A picture containing person, sport, person, game

Description automatically generated**ABC PROGRAMMA 1**

Shape

Description automatically generated1 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