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 baseline on a basketball court. You can change any drill to one of your own choice by typing in the cell.

Metabolic Conditioning - Gym

tj-sportz.com

	% Effort	Rest Between Sprints
Set 1	**55%**	**15 seconds**

Sprint to Free throw line and back 3 times
Carioca to half court and back 2 times
Power Skip to half court/sprint back 2 times
Shuffle to Free throw line and back 3 times
5 Tuck Jumps/Sprint to half court and back
Sprint to Free throw line and back/Sprint to half court and back

Rest 2 min

	% Effort	Rest Between Sprints
Set 2	**60%**	**15 seconds**

Carioca to Free throw line/sprint back 4 times
Sprint to half court/backpedal back 2 times
Power Skip to half court/sprint back 2 times
Shuffle to Free throw line and back 4 times
5 Squat Jumps/Sprint to half court and back
Sprint to half court and back/Sprint full court and back

Rest 2 min

	% Effort	Rest Between Sprints
Set 3	**70%**	**20 seconds**

Sprint to Free throw line and back 3 times
Carioca to half court and back 2 times
Power Skip to half court/sprint back 2 times
Shuffle to Free throw line and back 3 times
12 Alternating lunge jumps
Sprint to Free throw line and back/Sprint to half court and back

Rest 2 min

	% Effort	Rest Between Sprints
Set 4	**80%**	**30 seconds**

Carioca to Free throw line/sprint back 4 times
Sprint to half court/backpedal back 2 times
Power Skip to half court/sprint back 2 times
Shuffle to Free throw line and back 4 times
5 Squat Jumps/Sprint to half court and back
Sprint to half court and back/Sprint full court and back