



CONNECTICUT BEARCATS OFF-SEASON CONDITIONING

Pre-Season Program

Day 1 Run 3 miles and Uppers

Day 2 Rest and Recover

Day 3 Sprints:

1/4 mile warm-up and stretch then

10 x 10 yds. Then

10 x 20 yds. - rest 1 minute then

10 x 40 yds. - rest 1 minute then

1/4 mile cool down

Stretch

Day 4 Run 3 miles and Lowers

Day 5 Rest and Recover

Day 6 Repeat Day 1

Day 7 Repeat Day 3

Run Time	1 st Mile	2 nd Mile	3 rd Mile
Week 1			
Week 2			
Week 3			
Week 4			
Week 5			
Week 6			
Week 7			
Week 8			
Week 9			
Week 10			
Week 11			
Week 12			