

STATION CAMP OFF-ICE TRAINING PROGRAM

After performing each drill for 30 seconds, rest for 30 seconds. When the entire circuit has been completed, rest for 90 seconds and then repeat. As we progress, we will repeat the circuit up to 3 times for the workout.

PRE-CIRCUIT WARM UP	
<ul style="list-style-type: none">• 1.5 miles under 15 minutes	
CIRCUIT # 1 <ul style="list-style-type: none">• Squat Jumps• Push-Ups• Alternating Lunges• Sit-Ups• Backward Lunges• Chin-Ups• Split Squats• Lying Twist	CIRCUIT # 2 <ul style="list-style-type: none">• Scissor Jumps• Sit-Ups• Mountain Climbers• Clap Push-Ups• USAs• Pull-Ups• Body Squats• Lying Twist

Perform the circuit training a maximum of two times a week to allow proper recovery. On two non-circuit training days, alternately perform the Sprint Ladder and Quarters work outs.

As we progress, we will lengthen the Sprint Ladder and Quarters work outs by repeating them a second time.

QUARTER SPRINTS

Run the following distances under times set, rest indicated recovery time between each sprint.

Distance	Time Allocated	Recovery Time
40 yard sprint	12 Seconds	20 Seconds
40 yard sprint	12 Seconds	20 Seconds
30 yard sprint	8 Seconds	20 Seconds
30 yard sprint	8 Seconds	20 Seconds
20 yard sprint	6 Seconds	20 Seconds
20 yard sprint	6 Seconds	20 Seconds
10 yard sprint	3 Seconds	20 Seconds
10 yard sprint	3 Seconds	20 Seconds
5 yard sprint	>2 Seconds	20 Seconds
5 yard sprint	>2 Seconds	20 Seconds
REST		2 Minutes
40 yard sprint	12 Seconds	20 Seconds
40 yard sprint	12 Seconds	20 Seconds
30 yard sprint	8 Seconds	20 Seconds
30 yard sprint	8 Seconds	20 Seconds
20 yard sprint	6 Seconds	20 Seconds
20 yard sprint	6 Seconds	20 Seconds
10 yard sprint	3 Seconds	20 Seconds
10 yard sprint	3 Seconds	20 Seconds
5 yard sprint	>2 Seconds	20 Seconds
5 yard sprint	>2 Seconds	20 Seconds
REST		2 Minutes
40 yard sprint	12 Seconds	20 Seconds
30 yard sprint	8 Seconds	20 Seconds
20 yard sprint	6 Seconds	20 Seconds
10 yard sprint	3 Seconds	20 Seconds
5 yard sprint	>2 Seconds	20 Seconds

To run a second Quarter Sprints, rest 5 minutes and then start at the beginning with the 40 yard sprints.

SPRINT LADDER

Run the following distances under times set, rest indicated recovery time between each sprint.

Distance	Time Allocated	Recovery Time
10 yard sprint	3 Seconds	15 Seconds
10 yard sprint	3 Seconds	15 Seconds
20 yard sprint	4 Seconds	20 Seconds
20 yard sprint	4 Seconds	20 Seconds
30 yard sprint	5 Seconds	25 Seconds
30 yard sprint	5 Seconds	25 Seconds
40 yard sprint	7 Seconds	35 Seconds
40 yard sprint	7 Seconds	35 Seconds
50 yard sprint	9 Seconds	40 Seconds
50 yard sprint	9 Seconds	40 Seconds
70 yard sprint	11 Seconds	45 Seconds
70 yard sprint	11 Seconds	45 Seconds
90 yard sprint	15 Seconds	50 Seconds
90 yard sprint	15 Seconds	50 Seconds
100 yard sprint	17 Seconds	55 Seconds
100 yard sprint	17 Seconds	55 Seconds

To run a double sprint ladder, rest 5 minutes and start again with the 100 yard sprints first and climb 'down' the ladder.