

8 Week Conditioning Plan- Week 6

Complete Each sprint with 100% Effort

Workout #16

Set #1

7 Repetitions of 25 Yards
30 Seconds Rest Between Reps

2:00 Minutes Rest Between Sets

Set #2

7 Repetitions of 25 Yards
30 Seconds Rest Between Reps

2:00 Minutes Rest Between Sets

Set #3

7 Repetitions of 25 Yards
30 Seconds Rest Between Reps

Workout #17

Set #1

5 Repetitions of 20 Yards
25 Seconds Rest Between Reps

2:00 Minutes Rest Between Sets

Set #2

5 Repetitions of 40 Yards
30 Seconds Rest Between Reps

2:00 Minutes Rest Between Sets

Set #3

5 Repetitions of 60 Yards
35 Seconds Rest Between Reps

Workout # 18

Set #1

5 Repetitions of 50 Yards
35 Seconds Rest Between Reps

2:00 Minutes Rest Between Sets

Set #2

5 Repetitions of 100 Yards

45 Seconds Rest Between Reps

