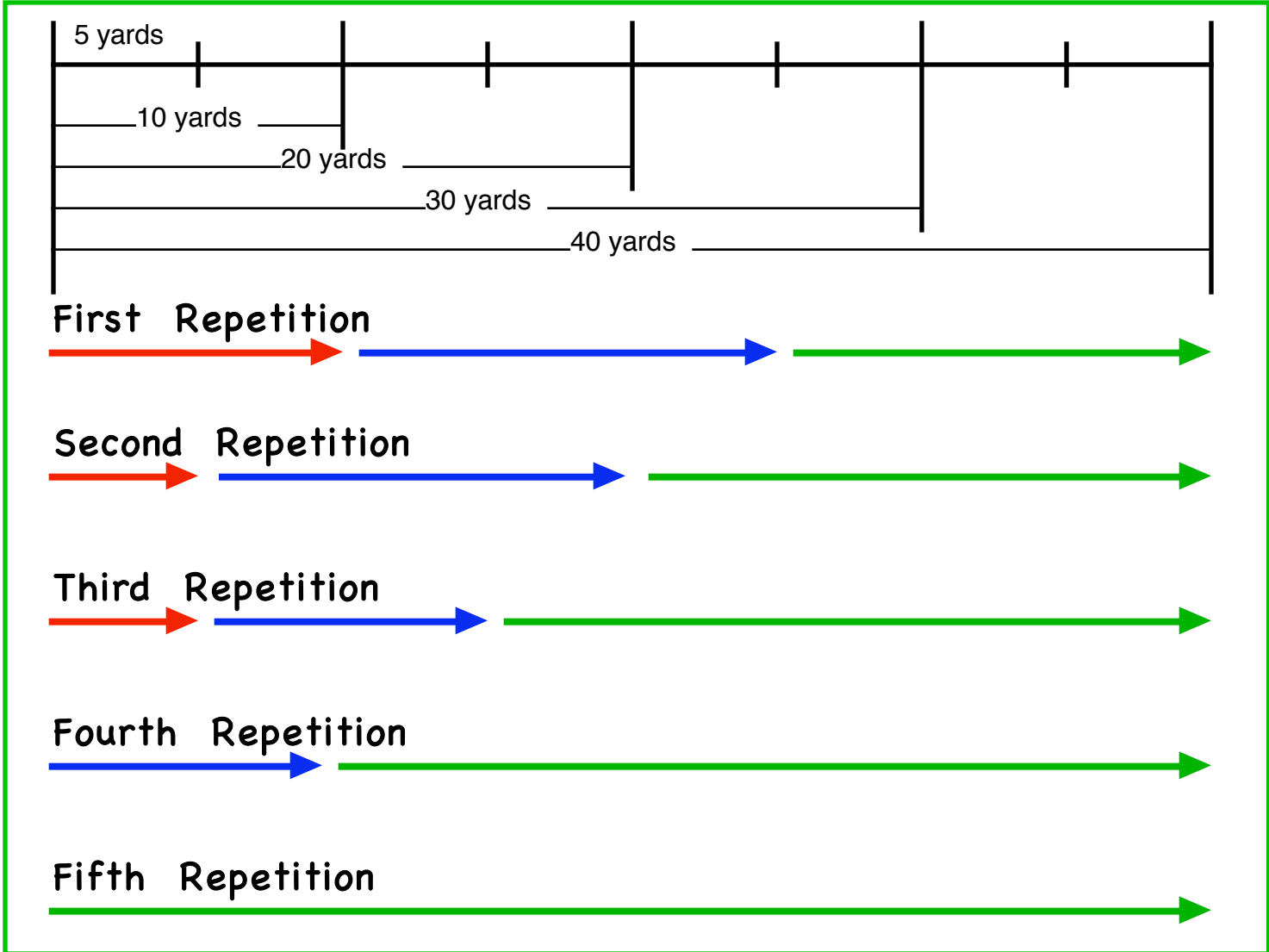


**SPEED, AGILITY & QUICKNESS
 "40-Yard Sprint Workout"**



LEGEND: Jog  Run  Sprint 

"40-YARD SPRINT WORKOUT"	
1st Rep:	Jog 10 yards + Run 15 yards + Sprint 15 yards (jog back + rest = 50 secs)
2nd Rep:	Jog 5 yards + Run 15 yards + Sprint 20 yards (jog back + rest = 50 secs)
3rd Rep:	Jog 5 yards + Run 10 yards + Sprint 25 yards (jog back + rest = 45 secs)
4th Rep:	Run 10 yards + Sprint 30 yards (jog back + rest = 40 secs)
5th Rep:	Sprint 40 yards
	<ul style="list-style-type: none"> • Do 3 sets of the 5 repetitions • Rest 3 Minutes between sets