

DENNIS HALL'S CONDITIONING PROGRAM 8 WEEK SPRINT CYCLE

- Conditioning Program 8 Week Sprint Cycle, 3X'S Per Week
- Week 1 and 2
- Three 880
- Week 3 and 4
- One 880
- Four 440
- Week 5 and 6
- Two 440
- Six 220
- Four 110
- Week 7 and 8
- Four 220
- Eight 110
- Sixteen 55

Rest time in between sprints is 3x's the amount of time it takes to do the previous sprint. This program is designed to have your heart rate just above resting level, as you start your next sprint. This is the sprinting program that I used from 1992-2004. I always felt my conditioning was great, so I could wrestle hard. Dennis Hall



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