

Conditioning

Week 3

Day 1

1. Conditioning Stretch/Form Running (all workouts)
2. 80 yard sprints-6 reps (3 sets x 4 reps-2 minute rest between sets) Time range-12-16 sec.- rest 40 sec. Between reps
3. 30 yard sprints-8 reps (1 set x 10) Time range-4-7 sec.- rest 20 sec. between reps
4. Cool down walk or jog/stretch (all workouts)

Day 2

1. 200 yard shuttles (long)(8 reps) Time range 32-38 sec.- 4 min. recovery between reps

Day 3

1. J- drill (both directions)(10 reps)- 30 sec.rest between reps-2 min. recovery between sets of 5 reps
2. 5-10-5 drill (both directions) (10 reps)-see above for rest and recovery

Start at middle cone-facing cone- cones are placed 5 yards apart-break right or left to cone-plant foot- turn and sprint to opposite outside cone- plant foot- turn and sprint back past middle cone- Time Range 3.90 sec- 5.50 sec.

- * For both drills concentrate on making sharp cuts and staying low
- * When making cut your knees should be facing the direction you are going
- * If you are going to your left, knees are pointed in that direction