

MASQ TRAINING		
TRAINING FOCUS	LIMITATIONS	
SPEED	EQUIPMENT	NONE
	BODY PARTS	TOTAL BODY
SPEED CIRCUIT		
WORKOUT EXPLANATION		
Complete each sprint in order with 45-60 seconds of rest between reps, unless stated otherwise. Take 2-3min between exercises.		
Standing Start: start with one foot in front of the other, switch each rep. Half kneeling start: lunge position with one knee rested on the ground, switch each rep.		
A	STANDING START 2x10yrd	
B	STANDING START 2x15yrd	
C	STANDING START 2x20yrd	
D	SHUTTLE SPRINT 6x40 (80 total yds) w/60sec REST	
E	5min COOLDOWN WALK	
https://www.masqtraining.com/		