



## **Combs Football Conditioning Tests**

Each player will be required to complete the following conditioning tests: 1 mile run, 40/10, 400 yard shuttle run and 16/110.

- Athletes are required to pass ALL conditioning tests before August 2<sup>nd</sup> practice.
- Failure to complete a conditioning test will result in 6:00 am make-up testing sessions with Coach Vezzosi.
- Each athlete MUST complete the conditioning tests before the beginning of the season.

### **Phase 1:**

*Each player will complete the 1 mile run (4 laps). This test will take place before August 2<sup>nd</sup> practice.*

100-140 lbs – 6:30

141-170 lbs – 6:45

171 – 200 lbs – 7:30

201 – 230 lbs – 8:00

Over 230 lbs – 9:00

### **Phase 2:**

*Each player will perform the 40-yard sprint 10 times. Each player must be under a certain time. You must make this time for every 40-yard sprint*

100-140 lbs – 5.5

141-170 lbs – 5.7

171 – 200 lbs – 5.9

201 – 230 lbs – 6.4

Over 230 lbs – 6.8

### **Phase 3:**

**400 yard Shuttle: 25 yards (8 times)**

### **Phase 4:**

**16- 110 yard sprints: 45 second rest between sprints**

**100 – 140 lbs: 17 seconds**

**141 – 170 lbs: 19 seconds**

**171 – 200 lbs: 21 seconds**

**201 – 230 lbs: 23seconds**

**Over 230: 24 seconds**