

WBB CONDITIONING
WORKOUTS: MAY 2020

WORKOUT #1

Getting Yards: (Done on a 100 yard field)

Week 1 x 8 reps

Week 3 x 9 reps

- Run as many yards as possible in 1 minute
- Rest 1:30-2 minutes after each rep
- Record distance achieved each rep
- Goal is at least 325 try to say consistent

WORKOUT #2

100 Yard Sprints:

- On the minute and 15 seconds
- Sprint the 100 then turn around and jog back during rest
- Start next sprint right when watch is at 1:15

Week 1 x 8 reps

Week 3 x 10 reps

Half Gassers:

- Width of football field down and back
- Goal time is 17 seconds
- Rest 35-40 seconds

Week 1 x 5 reps

Week 3 x 6 reps

WORKOUT #3

300's: (If possible run around the perimeter of a football field, if not cut the 300 yds in 100 yd increments)

- Goal time is 56 seconds
- Rest 2:00 minutes after each rep

Week 2 x 9 reps

Week 4 x 10 reps

WORKOUT #4

Tempo Run (outside or treadmill):

- Run at a challenging pace for 2:00
- Walk for 1:00

Week 2 x 30 minutes

Week 4 x 40 minutes

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