

COWGIRL LADDER

END ZONE													
START												FINISH	
5	SPRINT 10		SPRINT 30		SPRINT 50		SPRINT 70		SPRINT 90		5		
10	YARDS		YARDS		YARDS		YARDS		YARDS	JOG 100	10		
15								JOG 20			15		
20	JOG 90										20		
25											25		
30											30		
35						JOG 40					35		
40			JOG 70								40		
45											45		
50											50		
45				JOG 60							45		
40					JOG 50						40		
35											35		
30											30		
25		JOG 80									25		
20						JOG 30					20		
15											15		
10											10		
5		YARDS		YARDS		YARDS		JOG 10		YARDS	5		
		SPRINT 20		SPRINT 40		SPRINT 60		SPRINT 80		SPRINT 100			
END ZONE													