

Wicked Wednesday's - Conditioning Outline



10wk Outline

Week #	Activity	Equipment	Timing
WK 1	Testing Speed & Agility <ul style="list-style-type: none"> ● Yoyo Level 1 - Aerobic Capacity ● 20m Sprint Test - Speed & Acceleration ● Vertical Jump - Elevation (Leg Power) Core Physical Competencies <ul style="list-style-type: none"> ● Sit & Reach - Flexibility ● Front Bridge (Plank) - Balance ● Double Leg Squat - Jump/Land ● Wall Angel - Throw/Catch ● Lunge - Speed & Agility 	Speakers Ext Cord Chalk Tape Measure Stop Watches Tape Measure Stop Watch	1 hour
WK 2	<ul style="list-style-type: none"> ● Warm-Up & Footwork - Knee Program ● Strength - Novice - DADA - Cycle 1 ● Balance & Landing - Knee Program - Cycle 1 ● Agility - Knee Program - Cycle 1 ● Ballwork/Footwork/Balance - DADA Home Program Week 1 - Novice ● Fartlek - 9 min drill ● Wall Passing - Technique & Suicides 	Balls Fartlek Prog Mats	5 mins 10mins 10mins 10mins 5 mins 10mins 10mins
WK 3	<ul style="list-style-type: none"> ● Warm-Up & Footwork - Knee Program ● Strength - Novice - DADA - Cycle 2 ● Balance & Landing - Knee Program - Cycle 2 ● Agility - Knee Program - Cycle 2 ● Ballwork/Footwork/Balance - DADA Home Program Week 2 - Novice ● Fartlek - 9 min drill ● Strength Circuit and Suicides 	Balls Fartlek Prog Mats	5 mins 10mins 10mins 10mins 5 mins 10mins 10mins

WK 4	<ul style="list-style-type: none"> ● Warm-Up & Footwork - Knee Program ● Strength - Novice - DADA - Cycle 3 ● Balance & Landing - Knee Program - Cycle 3 ● Agility - Knee Program - Cycle 3 ● Ballwork/Footwork/Balance - DADA Home Program Week 3 - Novice ● Fartlek - 9 min drill ● Group run/sprint and Strength circuit 	Balls Fartlek Prog Mats	5 mins 10mins 10mins 10mins 5 mins 10mins 10mins
WK 5	<ul style="list-style-type: none"> ● Warm-Up & Footwork - Knee Program ● Strength - Novice - DADA - Cycle 4 ● Balance & Landing - Knee Program - Cycle 4 ● Agility - Knee Program - Cycle 4 ● Ballwork/Footwork/Balance - DADA Home Program Week 4 - Novice ● Fartlek - 9 min drill ● Sprint & Footwork Circuit 	Balls Weighted Balls Fartlek Prog Mats Cones Hurdles Ladders	5 mins 10mins 10mins 10mins 5 mins 10mins 10mins
WK 6	<ul style="list-style-type: none"> ● Warm-Up & Footwork - Knee Program ● Strength - Novice - DADA - Cycle 1 ● Balance & Landing - Knee Program - Cycle 1 ● Agility - Knee Program - Cycle 1 ● Ballwork/Footwork/Balance - DADA Home Program Week 1 - Novice ● Fartlek - 9 min drill ● Wall Passing and Suicides 	Balls Fartlek Prog Mats	5 mins 10mins 10mins 10mins 5 mins 10mins 10mins
WK 7	<ul style="list-style-type: none"> ● Warm-Up & Footwork - Knee Program ● Strength - Novice - DADA - Cycle 2 ● Balance & Landing - Knee Program - Cycle 2 ● Agility - Knee Program - Cycle 2 ● Ballwork/Footwork/Balance - DADA Home Program Week 2 - Novice ● Fartlek - 9 min drill ● Strength Circuit and Suicides 	Balls Fartlek Prog Mats	5 mins 10mins 10mins 10mins 5 mins 10mins 10mins
WK 8	<ul style="list-style-type: none"> ● Warm-Up & Footwork - Knee Program ● Strength - Novice - DADA - Cycle 3 ● Balance & Landing - Knee Program - Cycle 3 ● Agility - Knee Program - Cycle 3 	Balls Fartlek Prog Mats	5 mins 10mins 10mins 10mins

