

Spring Break Conditioning Plan (Full Team)

Goal: Stay active over break and be ready for practice.

Guidelines: - 20–35 minutes per workout - 3–5 days per week - Rest as needed - Stop if something hurts - Hydrate

Week 2 Note: Optional practices on **Monday and Wednesday**. ➡ If you are unable to attend, complete the workout for that day below.

Stretching: Make sure you are doing your dynamic stretches before every workout AND your static stretches after every workout!

Week 1

Day 1 – Run + Speed - 10 min easy jog - 4 × 20 sec fast / 2 min walk

Day 2 – Rest

Day 3 – Intervals - 5 min jog - 4 × (1 min faster / 2 min walk) - 5 min jog

Day 4 – Rest

Day 5 – Steady Run - 12–18 min continuous run

Week 2

Day 1 – Easy Run - 15–20 min easy pace

Day 2 – Rest


Day 3 – Speed + Intervals - 5 min jog - 5 × 20 sec fast / 90 sec rest - 3 × 45 sec at controlled pace

Day 4 – Rest

Day 5 – Longer Run - 18–22 min easy pace

Core (After Each Workout)

- 20 sec plank
- 10 pushups
- 15 sit-ups
- 10 squats
- 20 sec side plank (each side)

 Week 2: Complete 3 rounds

Tracking

Week 1 Workouts Completed: ____ Week 2 Workouts Completed: ____

Stay active, be safe, and come back ready to go!