



AGILITY WORKOUT

ACTION PLAN



***4x's a week
DAY 1**

**Hurdles (Agility video 1)
(1 set)**

1. Toe up, Knee up
3x's on each leg- NO SPRINT
2x's on each leg with a 20yd dash out of hurdles
2. Striders
5x's- 20yd dash out of hurdles
3. Laterals
3x's on each side- NO SPRINT
2x's on each side with 20yd dash out of hurdles

*** As you repeat the workouts you can add additional sets. Make sure you rest in between sets about 2:30min

Ladder (Agility video 2)

DAY 2

1. One foot in each square
2x's through ladder- NO SPRINT
3x's through ladder- With 20yd Sprint
2. Lateral
2x's each side- NO SPRINT
3x's each side- WITH 20YD SPRINT

20-yard shuttle (Agility video 3)

DAY 3

1 set

3x's to left
3x's to right

*Get 1:30 recovery between each rep

**If you add multiple sets, have 3:00 min between before starting next set

Agility Squares (Agility video 4)

DAY 4

1 set

1. Star Formation
Sprint/Back Pedal
X's 2
2. Perimeter Formation
Sprint->Shuffle->Sprint->Shuffle
X's 2

** You can substitute any type of movement in each formation
-Sprint, Back Pedal, Shuffle, Kareoke, Hop, Skip