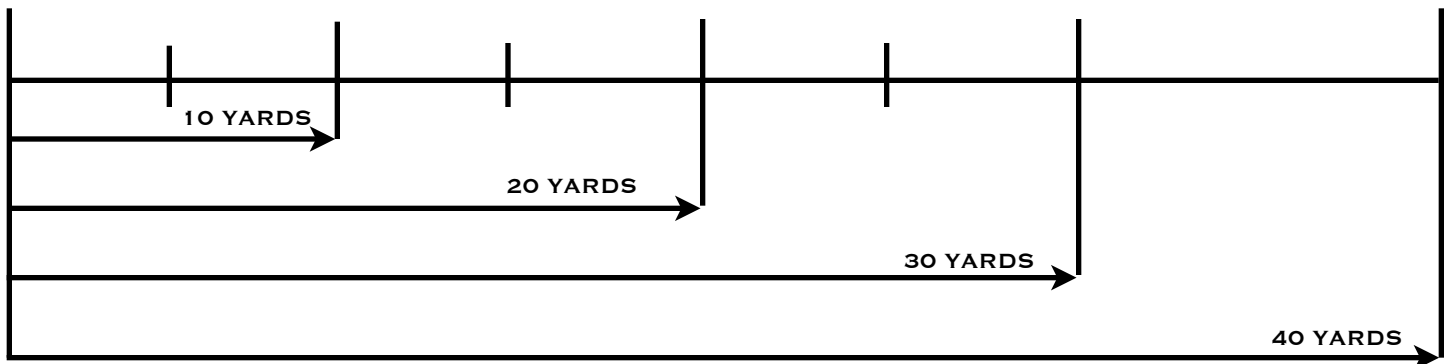


## SPEED ENDURANCE: 40-YARD WORKOUT



### FIRST RUN



### SECOND RUN



### THIRD RUN



### FOURTH RUN



### FIFTH RUN



### GRID SIZE

Lay out eight (8) cones , each 5 yards apart -- 0, 5, 10, 15, 20, 25, 30, 40.

### DRILL SEQUENCE

Five (5) Runs = One (1) Set. The Runs are as follows:

First Run: Walk 5 Yards, Jog 15 Yards, Run 10 Yards, Sprint 10 Yards, jog back.

Second Run: Jog 10 Yards, Run 15 Yards, Sprint 15 Yards, jog back

Third Run: Jog 5 Yards, Run 15 Yards, Sprint 20 Yards, jog back

Fourth Run: Run 10 Yards, Sprint 30 Yards, jog back

Fifth Run: Sprint 40 Yards

### COACHING POINT

- > The difference between a Jog and a Run is this: Running is about 75% of a Sprint. Jogging is about 25% of a Sprint.
- > Players should always start in an Athletic or Soccer Stance: both feet on a Start Line, hip-width apart.
- > Players should start with small steps, with the body posture upright (Walking)
- > At the start of a Jog the upper body should lean slightly forward
- > As the pace increases from a Jog to a Run to a full Sprint, the body should be only slightly bent forward
- > Remember to coach the proper running mechanics as players achieve optimum speed