



## 7 Day Lane Conditioning Program

Program

40' Jnr/Yth Nationals

<b>Oiling Distance</b>		<b>40 feet</b>
<b>Forward shift to Medium Speed</b>		<b>12 foot</b>
<b>Forward shift to High Speed</b>		<b>30 feet</b>
<b>Zone 1 pads OFF</b> (Outside)		<b>96 inches</b>
<b>Zone 2 pads OFF</b> (Track)		<b>180 inches</b>
<b>Zone 3 pads OFF</b> (Inside Centre)		<b>26 feet</b>
<b>Zone 4 pads OFF</b> (Centre)		<b>29 feet</b>
<b>Forward travel Buff out</b>		<b>39 feet</b>
<b>Reverse shift to Medium Speed</b>		<b>22 feet</b>
<b>Reverse shift to Low Speed</b>		<b>14 feet</b>
<b>Drop Brush in Reverse</b>		<b>36 feet</b>
<b>Zone 4 pads ON</b> (Centre)		<b>33 feet</b>
<b>Zone 3 pads ON</b> (Inside Centre)		<b>29 feet</b>
<b>Zone 2 pads ON</b> (Track)		<b>276 inches</b>
<b>Zone 1 pads ON</b> (Outside)		<b>180 inches</b>
<b>Reverse Buff to Foul Line</b>		<b>0 foot</b>