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 2x15yrd
B	HALF KNEELING SIDEWAYS START 2x15yrd EACH
C	CROSSOVER RUN 5yrd INTO 20yrd SPRINT x3 EACH
D	4x110yrd w/90sec REST
E	5min COOLDOWN WALK

https://www.masqtraining.com/