**ABC PROGRAMMA 1**

1 SPEEDLADDER FRONTAL JUMPING IN IN OUT OUT
2 GAIT JUMPS (LOOPSPRONGEN) 26 METER
2 CONE ZIGZAG DRILL SIDEWAYS 7 METER
3 SPEEDLADDER ICKY SHUFFLE
4 26M SIDE SHUFFLE TURN AROUND EVERY 6 METER
5 SHORT TO LONG STEP SPRINT DRILL UNTIL 26 METER

**WORKOUT 1**  **WORKOUT 4**
1X TEST 4X 40 SECONDS REST
2X 50 SECONDS REST
 **WORKOUT 2**  **WORKOUT 5**
3X 50 SECONDS REST 2X 2 ROUNDS 60 SECONDS REST
 **WORKOUT 3**  **WORKOUT 6**
3X 40 SECONDS REST 1X 3 ROUNDS 60 SECONDS REST
1X 2 ROUNDS