

## Positive Conditioning Ideas

- Birthday run – it's your birthday- you get to run extra. Team cheers you on.
- Win competition-
- victory lap
- podium
- Challenge equally
- Running for time
- Exercises for time
- -Individual challenge, do better next time
- General ideas
- Each team chooses a song to condition to and when their song comes on they lead and high five during conditioning
- Conditioning tournament: Pair-up and see who can do the most of an exercise in a certain period of time. The winners keep pairing up and continuing until only one person is left. Non-winners cheer.
- Running tournament- closest to pace
- Options to extend the workouts to athletes who successfully complete the workout or practice. Make conditioning a privilege and a source of achievement