

Conditioning

Week 2

Day 1:

- a. *Conditioning Stretch/Form Running*
- b. *4 x 25 Yard Standing Long Jump (max distance on each jump - land in athletic position - jog back - rest 1 minute - go again)*
- c. *10 x 5 - 10 - 5 drill (break both directions- 5 left/ 5 right) short rest between reps - 2 minute rest after first 5 reps *10 total reps*
- d. *6 x 40 yard sprints- all out sprint - walk back - go again - rest 3 minutes after first 3 reps*
- e. *Cool down jog and stretch*

Day 2:

- a. *20-40 minute slow to moderate pace continuous jog*

Day 3:

- a. *repeat warm-up for day 1*
- b. *4 x 600 yard shuttle - 100 yards - 3 times up and back - moderate to quick pace - 3 minute rest between sets*
- c. *4 x 100-yard sprint - all out pace - slowly jog back and go again*
- d. *Cool down and stretch*