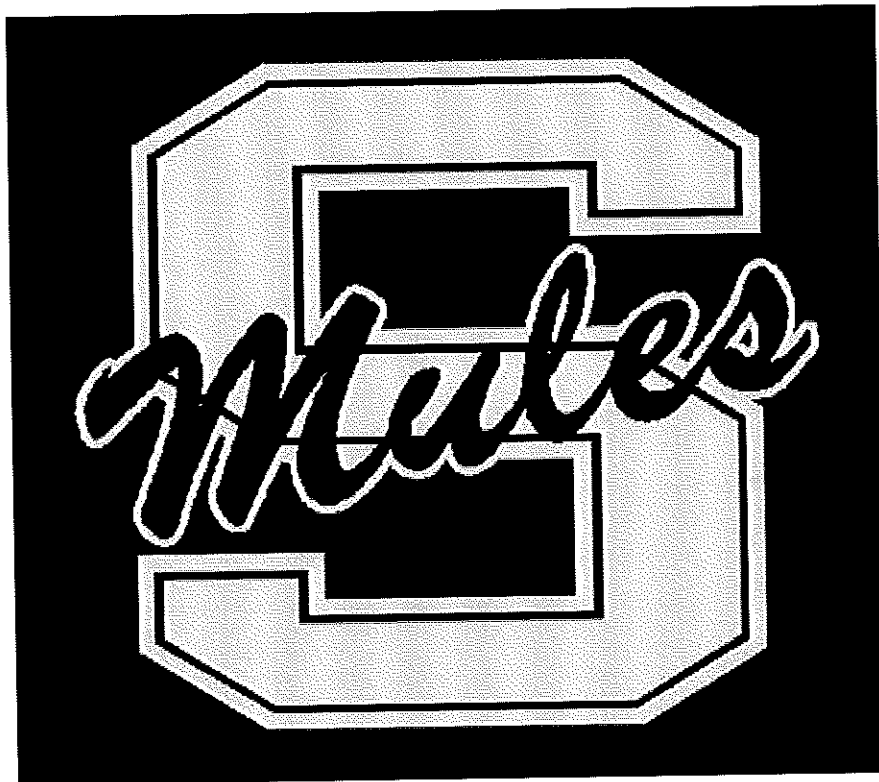


Conditioning Program

"ALL IT TAKES IS ALL WE'VE GOT"

Complete the conditioning workout a minimum of once a week
and a max of twice a week.



Conditioning Day Week 1			
Position	OL/DL	LB/FB	QB/RB/WR
Distance	450yards	475yards	500yards
Time	2:15 minutes	2:15 minutes	2:15 minutes
Rest	2 minutes	2 minutes	2 minutes
# of reps	5	5	5
Conditioning Day Week 2			
Position	OL/DL	LB/FB	QB/RB/WR
Distance	250yards	275yards	300yards
Time	1:10 minute	1:10 minute	1:10 minute
Rest	1 minute	1 minute	1 minute
# of reps	8	8	8
Conditioning Day Week 3			
Position	OL/DL	LB/FB	QB/RB/WR
Distance	150yards	160yards	170yards
Time	35 seconds	35 seconds	35 seconds
Rest	1 minute	1 minute	1 minute
# of reps	8	8	8
Conditioning Day Week 4			
Position	OL/DL	LB/FB	QB/RB/WR
Distance	60yards	65yards	75yards
Time	10 sec	10 sec	10 sec
Rest	50 sec	50 sec	50 sec
# of reps	10	10	10

Week 1-4 workout hints:

Start at one goalline and set cones at the start line then set cones at opposite goalline. Place cones where needed to be finish lines for the different distances.

Workout for Week 5-8

Play	line distance(yds)	Sprint time (s)	rest time (s)
1	60	9	15
2	-50	7	15
3	30	4	15
4	-20	3	15
5	30	4	15
6	-40	6	15
7	50	7	15
8	-20	3	15
9	30	4	15
10	-50	7	15
11	30	4	15
12	-10	3	15
13	60	9	
total	100	70	180

Week 5-8 workout hints:

Start at one goalline. Each play is represented by a distance. A positive number means run toward the other goalline and a negative number means run towards the start goalline. There is a 15 second rest between each sprint. Every 13 plays is considered a series. There should be a 3 minutes rest between series. Each series should take about 4 minutes to complete.

Week 5 complete 2 series
Week 6 and 7 complete 3 series
Week 8 complete 4 series