

COVID-19 CONDITIONING  
WORKOUTS: MAY 2020

WORKOUT #1

Getting Yards:

Week 1 x 9 reps

Week 3 x 10 reps

- Run as many yards as possible in 1:15
- Rest 2 minutes after each rep
- Record distance achieved each rep
- Goal is at least 350 try to stay consistent

WORKOUT #2

Jog 1 mile (easy pace):

100 yard Sprints x 10 (:30 rest after each rep)

Jog 1 mile (easy pace)

Week 1: Jog 1 mile

Week 3: Jog 1.25 miles

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):

- Sprint for :30
- Run at a challenging pace for 2:00
- Walk for 2:00

Week 2 x 7 Rounds

Week 4 x 9 Rounds

## 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