

WBB CONDITIONING
WORKOUTS: JUNE 2020

WORKOUT #1

Getting Yards: (Done on a 100 yard field)

Week 1 x 9 reps

Week 3 x 10 reps

- Run as many yards as possible in 1:15
- Rest 1:30-2 minutes after each rep
- Record distance achieved each rep
- Goal is at least 350 try to stay consistent

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 10 reps

Week 3 x 12 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

5k Build Up Run (outside or treadmill):

- 5:00 easy jog to warm up
- 5k run (3.1 miles) (Use a running app on phone or watch to track your pace. Goal is to decrease your average mile pace by at least :15 each mile)
- For example Mile 1 = 8:00 Mile 2 = 7:45 Mile 3 = 7:30
- Cool down walk or jog for 2:30

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