

# University of Wyoming

## 2 QUARTERS OF SPRINTS

**RUN THE FOLLOWING DISTANCES UNDER THE TIMES SET, REST INDICATED TIME BETWEEN EACH SPRINT.**

1. 40 YARD SPRINT	6 SECONDS	15 SECONDS
2. 40 YARD SPRINT	6 SECONDS	15 SECONDS
3. 30 YARD SPRINT	4 SECONDS	15 SECONDS
4. 30 YARD SPRINT	4 SECONDS	15 SECONDS
5. 20 YARD SPRINT	3 SECONDS	15 SECONDS
6. 20 YARD SPRINT	3 SECONDS	15 SECONDS
7. 10 YARD SPRINT	2 SECONDS	15 SECONDS
8. 10 YARD SPRINT	2 SECONDS	15 SECONDS
9. 5 YARD SPRINT	<1 SECOND	15 SECONDS
10. 5 YARD SPRINT	<1 SECOND	15 SECONDS

**BREAK**

**1.5 MINUTES REST**

1. 40 YARD SPRINT	6 SECONDS	15 SECONDS
2. 40 YARD SPRINT	6 SECONDS	15 SECONDS
3. 30 YARD SPRINT	4 SECONDS	15 SECONDS
4. 30 YARD SPRINT	4 SECONDS	15 SECONDS
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6. 20 YARD SPRINT	3 SECONDS	15 SECONDS
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**REST 3 MINUTES AND REPEAT FOR SECOND QUARTER OF SPRINTS**