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Final workout:

100yd ½ speed, ¾ speed and full speed each distance 2 repetitions

zig-zag run 5 repetitions

forward backward run 5 repetitions

circle run 6 repetitions

figure 8 runs 5 repetitions

carioca 5 repetitions each way

Shuttle run, 50 yards, direction change every 10 yards, 5 repetitions, alternate hands touching.

Box drill, 20 yards square, 6 repetitions, alternate starting side.

Agility run, 5 repetitions, alternate starting side

Phase 4 Return to Sports Practice. Days 60 to 90

Do 1 to 2 repetitions of each drill of final workout to warm-up before practice.

Phase 5 Return to Sports Competition, Day 90 onward.