

# Pre-Training Camp Conditioning Iorio Camp

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	<p><b>Push-ups:</b> 5 sets/20 reps 45 second rest between sets</p> <p><b>Aerobic Jog:</b> 1-2 miles or 30 minutes</p>	<p><b>Sit-Ups:</b> 5 sets/20 reps 45 second rest between sets</p> <p><b>Sprints:</b> 50 yd dash/4 sets back and forth- 8 dashes total 30 second rest between dashes, 1 minute rest between each set</p>	<p><b>Push-ups:</b> 5 sets/20 reps 45 second rest between sets</p> <p><b>Aerobic Jog:</b> 1-2 miles or 30 minutes</p>	<p><b>Sit-Ups:</b> 5 sets/20 reps 45 second rest between sets</p> <p><b>Sprints:</b> 50 yd dash/4 sets back and forth- 8 dashes total 30 second rest between dashes, 1 minute rest between each set</p>	<p><b>Push-Ups:</b> TEST: 1 set to failure, rest 1 minute then 4 sets/15 reps 45 second rest between sets</p> <p><b>Aerobic Jog:</b> 35 minute jog/run cool down with a 10 minute walk</p>	<p><b>Sprints:</b> 100 yd dash/4 dashes 1 minute rest between each set.</p>
<b>DAY OFF</b>	<p><b>Push-Ups:</b> 5 sets/20 reps, 45 second rest</p> <p><b>Aerobic Jog:</b> 35 minutes, cool down with 10 minute walk</p>	<p><b>Sit-ups:</b> 4 sets to failure, 1 minute rest</p> <p><b>Sprints:</b> 100 yd dash/5 sets, 30 second rest between dashes, 1 minute between sets, cool down 10 minute walk</p>	<p><b>Push-Ups:</b> 5 sets/20 reps, 45 second rest</p> <p><b>Aerobic Jog:</b> 35 minutes, cool down with 10 minute walk</p>	<p><b>Sit-ups:</b> 4 sets to failure, 1 minute rest</p> <p><b>Sprints:</b> 100 yd dash/5 sets, 30 second rest between dashes, 1 minute between sets, cool down 10 minute walk</p>	<p><b>Push-ups:</b> 1 set to failure, then 5 sets/20 reps, 45 second rest</p> <p><b>Aerobic Run:</b> 40 minutes, cool down with 10 minute walk</p>	<p><b>Sprints:</b> 100 yd dash – 5 dashes, 1 minute rest</p>
<b>Orientation</b>						

These exercises were designed to help you train for your week of intense training. Failure to follow through with these exercises may result in failure to perform at camp. These exercises will help you prepare for your week of camp. All exercises should be done both morning and night. 10 minutes of STRETCHING should be done before and after each regimen. Drink plenty of water before, during and after. If you feel faint, dizzy, etc. discontinue exercise, rest and try again later. Good luck and remember you only get out of it what you put into it.

