

CONDITIONING
WORKOUTS: JULY 2020

WORKOUT #1

400's: (1 Lap around track)

Week 1 x 6 reps

Week 3 x 7 reps

Week 5 x 8 reps

- Sprint 1 lap around the track as fast as possible
- Rest 1:30 after each rep

WORKOUT #2

Hill Sprints: Find a Hill... Sprint up said hill (Could just be a steeper incline on the street)

- Sprint for :15 each rep
- Turn around and jog back to the bottom
- Rest a minimum of :45 or maximum of 1:15

Week 1 x 12 reps

Week 3 x 14 reps

WORKOUT #3

Sprint Ladder: (If possible run on a football field)

20 yard sprints x 8 (start a rep every :15)

40 yard sprints x 6 (start a rep every :25)

60 yard sprints x 4 (take :20 rest after each rep)

80 yard sprints x 2 (take :30 rest after each rep)

100 yard sprints x 1

- Take a full 3:00 rest after the 100 yard sprint
- Repeat sprints in the reverse order starting at 100 yards working your way down

WORKOUT #4

Tempo Run (outside or treadmill):

- 5:00 easy jog to warm up
- 3:00 difficult pace
- 1:00 easy jog
- 1:00 walk

Week 2 x 35:00 (Including warmup)

Week 4 x 40:00 (Including warmup)

CONDITIONING INTERVAL OPTIONS:

Hills on Mill

- Run on Treadmill for 1 minute at a 15% incline and 6mph
- Rest 1 minute
- Raise incline 1% for each subsequent rep until you reach 20% and complete 6 reps

Equipment Choice Workout

- 1 minute on, 1 minute on X5
- 45 seconds on, 45 seconds off X5
- 30 seconds on, 30 seconds off X5
- 20 seconds on, 20 seconds off X5
- 10 seconds on, 10 seconds off X5

Choose either Bike, Versa Climber, or Force Treadmill

For Bike: >90 rpms

For Versa: >130 ft/min

For Force: >8mph

SPRINT INTERVAL WORKOUTS: These workouts can be performed on any piece of aerobic equipment available to you.

Interval #1 – 35 minutes in duration

15 minutes – 1 minute hard, 1 minute easy

4 minutes – 2 minutes as fast as you can, 2 minutes easy 3 minutes – 2 minutes as fast as you can, 1 minute easy 2 minutes – 1 minute as fast as you can, 1 minute easy

1 minute – 30 seconds as fast as you can, 1 minute easy 4 minutes – 2 minutes as fast as you can, 2 minutes easy 3 minutes – 2 minutes as fast as you can, 1 minute easy 2 minutes – 1 minute as fast as you can, 1 minute easy

can, 1 minute easy

1 minute – 30 seconds as fast as you can, 1 minute easy 5 minutes – cool down

Interval #2 – 40 minutes in duration

4 minutes – 2 minutes as fast as you can, 2 minutes easy 3 minutes – 2 minutes as fast as you can, 1 minute easy 2 minutes – 1 minute as fast as you can, 1 minute easy

1 minute – 30 seconds as fast as you can, 1 minute easy Repeat 3 times

5 minutes – cool down

Interval #3 – 40 minutes in duration

4 minutes – 2 minutes as fast as you can, 2 minutes easy 3 minutes – 2 minutes as fast as you can, 1 minute easy 2 minutes – 1 minute as fast as you can, 1 minute easy

1 minute – 30 seconds as fast as you can, 1 minute easy

Repeat 3 times, each time on either a different machine than before, or alternating machines. 5 minutes – cool down