

# Conditioning Training

SUBMITTED BY:

*The Play Book*

## CONDITIONING WARM-UP

Be sure to move quickly through the warm-up. Follow the prescribed drills through the distances listed. Following the warm-up, perform the flexibility exercises before engaging in the conditioning program.

### **General Warm-up**

2 x 20 yards

#### ***Back pedal***

Carioca

Shuffle

High knees

Butt kicks

### **Dynamic Flexibility Exercises**

2 x 20 yards

Walking knees to chest

Straight leg walk

Lunges

#### ***Side lunges***

### **Specific Warm-up**

2 x 20 yds

#### ***Quick Shuffle***

Tapioca

Fast feet

Speed knees

Quick pace

Line touches

Lateral Run

# ANAEROBIC CONDITIONING

## “Interval Training”

All conditioning phases are based on the interval training principle.

Periods of work followed by a period of rest and recovery. Some work bouts are longer and more general, while most of the work bouts are short and intense.

The phases include:

**General anaerobic endurance work:** (gassers, Long Shuttles, etc.)

Work Bout: 15-60 seconds

Rest Interval: 45 seconds - 3:00

**Agility Training:** 6-10 drills 2 each 12-20 Drills See WORKOUT SECTION

Work Bout: 5-8 seconds

Rest Interval: 20-35 seconds

**Quickness training:** 2 quickness sequences : See WORKOUT SECTION

Work Bout: 5-8 seconds

Rest Interval: 10-25 seconds

**Short Sprints:** 10-80 yards

Work Bout: 3-10 seconds

Rest Interval: 20-35 seconds

**Positioning Conditioning:** See WORKOUT SECTION

Work Bout: 4-8 seconds

Rest Interval: 25 seconds

**Position Groupings**

Skill: Wr, Db, Rb, Qb

Big Skill: Te, Fb, Lb, K

Line: Ol, Dl

## General Anaerobic Prescribed Times

### **Gassers: Width 4x**

	<u>Work Intervals</u>	<u>Rest Intervals</u>
Skill	35 sec	1:45
Big Skill	37 sec	2:00
D Line	39 sec	2:00
O Line	40 sec	2:00

### **½ Gassers: Width 2x**

	<u>Work Intervals</u>	<u>Rest Intervals</u>
Skill	14 sec	42 sec
Big Skill	15 sec	45 sec
D Line	17 sec	48 sec
O Line	18 sec	50 sec

### **300 Yd shuttles: 3 x 100**

	<u>Work Intervals</u>	<u>Rest Intervals</u>
Skill	48 sec	2:30
Big Skill	51 sec	2:45
D Line	54 sec	2:50
O Line	56 sec	3:00

### **300 Yd shuttles: 50 x 6**

	<u>Work Intervals</u>	<u>Rest Intervals</u>
Skill	55 sec	3:00
Big Skill	58 sec	3:00
D Line	62 sec	3:20
O Line	65 sec	3:30

### **200 Yd Shuttles 2 x 100**

	<u>Work Intervals</u>	<u>Rest Intervals</u>
Skill	32 sec	1:30
Big Skill	34 sec	1:40
D Line	36 sec	1:50
O Line	38 sec	2:00

## 110's

	<u>Work Intervals</u>	<u>Rest Intervals</u>
Skill	14 sec	42 sec
Big Skill	15 sec	45 sec
D Line	17 sec	48 sec
O Line	18 sec	50 sec

## Conditioning 80's

	<u>Work Intervals</u>	<u>Rest Intervals</u>
Skill	10 sec	40 sec
Big Skill	11 sec	40 sec
D Line	13 sec	40 sec
O Line	15 sec	40 sec

## Conditioning 60's

	<u>Work Intervals</u>	<u>Rest Intervals</u>
Skill	8 sec	30 sec
Big Skill	9 sec	30 sec
D Line	9.5 sec	30 sec
O Line	10 sec	30 sec

## Conditioning 40's

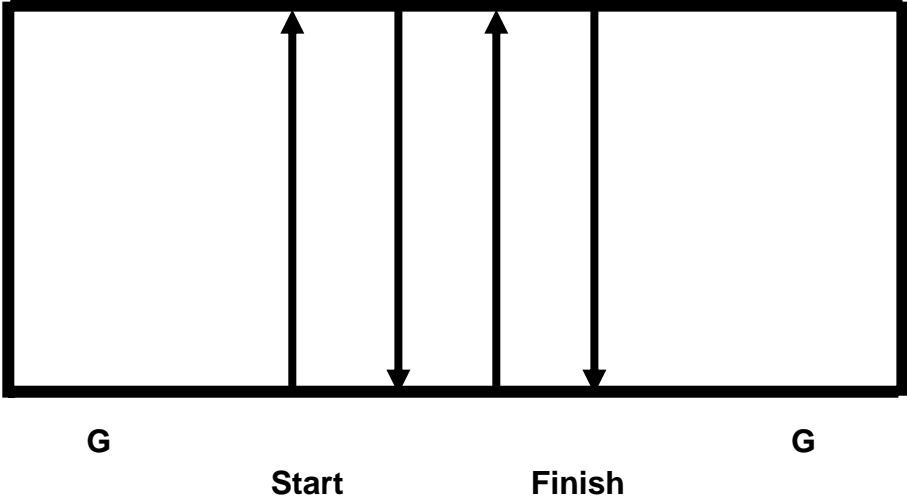
	<u>Work Intervals</u>	<u>Rest Intervals</u>
Skill	5.0 sec	25 sec
Big Skill	5.5 sec	25 sec
D Line	6.0 sec	25 sec
O Line	6.5 sec	25 sec

## Conditioning 20's

	<u>Work Intervals</u>	<u>Rest Intervals</u>
Skill	14 sec	25 sec
Big Skill	15 sec	25 sec
D Line	17 sec	25 sec
O Line	18 sec	25 sec

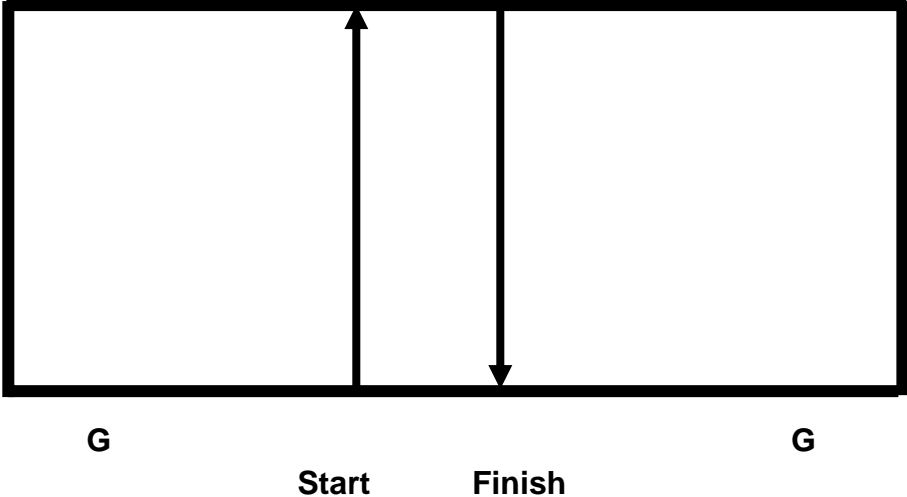
**GASSERS**

Width of field 4x



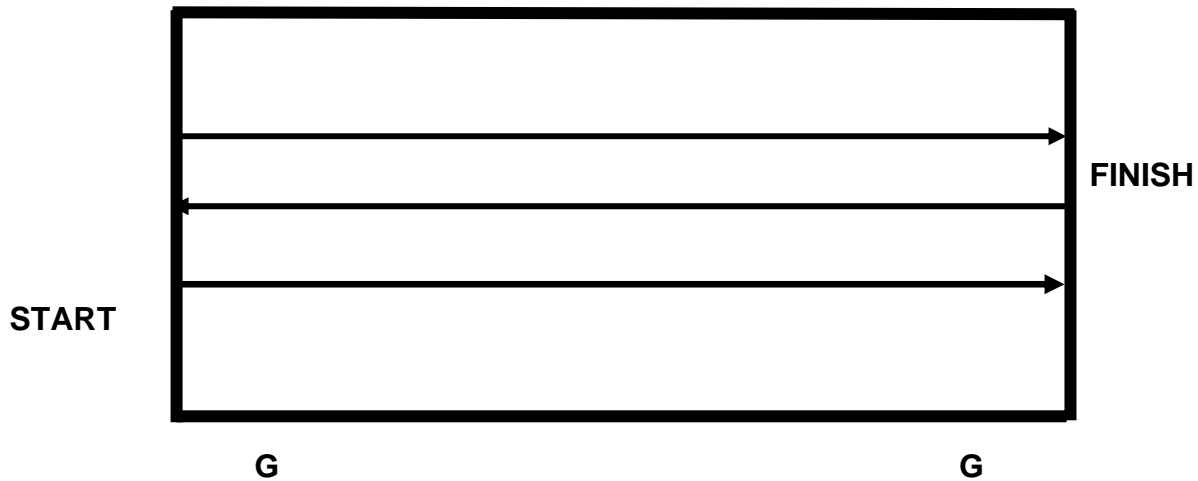
**HALF GASSERS**

Width of field 2x



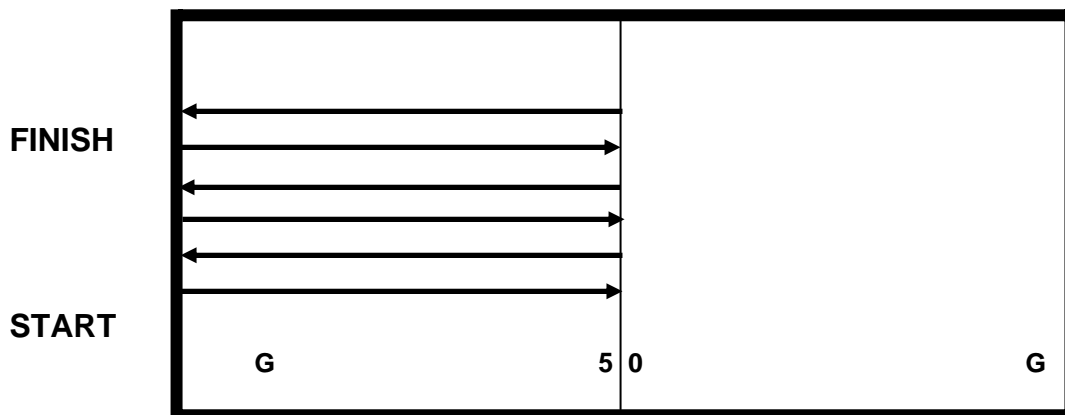
**300  
SHUTTLES**

Length of field 3 x (100x3)



**300  
SHUTTLES**

50 yd x 6

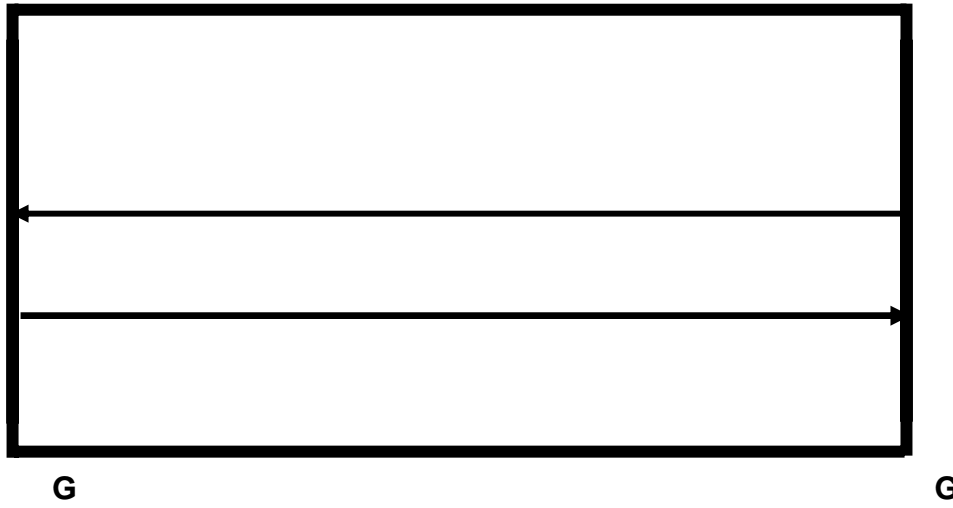


# 200 SHUTTLES

Length of  
field 2x  
(100x2)

FINISH

START



110  
'S

START

FINISH

