

Mt. Olive Football Conditioning Workouts:

Due 3x's per week along with your other workouts. Chose a different one each day. If you don't have access to a field and aren't sure of the distance, then just guess. Pace it out if you have to in the street, backyard or on an open field. The key thing is to make sure you are pushing yourself to bet better.

Half Gassers (OL/DL 20sec., QB/RB 18sec., WR/DB 16 sec.)

Complete 7 in the times listed with 30 second rest in between. Take a 2 min break then 7 more. Each week add 1 more.

(width of the football field, 52yds. down and back is 1)

110's (full length of football field. Start in the back of the endzone and run to the opposite goaline)

OL/DL 18 sec., QB/RB 16 sec. WR/DB 15sec.

Run 7 with 30 sec rest in between, take 2 min. break then repeat. Each week add 1 more

Full Gassers (width of the football field, down, back and down back again)

Run 3 with a 60 second rest in between then rest 2 min. then repeat.

(OL/DL 44 sec., QB/RB 40 sec., WR/DB 38 sec.)

Sprint Ladder (start on the GL, sprint 10yds. 20 second rest, sprint back 10yds. 20 second rest. Then go 20 yards, same pattern, then 30, 40, 50, 60, 70, 80, 90, 100 then back down)