

Speed Day 1

Speed Warm Up Provided
SKIPS NEED TO BE CRISP

Accelerating Correctly Videos

5x 20 Yard Sprints REST 1:00 Between
4x 40 Yard Sprints REST 1:30 Between
3x 60 Yard Sprints 1:30 Between
2x 100 Yard Sprints 2:00 Between