



2X100 YRD Sprints: 40 sec rest

4X75 YRD Sprints: 30 sec rest

6X50 YRD Sprints: 20 sec rest

8X25 YRD Sprints: 10 sec rest

**10X 25 YRD Bear Crawls SS Sprint 50 YRDs SS 25
Mountain Climbers: 40 sec rest**