

40 YARD SEQUENCE

1. 40 yard bounding x 2
2. 40 speed skip x 2
3. 40 yard buildup (full speed by 30 yd.) x 2
4. 5 step start x 5 (like warm-up) emphasize foot, knee, speed
5. 40 yard sprint x 2

Emphasis: high knee drive, toes up...not pointed, vigorous arm action.

You should rest for about 20 to 30 seconds after each exercise.