



Conditioning

These runs are much easier to run with a friend or group! Switch off running so someone is always running while the other one is her rest time. If you can't measure the distance of the field, guess a full-length field and run down, back, down per 300. Treadmill running- Speed 10 for 60 sec per 300.

Monday Conditioning- 5:00 warm up Jog and Stretch, 3 300 yard sprints, :60 sec. per 300 yards, 2:10 sec recovery

Wednesday Conditioning- 5:00 warm up Jog, 10 200y sprints, :37 sec. per 200, 1:15 sec. recovery

Friday Conditioning- 5:00 warm up Jog, 10 100y sprints, :18 sec. per 100, :41 sec. recovery