

COVID-19 CONDITIONING
WORKOUTS: JUNE 2020

WORKOUT #1

Full Gassers: (sprint 100 yards down and back)

- :45 rest after each rep

Week 1: 10 reps

Week 2: 12 reps

2:30 rest

Half Gassers: (width of a football field down and back)

- :30 rest after each rep

Week 1: 5 reps

Week 3: 6 reps

WORKOUT #2

Treadmill or Outside Run:

- 3:00 hard
- 2:00 slow jog

Week 1: 30 minutes

Week 3: 35 minutes

WORKOUT #3

Hill Sprints:

- Find a fairly steep hill (ideally it will take 5-10 seconds to get to top)
- Rest 3 times as long as it takes you to complete a rep (example: :5 sprint = :15 rest)

Week 2: 6 reps - 3:00 rest - 6 more reps

Week 4: 7 reps – 3:00 rest – 7 more reps

WORKOUT #4

5k build up run (outside or treadmill):

- Easy jog for 5:00
- 5k run (use running app on phone or watch and decrease your average pace each mile)
- Cool down jog or walk for 5:00

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

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