 Set Each Exercise - No Rest in Between Sets on this Sheet

**Game Speed Conditioning - Gym** - Level 3

**Foam Roller Work**

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# Minnesota Strength

## Workout 4

### Dynamic Warm Up For Sport 1

Cone Agility Drills – Agility Drill #5 – 2 Sets of Each, Plenty of Rest – Speed!!

Ladder Drill 4 - 2 Sets

Forearm Circuits For Sport - Workout 1 - No Rest in Between Sets on this Sheet

Plate Workout For Sport 2 - No Rest in Between Sets on this Sheet

27 Minute Interval Bike Workout Level 7 Time Counts Down

or

27 Minute Interval Bike Workout Level 7 Time Counts Up

Band Stretching 2

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# Minnesota Strength

## **Workout 5**

### **[Dynamic Warm Up For Sport 1](#)**

**[Cone Agility Drills](#)** – Agility Drill #3 – 2 Sets of Each - Plenty of Rest – Speed!!

**[Super Endurance General Workout For Sport 1](#)** – Level 5 - No Rest in Between Sets on this Sheet

**[Medicine Ball Total Body Circuits For Sport](#)** – Level 10 - No Rest in Between Sets on this Sheet

**[Core Workouts With Equipment For Sport](#)** – Workout 2 - No Rest in Between Sets on this Sheet

**[Shoulder Prehab Circuits For Sport](#)** – Workout 1 – 1 Set Each Exercise - No Rest in Between Sets on this Sheet

**[Game Speed Conditioning - Gym](#)** - Level 4

**[Foam Roller Work](#)**

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# Minnesota Strength

## **Workout 6**

### **Dynamic Warm Up For Sport 1**

**Cone Agility Drills** – Agility Drill #4 – 2 Sets of Each, Plenty of Rest – Speed!!

**Ladder Drill 3** - 2 Sets

**Forearm Circuits For Sport** - Workout 2 - No Rest in Between Sets on this Sheet

**Tabata Intervals For Sport: On-Field Training** –  
5 minutes rest

**Bulgarian Jump Squat Conditioning**

**Band Stretching 2**

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# Minnesota Strength

## Workout 7

[Dynamic Warm Up For Sport 2](#)

[Cone Agility Drills](#) – Agility Drill #6 – 2 Sets of Each, Plenty of Rest – Speed!!

[Adaptability Training Collection For Sport](#) – Pick One Sheet - Level 4

[Medicine Ball Total Body Circuits For Sport](#) – Level 11 - No Rest in Between Sets on this Sheet

[Core Workouts With Equipment For Sport](#) – Workout 1 - No Rest in Between Sets on this Sheet

[Shoulder Prehab Circuits For Sport](#) – Workout 2 – 1 Set Each Exercise - No Rest in Between Sets on this Sheet

[Game Speed Conditioning - Gym](#) - Level 4

[Foam Roller Work](#)

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# Minnesota Strength

## **Workout 8**

### **Dynamic Warm Up For Sport 2**

**Cone Agility Drills** – Agility Drill #7 – 2 Sets of Each, Plenty of Rest – Speed!!

**Ladder Drill 3** - 2 Sets

**Forearm Circuits For Sport** - Workout 1 - No Rest in Between Sets on this Sheet

**Plate Workout For Sport 1** -- No Rest in Between Sets on this Sheet

**37 Minute Interval Bike Workout Level 7 Time Counts Down**

or

**37 Minute Interval Bike Workout Level 7 Time Counts Up**

**Band Stretching 1**

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# Minnesota Strength

## **Workout 9**

**[Dynamic Warm Up For Sport 2](#)**

**[Cone Agility Drills](#) – Agility Drill #6 – 2 Sets of Each - Plenty of Rest – Speed!!**

**[GPP Ultimate Single Lift Workout For Sport](#) – Level 5**

**[Medicine Ball Total Body Circuits For Sport](#) – Level 12 - No Rest in Between Sets on this Sheet**

**[Core Workouts With Equipment For Sport](#) – Workout 2 - No Rest in Between Sets on this Sheet**

**[Shoulder Prehab Circuits For Sport](#) – Workout 1 –1 Set Each Exercise - No Rest in Between Sets on this Sheet**

**[Game Speed Conditioning - Gym](#) - Level 3**

**[Band Stretching 1](#)**

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# Minnesota Strength

## Workout 10

[Dynamic Warm Up For Sport 2](#)

[Cone Agility Drills](#) – Agility Drill #5 – 2 Sets of Each, Plenty of Rest – Speed!!

[Ladder Drill 4](#) - 8 Sets

[Forearm Circuits For Sport](#) - Workout 1

[Plate Workout For Sport 2](#) – No Rest Between Sets on the Sheet

[32 Minute Interval Bike Workout Level 7 Time Counts Down](#)  
[32 Minute Interval Bike Workout Level 7 Time Counts Up](#)

[Band Stretching 2](#)

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# Minnesota Strength

## **Workout 11**

**[Dynamic Warm Up For Sport 2](#)**

**[Cone Agility Drills](#) – Agility Drill #3 – 2 Sets of Each - Plenty of Rest – Speed!!**

**[Super Endurance General Workout For Sport 1](#) – Level 5**

**[Medicine Ball Total Body Circuits For Sport](#) – Level 10 - No Rest in Between Sets on this Sheet**

**[Core Workouts With Equipment For Sport](#) – Workout 2 - No Rest in Between Sets on this Sheet**

**[Shoulder Prehab Circuits For Sport](#) – Workout 1 – 1 Set Each Exercise - No Rest in Between Sets on this Sheet**

**[Game Speed Conditioning - Gym](#) - Level 4**

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# Minnesota Strength

## Workout 12

[Dynamic Warm Up For Sport 2](#)

[Cone Agility Drills](#) – Agility Drill #4 – 2 Sets of Each, Plenty of Rest – Speed!!

[Ladder Drill 3](#) - 2 Sets

[Forearm Circuits For Sport](#) - Workout 2 - No Rest in Between Sets on this Sheet

[Tabata Intervals For Sport: On-Field Training](#) – 5 minutes rest

[Bulgarian Jump Squat Conditioning](#)

[Band Stretching 2](#)

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# Minnesota Strength

## **Workout 13**

**[Dynamic Warm Up With Hurdles For Sport](#)**

**[Cone Agility Drills](#)** – 1

**[Ladder Drill 3](#)** - 2 Sets

**[Adaptability Training Collection For Sport](#)** – Pick One Sheet -  
Level 4

**[Medicine Ball Total Body Circuits For Sport](#)** – Level 6 - No  
Rest in Between Sets on this Sheet

**[Shoulder Prehab Circuits For Sport](#)** – Workout 1 – 1 Set Each  
Exercise - No Rest in Between Sets on this Sheet

**[Game Speed Conditioning - Gym](#)** - Level 4

**[Foam Roller Work](#)**

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# Minnesota Strength

## Workout 14

### [Dynamic Warm Up With Hurdles For Sport](#)

[Cone Agility Drills](#) – Agility Drill #2 – 2 Sets of Each, Plenty of Rest – Speed!!

[Ladder Drill 3](#) - 2 Sets

[Shoulder YTWL Prehab Circuit For Sport](#) - 1 Set Each  
Exercise – No Rest Between Sets on this Sheet

[Plate Workout For Sport 1](#) – No Rest Between Sets on this Sheet

[37 Minute Interval Bike Workout Level 7 Time Counts Down](#)

or

[37 Minute Interval Bike Workout Level 7 Time Counts Up](#)

[Band Stretching 1](#)

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# Minnesota Strength

## **Workout 15**

**[Dynamic Warm Up With Hurdles For Sport](#)**

**[Cone Agility Drills](#)** – Agility Drill #7 – 2 Sets of Each - Plenty of Rest – Speed!!

**[GPP Ultimate Single Lift Workout For Sport](#)** – Level 5

**[Medicine Ball Total Body Circuits For Sport](#)** – Level 12 - – No Rest between Sets on this Sheet

**[Core Workouts With Equipment For Sport](#)** – Workout 1– No Rest Between Sets on this Sheet

**[Shoulder Prehab Circuits For Sport](#)** – Workout 2 – 1 Set of each exercise - No Rest in Between Sets on this Sheet

**[Game Speed Conditioning - Gym](#)** - Level 5

**[Band Stretching 1](#)**

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# Minnesota Strength

## **Workout 16**

**[Dynamic Warm Up With Hurdles For Sport](#)**

**[Cone Agility Drills](#) – Agility Drill #5 – 2 Sets of Each, Plenty of Rest – Speed!!**

**[Ladder Drill 4](#) - 8 Sets**

**[Forearm Circuits For Sport](#) - Workout 1 – No Rest Between Sets on this Sheet**

**[Ankle Prehab For Sport](#) – Workout 1 – No Rest Between Sets on this Sheet**

**[Plate Workout For Sport 2](#) - – No Rest Between Sets on this Sheet**

**[45 Minute Interval Bike Workout Level 7 Time Counts Down](#)**  
or

**[45 Minute Interval Bike Workout Level 7 Time Counts Up](#)**

**[Band Stretching 2](#)**

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# Minnesota Strength

## Workout 17

[Dynamic Warm Up With Hurdles For Sport](#)

[Cone Agility Drills](#) – Agility Drill #3 – 2 Sets of Each - Plenty of Rest – Speed!!

[Super Endurance General Workout For Sport 1](#) – Level 5

[Medicine Ball Total Body Circuits For Sport](#) – Level 10 – No Rest Between Sets on this Sheet

[Shoulder Prehab Circuits For Sport](#) – Workout 1 – 1 Set Each Exercise – No Rest between Sets on this Sheet

[Game Speed Conditioning - Gym](#) - Level 4

[Band Stretching 1](#)

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# Minnesota Strength

## Workout 18

[Dynamic Warm Up With Hurdles For Sport](#)

[Cone Agility Drills](#) – Agility Drill #4 – 2 Sets of Each, Plenty of Rest – Speed!!

[Ladder Drill 3](#) - 2 Sets

[Forearm Circuits For Sport](#) - Workout 2 – No Rest Between Sets on this Sheet

[Sprint Workouts 16-Week Cycle](#) – Week 16 –Friday workout

[Tabata Intervals For Sport: On-Field Training](#) – 5 minutes rest

[Bulgarian Jump Squat Conditioning](#)

[Band Stretching 2](#)

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# Minnesota Strength

## Workout 19

[Dynamic Warm Up For Sport 2](#)

[Cone Agility Drills](#) – Agility Drill #1 – 2 Sets of Each, Plenty of Rest – Speed!!

[Super Endurance General Workout For Sport 1](#) – Level 7

[Medicine Ball Total Body Circuits For Sport](#) – Level 8 – No Rest between Sets on this Sheet

[Core Workouts With Equipment For Sport](#) – Workout 2 – No Rest Between Sets on this Sheet.

[Shoulder Prehab Circuits For Sport](#) – Workout 1 – 1 Set each Exercise. – No Rest between Sets on this Sheet

[Game Speed Conditioning - Gym](#) - Level 4

[Band Stretching 1](#)

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# Minnesota Strength

## Workout 20

[Dynamic Warm Up For Sport 2](#)

[Cone Agility Drills](#) – Agility Drill #2 – 2 Sets of Each, Plenty of Rest – Speed!!

[Ladder Drill 1](#) - 2 Sets

[Forearm Circuits For Sport](#) - Workout 2 – No Rest between Sets on this Sheet

[Plate Workout For Sport 1](#) – No Rest between Sets on this Sheet

[Eight-Week Conditioning Plan](#) – Week 8 –Wednesday Workout

[13 Minute Flush Bike Workout Time Counts Down](#) or  
[13 Minute Flush Bike Workout Time Counts Up](#)

[Band Stretching 2](#)

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# Minnesota Strength

## Workout 21

[Dynamic Warm Up For Sport 2](#)

[Cone Agility Drills](#) – Agility Drill #3 – 2 Sets of Each - Plenty of Rest – Speed!!

[GPP Ultimate Single Lift Workout For Sport](#) – Level 7

[Medicine Ball Total Body Circuits For Sport](#) – Level 10 - – No Rest between Sets on this Sheet

[Core Workouts With Equipment For Sport](#) – Workout 2 - – No Rest between Sets on this Sheet

[Shoulder Prehab Circuits For Sport](#) – Workout 1 –1 Sets Each Exercise - No Rest in Between Sets on this Sheet

[Sprint Workouts 16-Week Cycle](#) – Week 16 – Wednesday

[Foam Roller Work](#)

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# Minnesota Strength

## Workout 22

### [Dynamic Warm Up For Sport 2](#)

[Cone Agility Drills](#) – Agility Drill #5 – 2 Sets of Each, Plenty of Rest – Speed!!

### [Ladder Drill 4](#) - 2 Sets

[Forearm Circuits For Sport](#) - Workout 1 – No Rest between Sets on this Sheet

[Plate Workout For Sport 2](#) – No Rest between Sets on this Sheet

[Eight-Week Conditioning Plan](#) – Week 8 –Friday Workout

### [Band Stretching 1](#)

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# Minnesota Strength

## Workout 23

[Dynamic Warm Up For Sport 2](#)

[Cone Agility Drills](#) – Agility Drill #3 – 2 Sets of Each - Plenty of Rest – Speed!!

[Super Endurance General Workout For Sport 1](#) – Level 5

[Medicine Ball Total Body Circuits For Sport](#) – Level 10 - – No Rest between Sets on this Sheet

[Core Workouts With Equipment For Sport](#) – Workout 2 – No Rest between Sets on this Sheet

[Shoulder Prehab Circuits For Sport](#) – Workout 1 –1 Set Each Exercise – No Rest between Sets on this Sheet

[Game Speed Conditioning - Gym](#) - Level 4

[Foam Roller Work](#)

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# Minnesota Strength

## Workout 24

[Dynamic Warm Up For Sport 2](#)

[Cone Agility Drills](#) – Agility Drill #4 – 2 Sets of Each, Plenty of Rest – Speed!!

[Ladder Drill 3](#) - 2 Sets

[Forearm Circuits For Sport](#) - Workout 2 – No Rest between Sets on this Sheet

[Sprint Workouts 16-Week Cycle](#) – Week 16 –Friday workout

[Tabata Intervals For Sport: On-Field Training](#) –  
5 minutes rest

[Bulgarian Jump Squat Conditioning](#)

[Band Stretching 2](#)

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# Minnesota Strength

## Workout 25

[Dynamic Warm Up For Sport 2](#)

[Cone Agility Drills](#) – Agility Drill #1 – 2 Sets of Each, Plenty of Rest – Speed!!

[Super Endurance General Workout For Sport 1](#) – Level 7

[Medicine Ball Total Body Circuits For Sport](#) – Level 8 – No Rest between Sets on this Sheet

[Core Workouts With Equipment For Sport](#) – Workout 2 – No Rest between Sets on this Sheet

[Shoulder Prehab Circuits For Sport](#) – Workout 1 – 1 Set Each Exercise – No Rest between Sets on this Sheet

[Game Speed Conditioning - Gym](#) - Level 4

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# Minnesota Strength

## Workout 26

### [Dynamic Warm Up For Sport 2](#)

[Cone Agility Drills](#) – Agility Drill #2 – 2 Sets of Each, Plenty of Rest – Speed!!

[Ladder Drill 1](#) - 2 Sets

[Forearm Circuits For Sport](#) - Workout 2 – No Rest between Sets on this Sheet

[Plate Workout For Sport 1](#) - – No Rest between Sets on this Sheet

[Eight-Week Conditioning Plan](#) – Week 8 –Wednesday Workout

[13 Minute Flush Bike Workout Time Counts Down](#) or  
[13 Minute Flush Bike Workout Time Counts Up](#)

[Band Stretching 2](#)

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# Minnesota Strength

## Workout 27

[Dynamic Warm Up For Sport 2](#)

[Cone Agility Drills](#) – Agility Drill #3 – 2 Sets of Each - Plenty of Rest – Speed!!

[GPP Ultimate Single Lift Workout For Sport](#) – Level 7

[Medicine Ball Total Body Circuits For Sport](#) – Level 10 – No Rest between Sets on this Sheet

[Core Workouts With Equipment For Sport](#) – Workout 2 – No Rest between Sets on this Sheet

[Shoulder Prehab Circuits For Sport](#) – Workout 1 – 1 Sets each Exercise – No Rest between Sets on this Sheet

[Sprint Workouts 16-Week Cycle](#) – Week 16 – Wednesday

[Foam Roller Work](#)

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# Minnesota Strength

## Workout 28

[Dynamic Warm Up For Sport 2](#)

[Cone Agility Drills](#) – Agility Drill #5 – 2 Sets of Each, Plenty of Rest – Speed!!

[Ladder Drill 4](#) - 2 Sets

[Forearm Circuits For Sport](#) - Workout 1 – No Rest between Sets on this Sheet

[Plate Workout For Sport 2](#) - No Rest between Sets on this Sheet

[Eight-Week Conditioning Plan](#) – Week 8 –Friday Workout

[Band Stretching 1](#)

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# Minnesota Strength

## Workout 29

[Dynamic Warm Up For Sport 2](#)

[Cone Agility Drills](#) – Agility Drill #3 – 2 Sets of Each - Plenty of Rest – Speed!!

[Super Endurance General Workout For Sport 1](#) – Level 5

[Medicine Ball Total Body Circuits For Sport](#) – Level 10 – No Rest between Sets on this Sheet

[Core Workouts With Equipment For Sport](#) – Workout 2 – No Rest between Sets on this Sheet

[Shoulder Prehab Circuits For Sport](#) – Workout 1 – 1 Sets each Exercise – No Rest between Sets on this Sheet

[Game Speed Conditioning - Gym](#) - Level 4

[Foam Roller Work](#)

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# Minnesota Strength

## Workout 30

[Dynamic Warm Up For Sport 2](#)

[Cone Agility Drills](#) – Agility Drill #4 – 2 Sets of Each, Plenty of Rest – Speed!!

[Ladder Drill 3](#) - 2 Sets

[Forearm Circuits For Sport](#) - Workout 2 – No Rest between Sets on this Sheet

[Sprint Workouts 16-Week Cycle](#) – Week 16 –Friday Workout

[Tabata Intervals For Sport: On-Field Training](#) –  
5 minutes rest

[Bulgarian Jump Squat Conditioning](#)

[Band Stretching 2](#)

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