

8 Week Conditioning Plan- Week 5

Complete Each sprint with 100% Effort

Workout #13

Set #1

**6 Repetitions of 15 Yards
25 Seconds Rest Between Reps**

2:00 Minutes Rest Between Sets

Set #2

**5 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 #14

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 # 15

Set #1

7 Repetitions of 90 Yards

45 Seconds Rest Between Reps

