



6X100 YRD Sprints: 45 sec rest

20X40 YRD Grassers: Sprint down 20 YRDs Sprint Back 20 YRDs: 20 Sec rest

5X50 YRD Sprints: 30 sec rest

10X60 YRD Grassers: Sprint down 30 YRDs Sprint Back 30 YRDs: 30 Sec rest