

CARDIO

Player Development Plan 2026

	Phase	Dates	Total	Focus
OFF-SEASON	Base	Apr 1 – Apr 4	2	Baseline Testing (10m Sprint, Mile, Agility)
	Cycle 1	Apr 5 - May 2	12	Speed, Agility, Endurance Progression
	Cycle 2	May 3 - May 23	12	Higher Intensity Work (Sprints, Longer Runs)
	Assessment 1	May 24 - May 30	2	Reassess Sprint Times, Endurance & Recovery Work
	Cycle 3	May 31 - Jun 27	12	Change-of-Direction, Long Distance, Jump Rope
	Cycle 4	Jun 28 - July 25	12	Peak Conditioning, Game Speed Workouts
	Assessment 2	July 26 - Aug 1	2	Reassess Sprint Times, Endurance & Recovery Work
PRE-SEASON	Cycle 5	Aug 2 - Sept 5	15	Team Conditioning, Competitive Pace, Game Readiness
	Cycle 6	Sept 6 - Oct 17	12	Conditioning Maintenance, Practice Tempo, Game Shape
	Assessment 3	Oct 18 - Oct 24	2	Reassess Performance, Recovery Focus, Mobility Work
IN-SEASON	Cycle 7	Oct 25 - Nov 28	5	Scrimmage Prep, Game Speed, Competitive Readiness
	Cycle 8	Nov 29 - Dec 26	4	In-Season Speed, Recovery, Performance Maintenance
	Assessment 4	Dec 27 - Jan 2	1	Reassess Performance, Recovery, Mobility Reset
	Cycle 9	Jan 3 - Feb 20	7	Conference Play, Game Conditioning, Recovery Focus
POST-SEASON	Cycle 10	Feb 21 - Mar 20	3	Postseason Prep, Peak Performance, Recovery Balance
	Transition	Mar 21 - Mar 31	0	Full Recovery, Mobility, Mental Reset

CARDIO

Workout

 Player

Anaya Beard ▾

 Date

05/05/26

 Time

50 Minutes

 Focus

Aerobic

 Location

Court / Track / Open Space

 Cycle

2.1.1

Warm-Up (10 Minutes)

Drill	Description	Completed
Jog 3–5 Minutes	Progressively Build Speed	<input checked="" type="checkbox"/>
A-Skips / B-Skips	2 x 20 Yards Each	<input checked="" type="checkbox"/>
Leg Swings + Hamstring Scoops	2 x 10 Each	<input checked="" type="checkbox"/>
Light Strides	3 x 20 Yards	<input checked="" type="checkbox"/>

Main Conditioning (30 Minutes)

Drill	Description	Result
1-Mile Run	Record Time	06:22.36
400m Jog/Sprint Intervals	3 x 200m Jog→100m Sprint→100m Jog Record Sprint Avg	00:15.02
17's	Record Time	00:58.11

Cool Down (5–10 Minutes)

Drill	Description	Completed
Light Jog or Walk	2–3 Minutes	<input checked="" type="checkbox"/>
Stretch	Quads, Hamstrings, Hips	<input checked="" type="checkbox"/>
Foam Rolling	Full Lower Body Recovery	<input checked="" type="checkbox"/>
Mobility Flow	5–8 Reps Each (Hips, Ankles, T-Spine)	<input checked="" type="checkbox"/>

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Progress Tracker: Cycle 1

Date	Workout Name	Summary	Focus Area	Completion	Notes
			Foundation	88%	
04/07/26	Cardio - Workout - 1.1.1	- Acceleration Work - Sprint Mechanics - Short Burst Speed	Acceleration	100%	High effort throughout. Acceleration mechanics were clean and controlled.
04/08/26	Cardio - Workout - 1.1.2	- Agility Drills - Lateral Quickness - Direction Changes	Agility	100%	Strong session. Maintained pace and consistency across drills.
04/10/26	Cardio - Workout - 1.1.3	- Endurance Conditioning - Interval Runs - Full-Court Stamina	Endurance	90%	Solid work. Good consistency and effort throughout reps.
04/14/26	Cardio - Workout - 1.2.1	- Speed - Sprint Acceleration - Short Bursts	Speed	90%	Good start. Slight drop in intensity late, but overall speed output was solid.
04/15/26	Cardio - Workout - 1.2.2	- Lateral Quickness - Footwork - Change of Direction	Quickness	5%	Good effort overall. Lateral quickness improved. Continue building stronger finishes.
04/17/26	Cardio - Workout - 1.2.3	- Endurance Conditioning - Full-Court Stamina - Recovery Speed	Endurance	100%	Full intensity session. Stayed locked in and maintained pace throughout.
04/21/26	Cardio - Workout - 1.3.1	- Acceleration - Speed Endurance	Acceleration	95%	Strong output. Good pace and controlled acceleration throughout.
04/22/26	Cardio - Workout - 1.3.2	- Lateral Quickness - Change of Direction	Quickness	100%	High level performance. Quickness and change of direction looked sharp.
04/24/26	Cardio - Workout - 1.3.3	- Full-Court Stamina - Recovery Speed	Endurance	100%	Great effort. Conditioning held up well across full session.
04/28/26	Cardio - Workout - 1.4.1	- Sprint Acceleration - Speed Control	Control	75%	Solid control. Good pacing. Additional speed output still available.
04/29/26	Cardio - Workout - 1.4.2	- Lateral Quickness - Recovery Acceleration	Quickness	100%	High output session. Strong pace and recovery between reps.
05/01/26	Cardio - Workout - 1.4.3	- Full-Court Endurance - Game-Speed Conditioning	Endurance	100%	Excellent finish to the cycle. Game speed and conditioning were strong.