

ASAP Workouts

Speed Week #6 - Hurdle Drills

Set up the hurdles with two footsteps in-between each hurdle.

Watch the video to fully know the directions of each pattern in the circuit.

Main Circuit - done up to 3 times

First Round: 10 seconds work, 50 seconds rest

Forward Left-Right

Forward Right-Left

Lateral Shuffles

Bunny Hops

Lateral Bunny Hops

Alternating Single Leg Hops

Two Hurdle Lateral Shuffles

Take 3 minutes rest after the first round

Second round:

Do all exercises with 15 seconds work, 45 seconds rest

Take 3 minutes rest after the second round

Third round:

Do all exercises for 20 seconds work, 40 seconds rest

If you don't have hurdles, use a short pool noodle on the ground as the hurdle.

If you use the pool noodles, try to do the workout on grass or inside on a soft surface.