

CONDITIONING EXERCISES

110s

Run for 110 yds. (goalpost to goal line). Perform 8-16 runs with 45sec. rest between each. Target times are 15-21sec. for males and 18-24sec. for females.

40-30-20-10

Each set will take 4:00 min. Begin by sprinting 40 yds. Take minimal rest (:15). Sprint 30 yds. Take minimal rest. Sprint 20 yds. Take minimal rest. Sprint 10 yds. Rest for remainder of time (~2:30-3:00 min).

Gasser

Sprint 50yds (width of FB field) and back two consecutive times. Rest 2 min. between each.

Half Gasser

Sprint 50yds (width of FB field) and back. Rest 45sec. between each.

Run Jump Circuits

#1

- Jog 400 M
- Do 2 ab exercises X 15 (your choice)
- Run 150 M (~:20-22s)
- 20 Pushups.
- Run 100 M (~:14-16s)
- Walk 50 M
- 10 Tuck Jumps. 10 Split Jumps.
- Sprint 50 M
- 20 Mountain Climbers
- 30 M Lunge Walk.
- Do 2 ab exercises X 15 (your choice)
- 400 M Cool down Jog.

#2

- Jog 600 M
- Do 3 ab exercises X 20 (your choice)
- Run 200 M (~:31-35s)
- 20 Pushups.
- Run 150 M (~:20-22s)
- Walk 50 M
- 12 Tuck Jumps. 12 Split Jumps.
- Sprint 100 M (~:14-16s)
- 10 Tuck Jumps. 15 Mountain Climbers.
- 40 M Lunge Walk.
- 50 M sprint.
- Do 3 ab exercises X 20 (your choice)
- 400 M Cool down Jog.

#3

- Jog 600 M
- Do 3 ab exercises X 25 (your choice)
- Run 200 M (~:31-:35s)
- 20 Pushups.
- Run 200 M (~:31-:35s)
- 10 Tuck Jumps. 10 Squat Jumps.
- Run 150 M (~:20-:22s)
- 40 M Lunge Walk.
- Run 150 M (~:20-:22s)
- 10 Tuck Jumps. 20 Mountain Climbers
- Sprint 100 M (~:14-:17s)
- 40 M Lunge Walk.
- 50 M Sprint
- 10 continuous Long jumps
- 50 M Sprint
- Do 3 ab exercises X 25 (your choice)
- 400 M Cool down Jog.

CONDITIONING EXERCISES

Stair Circuit

- Every step
- Every other step
- DL Hops every other step
- SL Hops every other step
- Speed Skater (stay as wide as you can on every other step)
- Jog 200 M
- Do 3 ab exercises X 25 (your choice)
- REPEAT ABOVE CIRCUIT 4-5 times.

Tempo Run

- 1 - Run 100 M (~70%) +→ Walk 50 M, Push Ups, Abs
- 2 - Run 200 M (~70%) => Walk 50-100 M
- 3 - Run 100 M (100%)
- 4 - Run 200 M (100%)

(i.e. 1+3+2+4=, 1+2+3+4=, 2+3+1+4=).

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300 Yd Shuttle

- | #1 | #2 |
|-------------------|--------------------|
| -5 X 60 yd sprint | -12 X 25 yd sprint |
| -3:00 rest | -3:00 rest |
| -5 X 60 yd sprint | -12 X 25 yd sprint |

Pack Run

Run in a single-file line with your group. The person in the back of the line runs to the front of the line and as soon as he/she reaches the front and continues to maintain the pace, the person at the end of the line will run to the front of the line and so on... Perform this for a set amount of time (i.e 10 – 20 min)

Walk-Jog-Sprint

Walk for 20-40sec. Jog for 10sec.-1 min. Sprint for 6-12sec. Repeat for 10-15min.

Line Drill (Ladder)

- Sprint to near free throw line and back
- Sprint to half court line and back
- Sprint to far free throw line and back
- Sprint to far baseline and back

*rest 45 sec. and repeat 4-5 times

5 in 30

Sprint full length of Basketball Court (approx 30yds) 5 consecutive times in under 30sec.

*rest 1 1/2 min. and repeat 4-5 times