

# Extra Conditioning #2

Directions: Select One of the Options Below

Option #4

60 yd Shuttles

Run 5 yards and back, 10 yards and back, and 15 yards and back

Men- Make rep in 15 seconds, rest 45 seconds

Women- Make rep in 17 seconds, rest 51 seconds

Run 12 Reps

Option #5

110's

Start at back of endzone and sprint 110 yards through far goal line

Men- Make rep in 15-17 sec, rest 45-51 seconds

Women- Make rep in 18-20 seconds, rest 54 to 60 seconds

Run 10 Reps

Option #6

300 yd Shuttles

Run 25 yards and back 6 times

Men- make rep in 60 seconds, rest 3 minutes

Women- make rep in 70 seconds, rest 3 minutes

Run 5 Reps