10 - 14 Day Quarantine 10 - 14 Day Quarantine 10 - 14 Day Quarantine Dav 1 Day 3 Day 5 8 Minute Dynamic Warm-Up 8 Minute Dynamic Warm-Up 8 Minute Dynamic Warm-up Interval Conditioning Interval Conditioning Interval Conditioning Work Rest Ratio 1:5.5 Work Rest Ratio 1:4.5 Work Rest Ratio 1:3.5 12 x Runs 10 x Runs 10 x Runs OL & DL - 65 vards OL & DL - 65 vards OL & DL - 80 vards LB, TE, FB, & SPEC. - 70 yards LB, TE, FB, & SPEC. - 70 yards LB, TE, FB, & SPEC. - 90 yards WR, DB, RB, QB - 75 yards WR, DB, RB, QB - 75 yards WR, DB, RB, QB - 100 yards Example: 10 second sprint Example: 10 second sprint Example: 15 second sprint 55 second rest 45 second rest 45 second rest Low impact constant movement - GPP Low impact constant movement - GPP Low impact constant movement - GPP (combination of jog, walk, run) (combination of jog, walk, run) (combination of jog, walk, run) x 15 minutes, providing 4 x 25 minutes, providing 5 x 30 minutes, providing 5 water breaks during time water breaks during time water breaks during time Day 2 Day 4 8 Minute Dynamic Warm-Up 8 Minute Dynamic Warm-Up Interval Conditioning Interval Conditioning Work Rest Ratio 1:5 Work Rest Ratio 1:4 10 x Runs 12 x Runs OL & DL - 65 yards OL & DL - 80 yards

LB, TE, FB, & SPEC. - 90 yards

(combination of jog, walk, run)

60 second rest

WR, DB, RB, QB - 100 yards

Example: 15 second sprint

x 30 minutes, providing 5

water breaks during time

Low impact constant movement - GPP

LB, TE, FB, & SPEC. - 70 yards

50 second rest

WR, DB, RB, QB - 75 yards

Example: 10 second sprint

Low impact constant movement - GPP

breaks during time

(combination of jog, walk, run)

x 20 minute, providing 4 water