## Speed

## Warm Up

250m Steady

## **Main Set**

10 x 100m – Steady, 15 sec rest

7 x 100m – Fast, 20 sec rest

 $5 \times 50m - Sprint$ , 20 sec rest

4 x 25m – GIVE IT EVERYTHING YOU HAVE LEFT, on 20 sec rest

## **Cool Down**

200m easy