

8 Week Conditioning Plan - Week 4

Complete Each sprint with 100% Effort

Workout #10

Set #1

**6 Repetitions of 25 Yards
30 Seconds Rest Between Reps**

2:00 Minutes Rest Between Sets

Set #2

**6 Repetitions of 25 Yards
30 Seconds Rest Between Reps**

2:00 Minutes Rest Between Sets

Set #3

**6 Repetitions of 25 Yards
30 Seconds Rest Between Reps**

Workout #11

Set #1

**4 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

**4 Repetitions of 60 Yards
35 Seconds Rest Between Reps**

Workout # 12

Set #1

6 Repetitions of 90 Yards

45 Seconds Rest Between Reps

