

Eastern Association Intercollegiate Football Officials

2002 ECAC Conditioning Program

Note: Before engaging in any type of strenuous physical fitness program, one should always consult a physician before beginning the program.

1. **Warm up:** 1-mile walk in 14 minutes or less.
2. **Shuttle Run:** Starting at the 20 yard line, run forward to the goal-line, touch it and return to the 20 yard line as quickly as possible. Time: 5-7 seconds.
3. **Grapevine Run:** Run sideways to the line (hash mark) and return to sideline. Time: 9-12 seconds.
4. **Down & Distance Run:** Run forward 15 yards to the spot. then turn into the field an run an additional 5 yards to mark the spot. Time: 7-10 seconds.
5. **Back Pedal Run:** Run backwards 20 yards as quickly as possible. Time: 5-4 seconds.
6. **Shuffle Run:** Shuffle(slide)10 yards to the right, back pedal 10 yards, turn and sprint 20 yards. Time: 9-12 seconds.

* This conditioning program should be done 3-4 times a week, in addition to your regular conditioning program. Repeat drills 2 through 6 six times during each conditioning/workout session.