

SPARTA Protocols:

Templates & Workout Series

SPARTA Circuit

Drill	10/20 x 8	15/15 x 8	20/10 x 8	15/15 x 8	10/20 x 8
Kettlebell Swings					
Jump Rope Drill					
Hurdles/Hoop Drill					
Cone Drill					

SPARTA Time: set distance drills which are electronically timed

Drill	Trial 1	Trial 2	Trial 3	Trial 4	Trial 5	Trial 6	Trial 7
10 Yard Dash							
20 Yard Dash							
30 Yard Dash							
40 Yard Dash							
20 Yard Shuttle							
T-Test							
5/10 Sprint/BP/Sprint							