

25yd Shuttle
Set cones 5yds apart. Cone at start, 5yd, 10yd, 15yd, 20yd, 25yd.
1 rep = sprint 5yds and sprint back, 10yds and back, 15yds and back, 20yds and back, 25yds and back.
Rest 35seconds between reps and 90 seconds between sets.
Build ups
Sprint out and jog back to start, immediately begin the next sprint. Rest 30 seconds between distance increases.
Build Up 1: (4) 20yd sprints, (3) 40yd sprints, (2) 60yd sprints, (2) 80yd sprints, (1) 100yd sprints
Build Up 2: (6) 20yd sprints, (5) 40yd sprints, (3) 60yd sprints, (3) 80yd sprints, (2) 100yd sprints
Build Up 3: (8) 20yd sprints, (7) 40yd sprints, (4) 60yd sprints, (4) 80yd sprints, (2) 100yd sprints
30/30 Intervals
Sprint 30 seconds, recovery jog 30 seconds. Do this continuously for the specified time.
300 Split
1 rep = Run 120yds down and back in 60 seconds (full length of field). Rest 30 seconds. Run 60yds (to midfield). Walk back to start. Rest 60 seconds between reps
Mile Repeat
Run 1 mile < 7:15.
Rest/stretch for 5 minutes.
Run another mile < 7:30
Gassers
Set two cones 30yds apart. 1 rep = (1) 30 yd sprint. Rest 10sec between each rep. Rest 90sec between each set.
120's
Sprint full length of field in 19 seconds. Rest remainder of minute.
Speed Play 1 – 30 Minutes in Duration
2 minutes – walk 15 seconds, jog 45 seconds 3 minutes – walk 25 seconds, stride 35 seconds
10 minutes – walk 45 seconds, sprint 15 seconds
2 minutes – walk 15 seconds, jog 45 seconds 3 minutes – jog 15 seconds, stride 45 seconds 5 minutes – walk 40 seconds, sprint 20 seconds
5 minutes – jog
Speed Play 2 – 35 Minutes in Duration
2 minutes – walk 10 seconds, jog 50 seconds
5 minutes – walk 20 seconds, stride 40 seconds
5 minutes – walk 35 seconds, sprint 25 seconds
5 minutes – walk 10 seconds, jog 50 seconds 5 minutes – Jog 45 seconds, sprint 15 seconds
5 minutes – walk 50 seconds, sprint 10 seconds
3 minutes – walk 30 seconds, jog 30 seconds
5 minutes – walk 15 seconds, stride 45 seconds
Speed Play 3 – 40 Minutes in Duration
2 minutes – walk 20 seconds, jog 40 seconds
3 minutes – jog 20 seconds stride 40 seconds 10 minutes – walk 35 seconds, sprint 25 seconds
5 minutes – walk 30 seconds, stride 30 seconds
2 minutes – jog 40 seconds, sprint 20 seconds 3 minutes – walk 35 seconds, sprint 25 seconds
10 minutes – jog 30 seconds, stride 30 seconds 5 minutes – jog