Sprint Workouts

* + Speed drills with intensity, purpose (5-7 seconds) arm action and posture
	+ (3-4 sets each to start)
		- Speed march
		- Skips
		- High knees
		- High knee fast
		- Box jumps (5 imaginary boxes; jump as high as you can)
		- Bounding high and far
		- Bounding fast
		- Prime time(high paced)
		- Split and rip
		- Pogo Jumps
		- Single leg hurdle hops