

CONDITIONING

Please choose an option or two each day you do conditioning for the week.

- 3 x 300 yard (timed) – 25 yards out and back (6x = 300 yards)
90 second rest period in between each.
- Aerobic Ladder – 2 sets (Rest 2 mins 30 secs)
 - 100 yard sprint – jog back
 - 80 yard sprint – jog back
 - 60 yard sprint – jog back
 - 40 yard sprint – jog back
 - 20 yard sprint – jog back
- 20 minute run (4 times – 90 second hard run) 3 minutes light after each hard run
- Frog jumps – 50 yards (ten times)
- Push ups, Burpees, Lunges, Sit Ups, Wall Sits, Planks – Start at your pace with an achievable amount. Increase reps/time every time you choose this option.
- Quick Agility
 - 10 yard sprints, start from stomach 10 times
 - Shuttle Runs – 5 yards forward, 5 yards back, 10 yards through
 - High Jump Explosions (Jump as high as you can and take off into a sprint for 20 yards – complete 15 times)
 - Ladder Work – 10 minutes (change technique through ladders)