



**Warm Up: Jog 100 YRDs X 3**

**7X100 YRD Sprints: 40 Sec Rest**

**5X75 YRD Sprints: 30 Sec Rest**

**12X50 YRD Grassers: (Sprint 25 YRDs, touch the ground than  
Sprint back 25 YRDs)**

**15X50 YRD Sprints- Sprint down 50 YRDS than jog back (the  
jogging is your rest)**