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