

8 Week Conditioning Plan - Week 2

Complete Each sprint with 100% Effort

Workout # 4

Set #1

4 Repetitions of 15 Yards
25 Seconds Rest Between Reps

2:00 Minutes Rest Between Sets

Set #2

3 Repetitions of 30 Yards
30 Seconds Rest Between Reps

2:00 Minutes Rest Between Sets

Set #3

3 Repetitions of 50 Yards
35 Seconds Rest Between Reps

Workout # 4

Set #1

3 Repetitions of 50 Yards
35 Seconds Rest Between Reps

2:00 Minutes Rest Between Sets

Set #2

3 Repetitions of 100 Yards

45 Seconds Rest Between Reps

Workout # 6

Set #1

5 Repetitions of 90 Yards
45 Seconds Rest Between Reps

