



**REST TWICE AS LONG AS THE RUN TAKES BETWEEN EACH SET**

<b>WEEK 1</b>	<b>ALL ATHLETES</b>
Day 1	1x800m at a good pace & 2x400m at a good pace
Day 2	2x800m at a good pace & 3x400m at a good pace

	<b>BIG ATHLETES</b>			<b>MED ATHLETES</b>			<b>SKILL ATHLETES</b>		
	Distance	Goal	Rest	Distance	Goal	Rest	Distance	Goal	Rest
<b>WEEK 2</b> Day 1 & 2	6 x 100m	00:22	01:00	6 x 100m	00:22	01:00	6 x 100m	00:20	01:00
<b>WEEK 3</b> Day 1 & 2	4 x 200m	00:40	02:00	4 x 200m	00:38	01:54	4 x 200m	00:36	01:48
	8 x 100m	00:20	01:00	8 x 100m	00:19	00:57	8 x 100m	00:18	00:54
<b>WEEK 4</b> Day 1 & 2	4 x 200m	00:40	02:00	4 x 200m	00:38	01:54	4 x 200m	00:36	01:48
	8 x 100m	00:20	01:00	8 x 100m	00:19	00:57	8 x 100m	00:18	00:54
<b>WEEK 5</b> Day 1 & 2	4 x 200m	00:38	02:00	4 x 200m	00:36	01:48	4 x 200m	00:34	01:42
	8 x 100m	00:18	01:00	8 x 100m	00:17	00:51	8 x 100m	00:16	00:48
<b>WEEK 6</b> Day 1 & 2	4 x 200m	00:36	01:48	4 x 200m	00:34	01:42	4 x 200m	00:32	01:36
	8 x 100m	00:17	00:48	8 x 100m	00:16	00:48	8 x 100m	00:15	00:42
	6 x 50m	00:08	00:24	6 x 50m	00:07	00:21	6 x 50m	00:07	00:21
<b>WEEK 7</b> Day 1 & 2	4 x 200m	00:34	01:42	4 x 200m	00:32	01:36	4 x 200m	00:30	01:30
	8 x 100m	00:16	00:48	8 x 100m	00:15	00:45	8 x 100m	00:14	00:42
	10 x 50m	00:08	00:24	10 x 50m	00:07	00:21	6 x 50m	00:07	00:21
<b>WEEK 8</b> Day 1 & 2	4 x 200m	00:34	01:42	4 x 200m	00:32	01:36	4 x 200m	00:30	01:30
	8 x 100m	00:16	00:48	8 x 100m	00:15	00:45	8 x 100m	00:14	00:42
	10 x 50m	00:08	00:24	10 x 50m	00:07	00:21	6 x 50m	00:07	00:21

**FINISH THE GAME STRONG**



# CONDITIONING PROGRAM

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 freshmen) or must retest within 48 hours.

TEST 8X100M	BIG ATHLETES	MEDIUM ATHLETES	SKILL ATHLETES
REST TIME / PER SET	:48 / 100M SPRINT	:45 / 100M SPRINT	:42 / 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

Note: rest for two minutes between the first section of the test and the second section

TEST 12 X 50M	BIG ATHLETES	MEDIUM ATHLETES	SKILL ATHLETES
REST TIME / PER SET	:24 / 50M SPRINT	:21 / 50M SPRINT	:21 / 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

**FINISH THE GAME STRONG**