

BIGGER FASTER STRONGER



CONDITIONING

PROGRAM

WEEK 1 - (All Athletes)

Day 1 - 1x800m at a good pace & 2x400m at a good pace

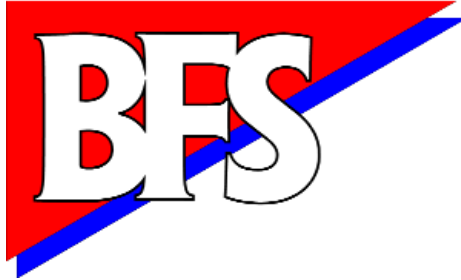
Day 2 - 2x800m at a good pace & 3x400m at a good pace

Rest twice as long as the run took between each run (week 1)

***The column indicating seconds on the left is goal time and the right is rest time.**

Week 2 - Day 1&2	<i><u>Big Athletes</u></i> 6x100m :22/1:00	<i><u>Medium Athletes</u></i> 6x100m :21/1:00	<i><u>Skill Athletes</u></i> 6x100m :20/1:00
Week 3 - Day 1&2	4x200m :40/2:00 8x100m :20/1:00	4x200m :38/1:54 8x100m :19/:57	4x200m :36/1:48 8x100m :18/:54
Week 4 - Day 1&2	4x200m :40/2:00 8x100m :20/1:00	4x200m :38/1:54 8x100m :19/:57	4x200m :36/1:48 8x100m :18/:54
Week 5 - Day 1&2	4x200m :38/1:54 8x100m :20/1:00	4x200m :36/1:48 8x100m :17/:51	4x200m :34/1:42 8x100m :16/:48
Week 6 - Day 1&2	4x200m :36/1:48 8x100m :17/:48 6x50m :8/:24	4x200m :34/1:42 8x100m :16/:45 6x50m :7/:21	4x200m :32/1:36 8x100m :15/:42 6x50m :7/:21
Week 7 - Day 1&2	4x200m :34/1:42 8x100m :16/:48 10x50m :8/:24	4x200m :32/1:36 8x100m :15/:45 10x50m :7/:21	4x200m :30/1:30 8x100m :14/:42 10x50m :7/:21
Week 8 - Day 1&2	4x200m :34/1:42 8x100m :16/:48 10x50m :8/:24	4x200m :32/1:36 8x100m :15/:45 10x50m :7/:21	4x200m :30/1:30 8x100m :14/:42 10x50m :7/:21

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SPEED ENDURANCE TEST

The BFS Speed Endurance Test should be administered TWICE yearly

Speed Endurance Test Rules

1. An athlete that starts early will receive a two second penalty.
2. Athletes are not to ask recorder for individual times.
3. All athletes must pass the test (except incoming freshman) or retest in 48 hours.

Speed Endurance Test & Standards

TEST = 8x100m	BIG ATHLETES	MEDIUM ATHLETES	SKILL ATHLETES
REST TIMES	:48/between each 100m sprint	:45/between each 100m sprint	:42/between each 100m sprint
BEGINNING	Any Score	Any Score	Any Score
GOOD	:19	:18	:17
GREAT	:17	:16	:15
ALL STATE	:16	:15	:14
ALL AMERICAN	:15	:14	:13

TEST = 12x50m	BIG ATHLETES	MEDIUM ATHLETES	SKILL ATHLETES
REST TIMES	:24/between each 50m sprint	:21/between each 50m sprint	:21/between each 50m sprint
BEGINNING	Any Score	Any Score	Any Score
GOOD	:8.5	:7.5	:7.5
GREAT	:8	:7	:7
ALL STATE	:7.5	:6.5	:6.5
ALL AMERICAN	:7	:6	:6