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GK Sports

ATHLETIC SPEED:

**The following is only a
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Phase II - Week 6

DAY 1

DAY 2

TIME

10	Warm-Up			
10	Flexibility			
24	Resistance			
	Sets	Distance	Rest	Goals
	5 x	80 yds	2 min	:12 :13 :15
	<i>rest 4 minutes</i>			
	4 x	80 yds	2 min	:12 :13 :15
5	Strides			
	Sets	Distance	Rest	
	4 x	100 yds	1 min	
10	Range of Motion (5 hurdles)			
	3 x Forward Step			
	3 x Lateral Step			
10	Cool-Down			

Estimated Workout Time

69 minutes