

Freshmen Conditioning
Summer '07

Week 1

Monday

6x60 yds Skill 8.5 secs, Big Skill 9.5 secs, Linemen 10.5 secs

Rest interval 35 secs

Wednesday

¼ gassers x8 Skill 6 secs, Big Skill 7 secs, Linemen 9 secs

Rest interval 30 secs

Friday

110's x8 Skill 15 secs, Big Skill 17 secs, Linemen 19 secs

Rest interval 45 secs

Week 2

Monday

8x60 yds Skill 8.5 secs, Big Skill 9.5 secs, Linemen 10.5 secs

Rest interval 35 secs

Wednesday

¼ gassers x10 Skill 6 secs, Big Skill 7 secs, Linemen 9 secs

Rest interval 30 secs

Friday

110's x8 Skill 15 secs, Big Skill 17 secs, Linemen 19 secs

Rest interval 45 secs

Week 3

Monday

8x60 yds Skill 8.5 secs, Big Skill 9.5 secs, Linemen 10.5 secs

Rest interval 35 secs

Wednesday

¼ gassers x8 Skill 6 secs, Big Skill 7 secs, Linemen 9 secs

Rest interval 30 secs

Friday

110's x10 Skill 15 secs, Big Skill 17 secs, Linemen 19 secs

Rest interval 45 secs

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Week 4

Monday

10x60 yds Skill 8.5 secs, Big Skill 9.5 secs, Linemen 10.5 secs

Rest interval 35 secs

Wednesday

¼ gassers x10 Skill 6 secs, Big Skill 7 secs, Linemen 9 secs

Rest interval 30 secs

Friday

110's x12 Skill 15 secs, Big Skill 17 secs, Linemen 19 secs

Rest interval 45 secs

Week 5

Monday

10x60 yds Skill 8.5 secs, Big Skill 9.5 secs, Linemen 10.5 secs

Rest interval 35 secs

Wednesday

¼ gassers x10 Skill 6 secs, Big Skill 7 secs, Linemen 9 secs

Rest interval 30 secs

Friday

110's x12 Skill 15 secs, Big Skill 17 secs, Linemen 19 secs

Rest interval 45 secs

Week 6

Monday

10x60 yds Skill 8.5 secs, Big Skill 9.5 secs, Linemen 10.5 secs

Rest interval 35 secs

Wednesday

¼ gassers x12 Skill 6 secs, Big Skill 7 secs, Linemen 9 secs

Rest interval 30 secs

Friday

110's x14 Skill 15 secs, Big Skill 17 secs, Linemen 19 secs

Rest interval 45 secs

Freshmen Conditioning
Summer '07

Week 7

Monday

10x60 yds Skill 8.5 secs, Big Skill 9.5 secs, Linemen 10.5 secs

Rest interval 35 secs

Wednesday

¼ gassers x12 Skill 6 secs, Big Skill 7 secs, Linemen 9 secs

Rest interval 30 secs

Friday

110's x14 Skill 15 secs, Big Skill 17 secs, Linemen 19 secs

Rest interval 45 secs

Week 8

Monday

10x60 yds Skill 8.5 secs, Big Skill 9.5 secs, Linemen 10.5 secs

Rest interval 35 secs

Wednesday

¼ gassers x10 Skill 6 secs, Big Skill 7 secs, Linemen 9 secs

Rest interval 30 secs

Friday

110's x16 Skill 15 secs, Big Skill 17 secs, Linemen 19 secs

Rest interval 45 secs