

Conditioning Week 8

Day 1

4- 200 yard shuttles(100 yards up and back)

all teams: Basketball, Hockey, LAX, etc...:32- see bottom of page

DB, WR, RB- .32 Sec.- 2:00 min. rest between reps

LB, TE, FB- .34 Sec.

OL, DL- .40 Sec.

8- 40 yard sprints- 7-9 sec.- OL, DL- 30 sec. rest between reps

50 yard sprints- 8-10 sec.- LB, TE, FB

60 yard sprints- 9-11 sec.- DB, WR, RB

all teams- pick a position and match times- see bottom

6 x 20 yard shuttles- continuous

6 x J-cone drills- continuous

Day 2

1. Accelerated Sprints (100 yards) 1 x 4 Gradually build-up speed- acc. at 40 yards- jog back and go

*2 min. rest

2. Accelerated Sprints (50 yards) 1 x 6 acc. at 20 yards

3. Push-up position to 10 yard burst 1 x 6

4. 3 broad jumps to 3 step lateral slide to 5 yard sprint 1 x 6(each direction)

Day 3

1. Lateral Line Drill (10 sec) to back pedal(5 yard) to straight ahead sprint 2 x 5

2. Back pedal sprint (5 yards) to open drop step to diagonal sprint(10 yards) to (15 yard) sprint back to starting line 2 x 4(each direction)

3. 1 mile cool-down(9-12 minutes)

- Everyone should do Day 1 regardless of your sport-

200 yard shuttle- :32- :42 sec.

50 yard sprints- :08 - :10 sec.

20 yard shuttle and J-drill- 10 sec. rest between reps