

Conditioning Workouts

(refer to Energy System section for description of drills)

Weeks 1-2

Tuesday

Dynamic Warm-up for SAQC

300's

Reps	Run Time	Rest Time
6	1:00	2:00

Static Flexibility

Thursday

Dynamic Warm-up for SAQC

100yd Shuttles

Reps	Run Time	Rest Time
8	:25	1:00

Static Flexibility

Weeks 3-4

Tuesday

Dynamic Warm-up for SAQC

300's

Reps	Run Time	Rest Time
8	1:00	2:00

Static Flexibility

Thursday

Dynamic Warm-up for SAQC

150yd Shuttles

Reps	Run Time	Rest Time
8	:30	1:30

Weeks 5-7

Tuesday

Dynamic Warm-up for SAQC

200yd Shuttles

Reps	Run Time	Rest Time
6	:45	2:30

Static Flexibility

Thursday

Dynamic Warm-up for SAQC

Shuttle Test

– 2 Sets – Extended Recovery Between Sets

Reps	Run Time	Rest Time
8+8	:07	:30/1:00

Static Flexibility

Weeks 8-9

Tuesday

Dynamic Warm-up for SAQC

300yd Shuttles

Reps	Run Time	Rest Time
2	1:00	3:00

Static Flexibility

Thursday

Dynamic Warm-up for SAQC

Shuttle Test

– 2 Sets – Extended Recovery Between Sets

Reps	Run Time	Rest Time
10+10	:07	:30/1:00

Static Flexibility

Weeks 10-11

Tuesday

Dynamic Warm-up for SAQC

300yd Shuttles

Reps	Run Time	Rest Time
3	1:00	3:00

Static Flexibilit