

Conditioning - DAY 1	Conditioning - DAY 2	Conditioning - DAY 3
Stadium Stairs/Hills (30-45yds in length) x 10 reps week 1 Increase 2 reps per week Rest 1 min between each	Cone Drills: <i>Set up 5 cones in a line - 5 yards apart</i> <i>Cones = 25 yards</i>  Drill 1: Sprint/Backpedal -to each cone After you complete the five - 10 Burpees  Drill 2: Shuffle/Sprint - to each cone After you complete all five: 10 squat jumps  Drill 3: Backpedal/Sprint - to each cone After you complete all five: 10 Tuck Jumps  Drill 4: Carioca/Sprint - to each one After you complete all five: 20 Pushups	MB Sprints/Throws-with Partner Race #1: 200 yrd sprint x 5 throws for Ht Loser = 5 burpies Race #2: 150yd sprint x 5 throws(squat throw) Loser = 5 burpies Race #3: 120yd sprint x 10 slam downs Loser = 5 burpies Race #4: 100yd sprint x 10 russian twist ea Loser = 5 burpies Race #5: 4 lengths x 10 MB squats Loser = 5 burpies OR Diagonal Slides (3 yards each direction) x 15 sec x 10 reps - add a rep each week 45 sec recovery between each
	<p style="text-align: center;"><b>FINISHER!</b></p> Tempo Plus-100 yard run in 18sec 10 pushups + 10 Crunches Recovery = Walk 50yds (25 out & Back) x20reps - Add 2 reps each week	Slide + Vertical Jump (3 yards each direction) x 15 sec x 8 reps - add a rep each week 45 sec recovery between each  Vertical Jump + Sprint (10yards) x 15 sec x 6 reps - add a rep each week 1 min recovery between each

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