

ASAP Workouts

Speed Week 3 Circuit

Do the following seven drills for each round

Round #1: 10 seconds work, 50 seconds rest per drill

Side Shuffles

Forward Left-Right

Forward Right-Left

Zig Zag: Out & Up Shuffles

Single Foot In Square

Bunny Hops

Zig Zag Hops: Out & Up

Round #2: 15 seconds work, 45 seconds rest per drill

Side Shuffles

Forward Left-Right

Forward Right-Left

Zig Zag: Out & Up Shuffles

Single Foot In Square

Bunny Hops

Zig Zag Hops: Out & Up

Round #3: 20 seconds work, 40 seconds rest per drill

Side Shuffles

Forward Left-Right

Forward Right-Left

Zig Zag: Out & Up Shuffles

Single Foot In Square

Bunny Hops

Zig Zag Hops: Out & Up

Agility Ladder tips:

You can find an agility ladder at most sports or department stores, Wal-Mart has a whole kit with a ladder, some cones, and some hurdles which is around \$22 to get. It comes in either the Athletic Works brand or the SPRI brand. Getting it as a whole kit allows you to do more with this program as you go along through it.