

## ***Individual Pre-Conditioning Camp Workout Ideas:***

Below are some example workouts that you can do to prepare for conditioning camp and the upcoming season. Workouts marked with the symbol ## are meant to be a complete workout after a proper warm-up is done. Other workouts, or any of these workouts, you can combine/split up with other workouts. Please let me know if you have any specific questions.

### Long Distance:

##55 minute run total: Run 30 minutes at a steady pace and then try to run back (same distance) in 25 minutes.

### Intervals:

##120's: Run 4 sets of 4 rounds

Each round consists of running 120 yards (down and back, 240 yards total) in one minute. This should be done continually, once the minute is up start the next round until you are finished with the set. Each set should be 4 minutes long.

\*If 120 yards is too tough to start with, shorten to 100 yards.

##300's: Run three sets of 4

Run 300 yards at 85-90% then slowly jog(recovery time) 100 yards.

##600's: Run three sets of 4

Run the first 300 yards at 65-70%, run the second 300 yards at 75-80%

### Sprints:

##20,40,60,80:

Set cones at 20 yds, 40 yds, 60 yds, 80 yds, and 100 yds.

3 sets of 4 rounds: each round consists of sprinting to each cone at a 90-95% effort and jogging back to your beginning point.

-Make a 5x5 yard box. Continuous sprint/shuffle/backwards peddle around the box for 45 seconds.

-Sprint 10 yards & back, 20 yards & back, 30 yards & back, 50 yards & back.

### Hills:

-We will be doing some sort of hill workout during conditioning camp, and throughout the year. We will be doing a hill workout in sets similar to how we run intervals. The numbers will depend on the hill.

\*If the hill is shorter and steeper than get to the top quicker and do more of them.

\*If the hill is longer and less steep than you can decrease your speed and do less per set.