

**Recommended conditioning before football practice starts.  
Start conditioning 4 to 6 weeks before your first practice.**

Stretch before the start of conditioning, its good to ask your PE teacher for stretch exercising.

Stretch your hamstrings and quadriceps (front and back leg) make sure to stretch your calf muscle as well. Stretch until your good and loose.

Stretch your triceps real well and make sure you're loose.

Do 20 push-ups and 20 crunches (legs bent so your feet are touching the ground. Lift head up and legs together meet half way up and then down repeat). After you have completed all of the stretching exercises and you are loose and warmed up you may begin your conditioning. Make sure you are loose and warmed up before going into your conditioning or you may hurt yourself.

Run 880 yards or best equivalent.

Rest about 1 minute.

Run another 880 yards or best equivalent.

Rest about 1 minute.

Run 10 40 yard sprints.

Finished.

Do 25 push-ups and 25 crunches before going to bed.

At the end of either the 4-week or 6-week training you should be able to do the running and crunches easily.

It is best advised to start 6 weeks before the first practice. Please consult your PE Teacher for stretching exercises and your Doctor when you take your physical.