

Select the desired % effort and rest between exercises for each set, then complete all exercises in a set before moving on to the next. Take 2 minutes rest between each set. Start and finish each drill at the goal line on a football field. You can change any drill to one of your own choice by typing in the cell.



Metabolic Conditioning - Field

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% Effort Rest Between Sprints
60% 15 seconds

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|--|
| Set 1 |
| Sprint to 5 yard line and back 3 times |
| Carioca to 15 yard line and back 2 times |
| Power Skip to 20 yard line/sprint back 2 times |
| Shuffle to 5 yard line and back 3 times |
| 5 Tuck Jumps/Sprint to 25 yard line and back |
| Sprint to 10 yard line and back/Sprint to 20 yard line and back |

Rest 2 min

% Effort Rest Between Sprints

| |
|--|
| Set 2 |
| Carioca to 5 yard line/sprint back 4 times (carioca right and left) |
| Sprint to 10 yard line/backpedal back 2 times |
| Power Skip to 15 yard line/sprint back 2 times |
| Shuffle to 5 yard line and back 4 times |
| 5 Squat Jumps/Sprint to 25 yard line and back |
| Sprint to 25 yard line and back/Sprint 50 yard line and back |

Rest 2 min

60% 15 seconds

% Effort Rest Between Sprints

| |
|--|
| Set 3 |
| Sprint to 5 yard line and back 3 times |
| Carioca to 15 yard line and back 2 times |
| Power Skip to 20 yard line/sprint back 2 times |
| Shuffle to 5 yard line and back 3 times |
| 12 Alternating lunge jumps |
| Sprint to 10 yard line and back/Sprint to 20 yard line and back |

Rest 2 min

70% 20 seconds

% Effort Rest Between Sprints

| |
|---|
| Set 4 |
| Carioca to 5 yard line/sprint back 4 times |
| Sprint to 15 yard line/backpedal back 2 times |
| Power Skip to 15 yard line/sprint back 2 times |
| Shuffle to 5 yard line and back 4 times |
| 5 Tuck Jumps/Sprint to 25 yard line and back |
| Sprint to 25 yard line and back/Sprint 50 yard line and back |

80% 30 seconds

