**AGILITIE CONE DRILL PROGRAM 1**



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|  | **WORKOUT 1** | **WORKOUT 2** | **WORKOUT 3** | **WORKOUT 4** | **WORKOUT 5** | **WORKOUT 6** |
|  | **EMOM 60S** | **EMOM 55s** | **EMOM 50s** | **EMOM 45s** | **EMOM 45s** | **EMOM 45s** |
| 18M SPRINT | 2x | 3x | 2x | 2x | 2x | 3x |
| 5M SIDEWAYS, 5M SIDEWAYS BACK, 18M SPRINT | 2x | 3x | 2x | 3x | 3x | 3x |
| 5M SPRINT, 5M BACKPADLE, 18M SPRINT | 2x | 2x | 3x | 2x | 3x | 3x |
| 18M SPRINT, 5M BACKPADLE, 5M SPRINT | 2x | 2x | 2x | 3x | 3x | 3x |
| 9M SPRINT, 18M SPRINT, 9M SPRINT | 1x | 1x | 1x | 1x | 1x | 1x |