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GK Sports

ATHLETIC SPEED:

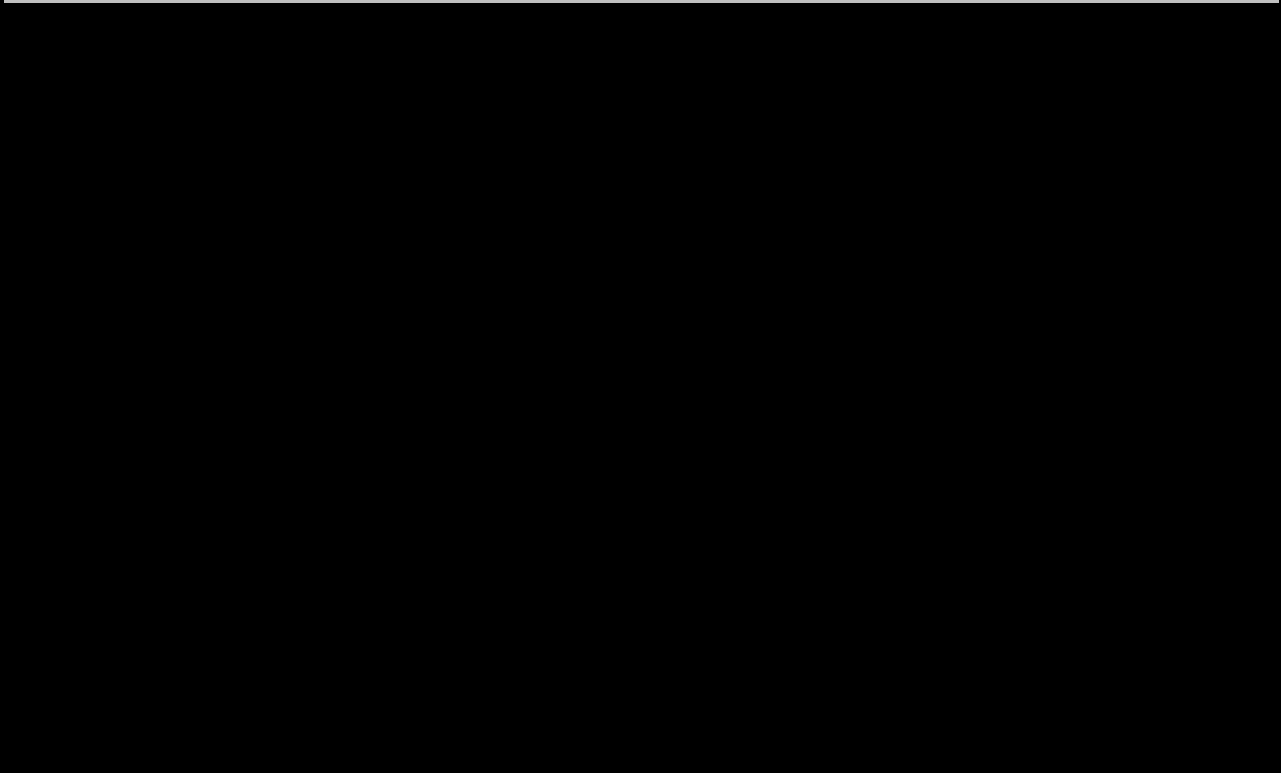
**The following is only a
preview of ONE workout.
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Phase III - Week 11

DAY 1



DAY 2

TIME

10	Warm-Up			
10	Flexibility			
11	Resistance			
	Sets Distance	Rest	Goals	
	5 x 20 yds	2 min	:03	:03.5 :04
12	Sprints			
	Sets Distance	Rest	Goals	
	6 x 40 yds	2 min	:05	:05.5 :06
5	Strides			
	Sets Distance	Rest		
	4 x 100 yds	1 min		
10	Range of Motion	(5 hurdles)		
	4 x Forward Step			
	4 x Lateral Step			
10	Cool-Down			

Estimated Workout Time

68 minutes