

Conditioning Week 5

Day 1

1. 30-40 minute continuous run (tempo run *) - challenging pace

Day 2 (track)

1. 1 x 800- 3 min. rest (*2 x around track)
2. 2 x 400- 3 min. rest
3. 3 x 200- 2 min. rest
4. 4 x 100- jog back- go again (all-out effort)- 5 min. rest after last rep.
5. 6 x 40- jog back- go again (all out effort)- 2 min. rest after 3 reps.

Day 3

1. J-drill- 5 x's- both directions- 3 min. rest between change of direction
 2. T-drill- 6 x's- 2 min. rest after 3 reps
 3. 20 yard shuttle- 5 x's- both directions- 3 min. rest after 5 reps
- Remember, conditioning workouts are as equally important as the weight workouts.
 - Always concentrate on good form in every drill, sprint, warm-up, etc.
 - Don't forget to perform the Conditioning Stretch/Form Running prior to all workouts
 - Cool-down and stretch after all workouts