

FIELD CONDITIONING

There are two built in field conditioning days to this program. Each day has a specific focus. Wednesday's priority is developing your speed and quickness while Saturday's are focused on your conditioning.

WARM UP

400m Jog
Plyos x 20 yards
High knees
Butt Kickers
Samson Stretch
Burpee Broad Jumps
Single Leg Skips

WEEK 1 DAY 3

Ladder Drills
2 feet leading with right
2 feet leading with left
2 feet side steps leading with right
2 feet side steps leading with left
Hopscotch
Icky Shuffle

Broad Jump + 25 yard sprint
10 reps – 60 secs rest between efforts

Plank – 5 sets x 30 secs

WEEK 2 DAY 3

Ladder Drills
2 feet leading with right
2 feet leading with left
2 feet side steps leading with right
2 feet side steps leading with left
Hopscotch
Icky Shuffle

Broad Jump + 50 yard sprint
10 reps – 90 secs rest between efforts

Plank – 5 sets x 45 secs

WEEK 1 DAY 6

2 Rounds
10 minutes of 90 sec sprint followed by
60 sec jog

Rest 5 minutes between rounds

WEEK 2 DAY 6

3 Rounds
10 minutes of 90 sec sprint followed by
60 sec jog

Rest 5 minutes between rounds

WEEK 3 DAY 3

Ladder Drills

2 feet leading with right

2 feet leading with left

2 feet side steps leading with right

2 feet side steps leading with left

Hopscotch

Icky Shuffle

2 Broad Jumps + 50 yard sprint

10 reps – 90 secs rest between efforts

Plank – 5 sets x 60 secs

WEEK 4 DAY 3

Ladder Drills

2 feet leading with right

2 feet leading with left

2 feet side steps leading with right

2 feet side steps leading with left

Hopscotch

Icky Shuffle

3 Broad Jumps + 25 yard sprint

10 reps – 90 secs rest between efforts

Plank – 5 sets x max effort

WEEK 3 DAY 6

2 Rounds

12 minutes of 120 sec sprint followed by
60 sec jog

Rest 5 minutes between rounds

WEEK 4 DAY 6

2 Rounds

12 minutes of 120 sec sprint followed by
60 sec jog

Rest 5 minutes between rounds

WEEK 5 DAY 6

200m Sprint x 10 reps
2 min rest between sprints

WEEK 6 DAY 6

400m Sprint x 6 reps
2 min rest between sprints

WEEK 7 DAY 6

800m Sprint x 4 reps
3 min rest between sprints

WEEK 8 DAY 6

800m Sprint x 1
3 min rest

600m Sprint x 1
2:30 min rest

400m Sprint x 1
2 min rest

200m Sprint x 1

WEEK 9 DAY 6

60 yard shuttles (5-10-15) x 10 reps
1 min rest between reps

WEEK 10 DAY 6

60 yard shuttles (5-10-15) x 5 reps
1 min rest between reps

300 yard shuttle (25 and back six times)
x 1

WEEK 11 DAY 6

300 yard shuttle (25 yards and back six
times) x 1

2 min rest

300 yard shuttle (50 yards and back
three times) x 2

2 min rest between sprints

WEEK 12 DAY 6

60 yard shuttles (5-10-15) x 2 reps
1 min rest between reps

300 yard shuttle (50 yards and back
three times) x 2

2 min rest between sprints