

# Weekly Plan for off season

Luke Thornley & Ashley Jones

## Monday: Speed followed by heavy power + Size Upper body

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**Speed session after 10 – 15 minutes of dynamic movement patterns**

**Power Skips x 15m (emphasis on the vertical drive)**

Acceleration 10 x 15 metres from different starting positions

**Speed Bound 4 x 30 metres**

Flying (10-20-30m) – 10m build up and then sprint the distance indicated

**Zig Zag Bound 4 x 20 metres**

Resisted harness release 6 x 10-30m – hold harness for 10m then release and sprint 30m

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## Tuesday: Boxing or Wrestling or Mixed Martial Arts + Intervals on cardio equipment 20 minutes

## Wednesday: Speed followed by Full Body Strength

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**Max Velocity Speed Session after 10 – 15 minutes of dynamic movement patterns**

**Repeat circuit x 3**

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**Short Bungee (20m)**

**10m sprint –20m Power Skip -20m sprint**

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**Long Bungee (30-40m)**

**10m sprint –20m Speed Bound -20m sprint**

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**Parachute release (22m resist-30m)**

**10m sprint –20m Zig Zag Bound -20m sprint**

**Post circuit**

**W1 3x 40 @ 100% (120m)**

**W2 3x 50 @ 100% (150m)**

**W3 3x 60 @ 100% (180m)**

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**Thursday: Boxing or Wrestling or Mixed Martial Arts + intervals on cardio equipment 20 minutes**

**Friday: Speed followed by light power + size upper body**

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**Mixed Speed Session after 10 – 15 minutes of  
dynamic movement patterns**

**Repeat circuit x 3**

**Standing Long Jump for 20 metres**

**Medicine Ball caber toss and sprint past the MB**

**Max Standing Triple Broad Jump with 20m sprint out**

**Resisted harness release (10 + 20) or Sled Sprint 20m**

**10m sprint –20m Power Skip -20m sprint**

**Parachute release (22m resist-30m)**

**Post Primer**

**W1 3x 10, 2x 20, 2x 30@ 100% (130m)**

**W2 3x 20, 2x 30, 1x 40@ 100% (160m)**

**W3 3x 30, 2x 40@ 100% (170m)**

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**Saturday: Anaerobic/Aerobic session - hill  
repeats or repeated speed or cross country  
fartlek**

**My thanks to Luke Thornley who has so enthusiastically and  
diligently researched the speed elements of this program and  
has added a huge positive to my work in all facets**