

# CONDITIONING

## Weeks 1-2

Day 1	Sets	Reps	Target	Recovery
Six-Flag Magic Vomit	1	21-27 min	30-sec run; 30-sec jog; 30-sec walk	

Day 2	Sets	Reps	Target	Recovery
Half-Field Obstacle Course	1	8	1:30-1:45 min	1:40 min

Day 3	Sets	Reps	Target	Recovery
3 Up 3 Down	1	8	0:40-0:55 sec	1:20 min, 0:55 sec*

## Weeks 3-4

Day 1	Sets	Reps	Target	Recovery
Six-Flag Magic Vomit	1	21-24 min	30-sec run; 60-sec jog	

Day 2	Sets	Reps	Target	Recovery
Half-Field Obstacle Course	1	8	1:15-1:30 min	1:20 min

Day 2 Week 4	Sets	Reps	Target	Recovery
Full-Field Obstacle Course	1	6	3:40-4:00 min	3:50 min

Day 3	Sets	Reps	Target	Recovery
5 Up 5 Down	1	6	1:00-1:15 min	2:30 min, 1:15 min*

## Weeks 5-6

Day 1	Sets	Reps	Target	Recovery
Six-Flag Magic Vomit	1	30-36 min	60-sec run; 60-sec jog; 60-sec walk	

Day 2	Sets	Reps	Target	Recovery
Full-Field Obstacle Course	1	6	3:10-3:30 min	3:20 min

Day 3	Sets	Reps	Target	Recovery
7 Up 7 Down	1	6	1:40-2:00 min	3:30, 2:00 min*

\*Second Week time

Obstacle course times are based on pro-size fields (75 yards x 120 yards) // Take a two-day break between each workout.

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WEEK 1					
Day 1	Set	Reps	Target	Actual Time	Recovery
Six-Flag Magic Vomit	1	21-27 min	30-sec run 30-sec jog 30-sec walk		
Day 2	Set	Reps	Target	Actual Time	Recovery
Half-Field Obstacle Course	1	8	1:30-1:45 min		1:40 min
Day 3	Set	Reps	Target	Actual Time	Recovery
3 Up 3 Down	1	8	0:40-0:55 sec		1:20 min

Note: Obstacle course times are based on pro-size fields (75 yards x 120 yards) // Take a two-day break between each workout

WEEK 2					
Day 1	Set	Reps	Target	Actual Time	Recovery
Six-Flag Magic Vomit	1	21-27 min	30-sec run 30-sec jog 30-sec walk		
Day 2	Set	Reps	Target	Actual Time	Recovery
Half-Field Obstacle Course	1	8	1:30-1:45 min		1:40 min
Day 3	Set	Reps	Target	Actual Time	Recovery
3 Up 3 Down	1	8	0:40-0:55 sec		0:55 sec

WEEK 3					
Day 1	Set	Reps	Target	Actual Time	Recovery
Six-Flag Magic Vomit	1	21-24 min	30-sec run 60-sec jog		
Day 2	Set	Reps	Target	Actual Time	Recovery
Half-Field Obstacle Course	1	8	1:15-1:30 min		1:20 min
Day 3	Set	Reps	Target	Actual Time	Recovery
5 Up 5 Down	1	6	1:00-1:15 min		2:30 min

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WEEK 4					
Day 1	Set	Reps	Target	Actual Time	Recovery
Six-Flag Magic Vomit	1	21-24 min	30-sec run 60-sec jog		
Day 2	Set	Reps	Target	Actual Time	Recovery
Full-Field Obstacle Course	1	6	3:40-4:00 min		3:50 min
Day 3	Set	Reps	Target	Actual Time	Recovery
5 Up 5 Down	1	6	1:00-1:15 sec		1:15 min

WEEK 5					
Day 1	Set	Reps	Target	Actual Time	Recovery
Six-Flag Magic Vomit	1	30-36 min	60-sec run 60-sec jog 60-sec walk		
Day 2	Set	Reps	Target	Actual Time	Recovery
Full-Field Obstacle Course	1	6	3:10-3:30 min		3:20 min
Day 3	Set	Reps	Target	Actual Time	Recovery
7 Up 7 Down	1	6	1:40-2:00 min		3:30 min

WEEK 6					
Day 1	Sets	Reps	Target	Actual Time	Recovery
Six-Flag Magic Vomit	1	30-36 min	60-sec run 60-sec jog 60-sec walk		
Day 2	Sets	Reps	Target	Actual Time	Recovery
Full-Field Obstacle Course	1	6	3:10-3:30 min		3:20 min
Day 3	Sets	Reps	Target	Actual Time	Recovery
7 Up 7 Down	1	6	1:40-2:00 min		2:00 min