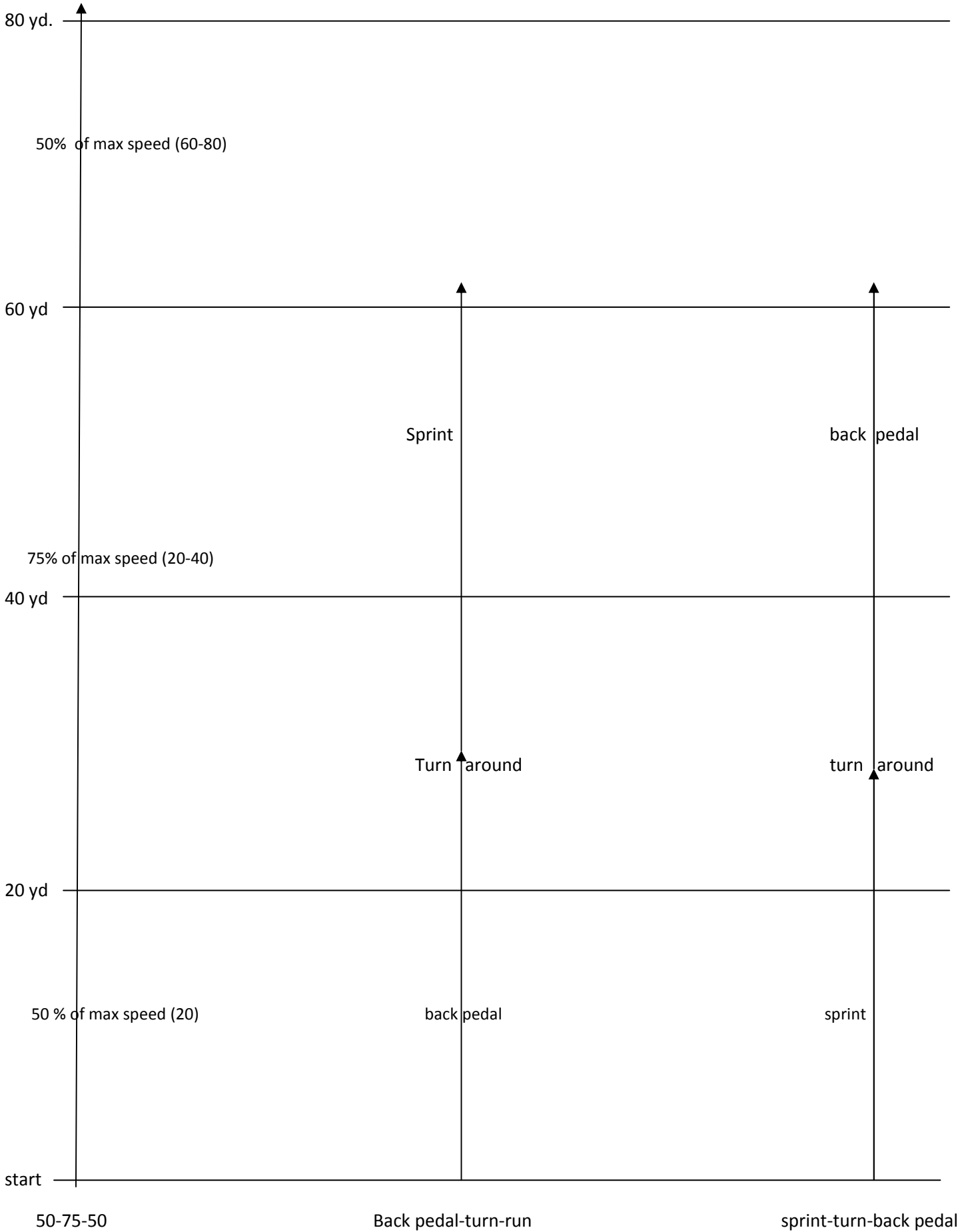


Long Sprint Sequence



Long Sprint Sequence (cont'd)

80 yd.

60 yd

75% of max speed for 20 yd

100% speed for 20 yd

40 yd

100 % speed for 20 yd

75% of max speed for 20 yd

20 yd

75 % of max speed for 20 yd

100% speed for 20 yd

start

