



Official's Preseason Conditioning Program Spring 2010

Physical conditioning should be uppermost on everyone's mind during the preseason. To that end, we recommend the following workout program in preparing for the 2010 season.

By following the progressive, nine-week program outlined below (*modified from the Category I Workout Program followed by the US Navy Seals*), officials will find themselves in good physical condition. Workouts should be conducted three times a week – i.e., Sunday, Tuesday & Thursday.

- Week #1: 1 Mile per day, 3x10 push-ups, 3x15 sit-ups, 3x3 pull-ups & 10-minutes on a stationary bike.
- Week #2: 1 Mile per day, 3x10 push-ups, 3x15 sit-ups, 3x3 pull-ups & 10-minutes on a stationary bike.
- Week #3: 1.5 Miles per day, 3x15 push-ups, 3x20 sit-ups, 3x4 pull-ups & 15-minutes on a stationary bike.
- Week #4: No running (reduce leg stress), 3x15 push-ups, 3x20 sit-ups, 3x4 pull-ups & 15-minutes on a stationary bike.
- Week #5: 1.5 Miles per day, 3x15 push-ups, 3x20 sit-ups, 3x4 pull-ups & 15-minutes on a stationary bike.
- Week #6: 2 Miles per day, 3x20 push-ups, 3x25 sit-ups, 3x5 pull-ups & 20-minutes on a stationary bike.
- Week #7: 2 Miles per day, 3x20 push-ups, 3x25 sit-ups, 3x5 pull-ups & 20-minutes on a stationary bike.
- Week #8: 3 Miles per day, 4x20 push-ups, 4x25 sit-ups, 4x5 pull-ups & 30-minutes on a stationary bike.
- Week #9: 3 Miles per day, 4x20 push-ups, 4x25 sit-ups, 4x5 pull-ups & 30-minutes on a stationary bike.

