

Extra Conditioning #1

Directions: Select One of the Options Below

Option #1

Elliptical

Intensity	SPM	Resistance	Time
Warm Up	150	2	3 min
Sprint	200	4	1 minute each x2
Recover	160	4	
Sprint	200	4	30 secs each x10
Recover	160	4	
Cool Down	150	2	3 min

Option #2

Exercise Bike

Warm Up		5 minutes
Sprint	30 seconds	x6
Recover	1 minute	
Sprint	20 seconds	x5
Recover	40 seconds	
Sprint	10 seconds	x10
Recover	20 seconds	
Cool Down		4 minutes

Option #3

Sleds

Push Sled 25 Yards
Jog Back 25 Yards
Walk Back 25 Yards to Sled
Repeat 10x