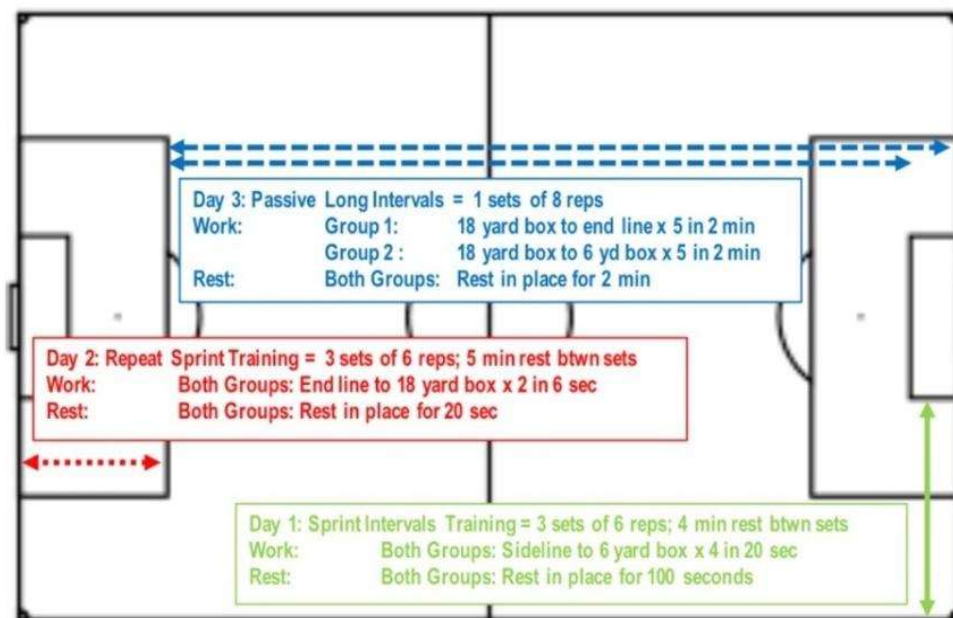


Date	Day	Type	Work Interval	Rest Interval	# of Shuttles	Amt of work	Rest Between Sets	Work distance (meters)
1-Aug	1	PRACTICE 7:00 TBD						
2-Aug	2	Sprint Interval Training	20 sec	100 sec	4	3 sets of 6 reps	4 min	25
3-Aug	3	PRACTICE 7:00 TBD						
4-Aug	4	Repeat Sprint Training	6 sec	20 sec	2	3 sets of 6 reps	5 min	20
5-Aug	5	REST						
6-Aug	6	Passive Long Intervals	2 min	2 min	5	1 sets of 8 reps	n/a	44



**Day 2:** Put two cones 25 meters apart. Sprint down and back 4 times in 25 sec. Rest for 100 sec. Repeat 6 times. Rest for 4 minutes. REPEAT 2 more times

**Day 4:** Put two cones 20 meters apart. Sprint down and back in 6 sec. Rest for 20 sec. Repeat 6 times. Rest for 5 minutes. REPEAT 2 more times

**Day 6:** Put two cones 44 meters apart. Sprint down and back 5 times in 2 min. Rest 2 min. Repeat 7 more times.