

EXERCISE 1 (LADDER RUN)

DISTANCE	TIME	REST
MILE	8 MIN./UNDER	2 MIN.
½ MILE	4 MIN./UNDER	1 MIN.
400	1 ½ MIN./UNDER	45 SEC
200		UNTIL RECOVERED
100	KEEP TIMES	WALK BACK
50	KEEP TIMES	WALK BACK

200, 100,50 KEEP YOUR OWN TIMES
YOU CAN USE THE LADDER BY GOING DOWN AND THEN BACK UP IN THE DISTANCES

EXERCISE 2 (CONNIE'S)

ALL JOG-SPRINT SEGMENTS ARE A TOTAL OF 3 MINUTES

1. 5 SEC. JOG (WALK)	25 SEC. SPRINT	1 ½ MIN. REST
2. 10SEC.JOG	20 SEC. SPRINT	1 ½ MIN. REST
3. 15SEC.JOG	15 SEC. SPRINT	1 ½ MIN. REST
4. 20 SEC. JOG	10 SEC. SPRINT	1 ½ MIN. REST
5. 25 SEC. JOG	5 SEC. SPRINT	1 ½ MIN. REST

EXERCISE 3 (22 SPRINTS)

WARMUP REALLY WELL BEFORE SPRINTING

FIRST SET		SECOND SET	
3	100'S	4	50'S
4	50'S	4	50'S
4	50'S	3	100'S

TRY TO RUN WITH SOMEONE
THE RESTING PHASE IS THE WALK BACK TO STARTING LINE