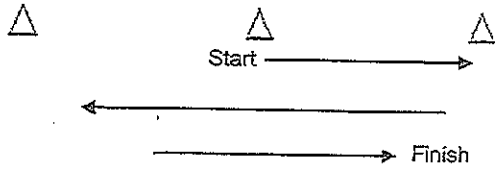
WORKOUT #3
AGILITY
2x a week

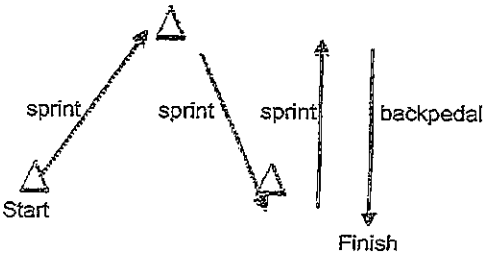
AGILITY—CHANGE OF DIRECTION DRILLS

Pro Agility—cones 5 yards

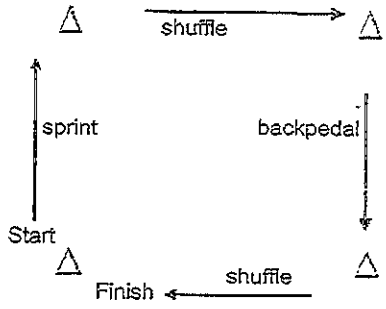


*mix in shuffle

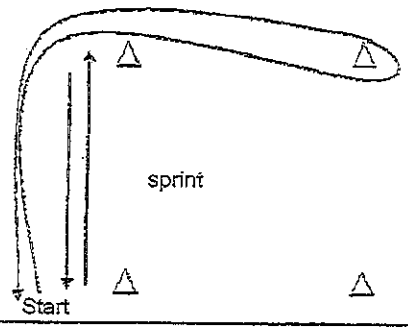
Triangle Agility—cones 5 yards apart



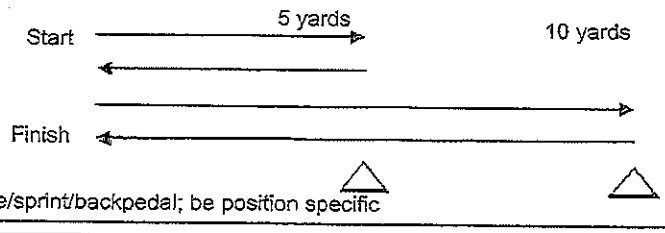
Agility Square—cones 5 yards apart



Sprint Agility—cones 5 yards apart

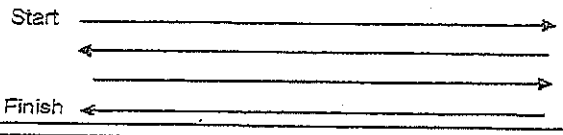
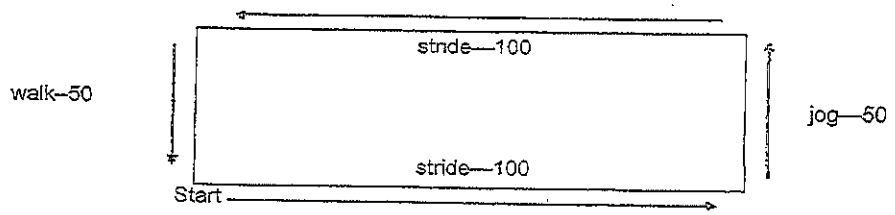


Jingle Jangle—cones 5 yards apart



*mix up shuffle/sprint/backpedal; be position specific

60 yd. Shuttle—cones 15 yards apart



Tempo Run—conditioning run