

ASAP Workouts Speed Week #2 Workout  
Four Square and Soft Hurdles combinations

Draw a Four Square pattern with chalk or use the Penalty Box device  
Use a pool noodle to cut up into 12" lengths as Soft Hurdles

First Circuit: 10 seconds work, 50 seconds rest

1-2 Pattern

1-4 Pattern

1-2-3-4 Pattern

1-4-3-2 Pattern

1-4 Soft Hurdle Jumps

1-2 Soft Hurdle Jumps

Soft Hurdle Lateral Shuffles

Rest 3 minutes before you attempt a second circuit

Second Circuit: 15 seconds work, 45 seconds rest

1-2 Pattern

1-3 Pattern

4-2 Pattern

1-4 Pattern

1-4 Soft Hurdle Side to Side Shuffles

Soft Hurdle Jumps 1-3

Soft Hurdle Jumps 4-2

Rest for 3 minutes before attempting a third circuit

Third Circuit: 20 seconds work, 40 seconds rest

1-2-3-1 Pattern

1-3-2-1 Pattern

4-2-3-4 Pattern

4-3-2-4 Pattern

1-2-3-4 Pattern

Soft Hurdle Side to Side Shuffles

Soft Hurdle Forward Hops with Twist Return