

Runs

1. 1.5 Mile run
2. 10 x 40 Yd. sprints
8 x 20 Yd. sprints
3. 6 x 100 Yd. sprints
8 x 60 Yd sprints
4. 10 forward/back jumps and 40 Yd. sprint x 5
10 side/side jumps and 40 Yd. sprint x 5
5. Shuttle run 0- 20- 40 Yd. x 10
6. Box Run (30 Yd. box) Sprint, shuffle, back pedal, lunges x 6