

OFF-SEASON CONDITIONING PROGRAM. 4-Day

Airdyne distance times need to be recorded and improved everytime a ride is scheduled

	Running Program	Reps	Run	Rest	Airdyne Equivalent	Reps	Ride	Rest
	(Non-Injured Players)		Time	Time	UBE Equivalent		Time	Time
Phase 1					(Injured Players)			
Week 1								
Day 1	110's	x8	:15	:45	Sprints >Level 15	x12	:15	:45
Day 2	Airdyne Bike Sprints	x7	:30	1:30	Sprints >Level 12	x7	:30	1:30
Day 3	150 yard Shuttles	x6	:27	1:30	Sprints >Level 12	x9	:30	1:30
	(Short = 25yd)							
Day 5	5 mile Bike	Record Times			5 mile Bike	Record Times		
					1 arm = Repeat sprints Day one			
Week 2								
Day 1	110's	x10	:15	:45	Sprints >Level 15	x14	:15	:45
Day 2	Airdyne Bike Sprints	x8	:30	1:30	Sprints >Level 12	x8	:30	1:30
Day 3	150 yard Shuttles	x7	:27	1:30	Sprints >Level 12	x10	:30	1:30
	(Short = 25yd)							
Day 5	7 mile Bike	Record Times			7 mile Bike	Record Times		
					1 arm = Repeat sprints Day one			
Week 3								
Day 1	110's	x12	:15	:45	Sprints >Level 15	x16	:15	:45
Day 2	Airdyne Bike Sprints	x9	:30	1:30	Sprints >Level 12	x9	:30	1:30
Day 3	150 yard Shuttles	x8	:27	1:30	Sprints >Level 12	x11	:30	1:30
	(Short = 25yd)							
Day 5	10 mile Bike	Record Times			10 mile Bike	Record Times		
					1 arm = Repeat sprints Day one			

Phase 2								
Week 4								
Day 1	150 yard Shuttles	x7	<:30	1:30	Sprints >Level 12	x8	:30	1:00
	(Long = 50yd)							
Day 2	5 mile Bike	Record Times			Sprints >Level 12	x5	:30	1:00
					Sprints >Level 15	x5	:15	:45
Day 3	300 Shuttle//Short=25yd)	x3	:55	3:00	Sprints >Level 10	x5	.3 m	2:00
	150 Shuttle//Short=25yd)	x2	:27	1:30	Sprints >Level 12	x3	:30	1:00
Day 5	1.5 mile run	Record Times			Bike = Hill Program	10 min Total		
					1 arm airdyne	x10	:7	:30
Week 5								
Day 1	150 yard Shuttles	x8	<:30	1:30	Sprints >Level 12	x9	:30	1:00
	(Long = 50yd)							
Day 2	Slideboard	x9	:30	1:00	Sprints >Level 12	x6	:30	1:00
					Sprints >Level 15	x6	:15	:45
Day 3	300 Shuttle//Short=25yd)	x4	:55	3:00	Sprints >Level 10	x5	.3 m	2:00
	150 Shuttle//Short=25yd)	x1	:27	1:30	Sprints >Level 12	x4	:30	1:00
Day 5	2 mile run	Record Times			Bike = Hill Program	15 min Total		
					1 arm airdyne	x12	:7	:30
Week 6								
Day 1	150 yard Shuttles	x9	<:30	1:30	Sprints >Level 12	x10	:30	1:00
	(Long = 50yd)							
Day 2	Slideboard	x10	:30	1:00	Sprints >Level 12	x7	:30	1:00
					Sprints >Level 15	x7	:15	:45
Day 3	300 Shuttle//Short=25yd)	x5	:55	3:00	Sprints >Level 10	x5	.3 m	2:00
	150 Shuttle//Short=25yd)	x1	:27	1:30	Sprints >Level 12	x5	:30	1:00
Day 5	2.5 mile run	Record Times			Bike = Hill Program	22 min Total		
					1 arm airdyne	x14	:7	:30

Phase 3								
Week 7								
Day 1	300 Shuttle//Long=50yd)	x2	<:62	2:00	Sprints >Level 10	x3	.3 m	2:00
	150 Shuttle//Long=50yd	x5	:27	1:30	Sprints >Level 15	x6	:15	:45
Day 2	1/2 mile bike race	x3	1:20	Team	1/2 mile bike race	x3	1:20	Team
Day 3	60 yd Shuttle / 5-10-15	x10	:13	:45	Sprints >Level 15	x7	:15	:45
					Sprints >Level 18	x5	:5	:35
Day 5	Slideboard <i>speedskater</i>	x10	:15	:45	1 arm = Repeat sprints Day one			
					1 leg = Repeat sprints Day one			
Week 8								
Day 1	300 Shuttle//Long=50yd)	x3	<:62	2:00	Sprints >Level 10	x3	.3 m	2:00
	150 Shuttle//Long=50yd	x6	:27	1:30	Sprints >Level 12	x7	:15	:45
Day 2	1/2 mile bike race	x3	1:20	Team	1/2 mile bike race	x3	1:20	Team
Day 3	60 yd Shuttle / 5-10-15	x11	:13	:45	Sprints >Level 15	x8	:15	:45
					Sprints >Level 18	x6	:5	:35
Day 5	Slideboard <i>speedskater</i>	x11	:15	:45	1 arm = Repeat sprints Day one			
					1 leg = Repeat sprints Day one			
Week 9								
Day 1	300 Shuttle//Long=50yd)	x2	<:62	2:00	Sprints >Level 10	x4	.3 m	2:00
	150 Shuttle//Long=50yd	x7	:27	1:30	Sprints >Level 12	x7	:15	:45
Day 2	1/2 mile bike race	x4	1:20	Team	1/2 mile bike race	x4	1:20	Team
Day 3	60 yd Shuttle / 5-10-15	x12	:13	:45	Sprints >Level 15	x8	:15	:45
					Sprints >Level 18	x7	:5	:35
Day 5	Slideboard <i>speedskater</i>	x12	:15	:45	1 arm = Repeat sprints Day one			
					1 leg = Repeat sprints Day one			

Phase 4								
July 31 -- August 4 Muscle Endurance		1 WEEK						
Day 1	110's	x16	:15	:45	Sprints >Level 15	x14	:15	:45
Day 2	Airdyne Bike	x6	:45	1m				
		x3	1m	1m	Sprints >Level 10	x5	.3 m	2:00
Day 3	100 ys shuttles	x8	<:18	1m	Sprints >Level 15	x4	.1 m	:40
	25 yd increments							
Day 4	Conditioning Skate				Sprints >Level 15	x4	:15	:45
					Sprints >Level 18			
Day 5	Distance Run 2.5 miles							
August 7-18 Muscle Endurance		2 WEEKS						
Day 1	Conditioning Skate				Sprints >Level 15	x16	:15	:45
Day 2	Airdyne Bike	x3	:30	1m	Sprints >Level 10	x3	.3 m	2:00
		x6	:45	1m				
		x3	1m	1m	Sprints >Level 15	x4	.1 m	:40
Day 3	Track Cond	x1	400m	x2	Sprints >Level 15	x4	:15	:45
		x3	200m	x2	Sprints >Level 18	x5	:10	:30
		x8	100m	:45	Sprints >Level 18	x6	:5	:35
Day 4	Conditioning Skate							
Day 5	Distance Run 3 miles							
August 21--Sept 1 Max Strength / Power		2 WEEKS						
Day 1	Short Intervals				Sprints >Level 15	x14	:15	:45
	Conditioning Skate							
Day 2	Short Intervals				Sprints >Level 10	x4	.3 m	2:00
	Wingate practice				Sprints >Level 15	x4	.1 m	:40
Day 3	Long Intervals				Sprints >Level 15	x3	:15	:45
	300yd shuttle practice	x2	<:52	3m	Sprints >Level 18	x3	:10	:30
					Sprints >Level 18	x3	:5	:35
Day 4	Conditioning Skate							
Day 5	10/10 Practice	x8		1:30				
	Distance Run 20 minutes							