

Conditioning

Week 1

Day 1:

1. Form Running - minimum 10 minute warm-up/followed by total body stretch
2. 2 x 200 yard shuttle(long)-moderate to quick pace(2 minute rest between sets)
(100 yards up/back)
3. 2 x 60 yards sprints-all out pace(jog back and go)
4. 2 x 40 yards sprints-all out pace(jog back and go)
5. 5 minute cool-down jog
6. **End all running and plyo sessions with stretching**

Day 2:

1. Repeat warm-up for day 1
2. 2 x 1000 yard shuttle- moderate to quick pace(5minute rest between sets)
(100 yards up/back - 5 times)
3. 4 minute rest
4. 4 x 100 yard build-ups- jog 20 yards - sprint 60 yards - jog 20 (2:00 min. rest)

Notes:

1. Use the conditioning stretch as a tool to start focusing on the workout. Practice good form on all movements.
2. A moderate to quick pace is not a jog. You should be at about 60-70% speed-enough to challenge you for the entire distance.