

# 8 Week Conditioning Plan- Week 3

Complete Each sprint with 100% Effort

## Workout #7

### Set #1

3 Repetitions of 20 Yards  
25 Seconds Rest Between Reps

2:00 Minutes Rest Between Sets

### Set #2

4 Repetitions of 40 Yards  
30 Seconds Rest Between Reps

2:00 Minutes Rest Between Sets

### Set #3

3 Repetitions of 60 Yards  
35 Seconds Rest Between Reps

## Workout # 8

### Set #1

5 Repetitions of 15 Yards  
25 Seconds Rest Between Reps

2:00 Minutes Rest Between Sets

### Set #2

4 Repetitions of 30 Yards  
30 Seconds Rest Between Reps

2:00 Minutes Rest Between Sets

### Set #3

5 Repetitions of 50 Yards  
35 Seconds Rest Between Reps

## Workout # 9

### Set #1

3 Repetitions of 50 Yards  
35 Seconds Rest Between Reps

2:00 Minutes Rest Between Sets

### Set #2

4 Repetitions of 100 Yards

45 Seconds Rest Between Reps

