# Running Program
# SYRACUSE  UNIVERSITY

|  | 1 | 2 | 3 | 4 |
|---|---|---|---|---|
| **Set 1** | FL<br>HC<br>BL<br>FL | FLSH<br>HCBP<br>FL<br>BL | HC<br>HCBP<br>FLSH | BL<br>FLSH<br>HCBP<br>FLBP |
| **Set 2** | FLSH<br>BL<br>FLBP<br>HC | HCSH<br>BL<br>FLBP<br>BL | FLBP<br>BL<br>FL<br>BL | BL<br>FL<br>BL |
| **Set 3** | BL<br>FL<br>BL | HC<br>HCBP<br>FLSH | FLSH<br>HC<br>FLSH | HCBP<br>BL<br>FLBP |
| **Set 4** | HCBP<br>BL<br>FLBP<br>HC<br>FL | FLBP<br>HC<br>FLSH<br>BL<br>FLBP | BL<br>FLSH<br>HC<br>BL<br>HCBP | BL<br>HC<br>BL<br>HCBP<br>HC |
| **Set 5** | FLSH<br>HCBP<br>HC<br>FL | BL<br>HC<br>FL<br>FLSH<br>HC | HC<br>HCBP<br>FLSH | FLBP<br>HCBP<br>BL<br>FLSH |
| **Set 6** | BL<br>HC<br>BL<br>FLSH | HC<br>FL<br>HCBP<br>BL | BL<br>FLSH<br>BL | HC<br>HCBP<br>FLSH |

**\***Put team into 2 groups.
**\***Group one runs a set while group 2 waits.  As soon group one finishes a set, send group 2.
**\***Run column 1, rest 1 min.; run column 2, rest 3 mins.; run column 3, rest 1 min.; run column 4.
**\***Every set is equal to 1 quarter of game running.

FL-free throw line (closest to you)
HC-half court
BL-baseline
BP-back peddle
SH-shuffle (slide)

Matt,

With the talk about conditioning this week, I thought I would share a running program that I got from a conditioning coach while I was coaching at Tarleton. This is one of the best "game" shape conditioning programs that I have ever come across.

This program came from Jim Boeheim at Syracuse University. Coach Boeheim was frustrated with the fact that his team was not "game" shape ready when he was able to start full workouts. During the pre-season, the NCAA would allow them to condition, but they could not do any activity with a basketball while coaches where present. In order for him to get his team in "game" condition, he had some graduate students develop a program for their thesis. He had them take 5 years of mens game films and 5 years of womens game films. He had them chart every time a certain player ran or slid to a certain spot on the floor. They compiled a list and wrote a program to simulate a game. When this program is used, it is equal to playing 1 full game without the use of a ball.

I have used this every year. It works.


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