

<p><u>10 - 14 Day Quarantine</u> Day 1 8 Minute Dynamic Warm-Up Interval Conditioning Work Rest Ratio 1:5.5 10 x Runs <i>OL & DL - 65 yards</i> <i>LB, TE, FB, & SPEC. - 70 yards</i> <i>WR, DB, RB, QB - 75 yards</i> <i>Example: 10 second sprint</i> <i>55 second rest</i> Low impact constant movement - GPP <i>(combination of jog, walk, run)</i> <i>x 15 minutes, providing 4</i> <i>water breaks during time</i></p>	<p><u>10 - 14 Day Quarantine</u> Day 3 8 Minute Dynamic Warm-Up Interval Conditioning Work Rest Ratio 1:4.5 12 x Runs <i>OL & DL - 65 yards</i> <i>LB, TE, FB, & SPEC. - 70 yards</i> <i>WR, DB, RB, QB - 75 yards</i> <i>Example: 10 second sprint</i> <i>45 second rest</i> Low impact constant movement - GPP <i>(combination of jog, walk, run)</i> <i>x 25 minutes, providing 5</i> <i>water breaks during time</i></p>	<p><u>10 - 14 Day Quarantine</u> Day 5 8 Minute Dynamic Warm-up Interval Conditioning Work Rest Ratio 1:3.5 10 x Runs <i>OL & DL - 80 yards</i> <i>LB, TE, FB, & SPEC. - 90 yards</i> <i>WR, DB, RB, QB - 100 yards</i> <i>Example: 15 second sprint</i> <i>45 second rest</i> Low impact constant movement - GPP <i>(combination of jog, walk, run)</i> <i>x 30 minutes, providing 5</i> <i>water breaks during time</i></p>
<p>Day 2 8 Minute Dynamic Warm-Up Interval Conditioning Work Rest Ratio 1:5 10 x Runs <i>OL & DL - 65 yards</i> <i>LB, TE, FB, & SPEC. - 70 yards</i> <i>WR, DB, RB, QB - 75 yards</i> <i>Example: 10 second sprint</i> <i>50 second rest</i> Low impact constant movement - GPP <i>(combination of jog, walk, run)</i> <i>x 20 minute, providing 4 water</i> <i>breaks during time</i></p>	<p>Day 4 8 Minute Dynamic Warm-Up Interval Conditioning Work Rest Ratio 1:4 12 x Runs <i>OL & DL - 80 yards</i> <i>LB, TE, FB, & SPEC. - 90 yards</i> <i>WR, DB, RB, QB - 100 yards</i> <i>Example: 15 second sprint</i> <i>60 second rest</i> Low impact constant movement - GPP <i>(combination of jog, walk, run)</i> <i>x 30 minutes, providing 5</i> <i>water breaks during time</i></p>	