



# Offseason Fitness Schedule



## WEEK 1

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1 MILE REPEAT	REST DAY	SHUTTLE RUNS	REST DAY	1 MILE REPEAT	15/30/15	REST DAY

## WEEK 2

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
SHUTTLE RUNS	30 MIN INTERVAL RUN #1	REST DAY	15/30/15	-50 YARD SUICIDE -UP & BACK	BACK TRACKER	REST DAY

## WEEK 3

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
50/50	30 MINUTE INTERVAL RUN #2	REST DAY		1 MILE RUN + 800's	BACK TRACKER	REST DAY

## WEEK 4

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
SHUTTLE RUNS	30 MINUTE INTERVAL RUN #3	REST DAY	15/30/15	1 MILE RUN + 800's	BACK TRACKER	REST DAY

## Exercise Explanations

### 1 Mile Repeat (complete on a track):

- 1<sup>st</sup> mile < 6:15, rest for 5 min
- 2<sup>nd</sup> mile < 6:05, rest for 5 min
- 3<sup>rd</sup> mile < 6:00, rest and recover

### Shuttle Run:

- Place 2 cones 23 yards apart
- Sprint 22 yards and back 3 times (6 sprints total) in 30 sec. (30 sec rest)
- There and back 3x= 1 rep. 5 reps= 1 set. Complete 3 sets with 3-minute break between sets

### 30 Minute Intervals:

- #1: A 30-minute run with a 30 second sprint at the 4<sup>th</sup>, 8<sup>th</sup>, 12<sup>th</sup>, 16<sup>th</sup>, 20<sup>th</sup>, 24<sup>th</sup>, and 28<sup>th</sup> minute. (7 sprints)
- #2: 30 second sprints will be at the 3<sup>rd</sup>, 6<sup>th</sup>, 9<sup>th</sup>, 12<sup>th</sup>...etc. (9 sprints)
- #3: 30 second sprints will be at the 2 min, 4:30 min, 7 min, 9:30 min, 12 min, 14:30 min, 17 min, 19:30, 22 min, 24:30 min, 27 min, and 29:30 min. (12 sprints)

### 15/30/15:

- Use 3 cones; one at the start, one at 15 yards, and one at 30 yards
- Phase 1: 20 sprints at 15 yards. 20 second rest (the jog back is part of the rest) Rest for 2 minutes after 20 sprints then move to Phase 2
- Phase 2: 14 sprints at 30 yards. 30 second rest (jog back is part of the rest) Rest for 2 minutes after 14 sprints then move to Phase 3
- Phase 3: 20 sprints at 15 yards. 20 second rest

### 50-yard suicide:

- Take six cones at 10 yard intervals from the starting cone (i.e, 10 yds, 20yds, etc)
- Complete 5 sets with 2-minute rest in between sets

### Up & Back

- Remove the 30, 40, and 50 yard cones from the suicide
- Sprint 10 yards and backpedal to start. Sprint 20 yards and backpedal to start. 4 times=1 set
- Complete 5 sets. 2-minute rest between sets

### Back Trackers

- Run easy in one direction for 25 minutes. On the way, back increase pace at the 18 minute mark

### 1 Mile Run + 800s:

- Run 1 mile in 6 minutes or less; rest for 5 minutes
- Run 800m between 2:25-2:40; rest for 5 minutes (3x)