

Alactic COD Training

Level 1

Change of Direction

| Drill | Sets/Reps |
|--|------------------------------|
| Pro Agility | 4 reps EA, 0:45 Rest Between |
| Rest 2:00 | 1 rep |
| Open 45 Agility (Sh-Sp-Sh-Sp) | 4 reps EA, 0:45 Rest Between |
| Rest 2:00 | 1 rep |
| Close 45 Agility (Sh-Sp-Sh-Sp) | 4 reps EA, 0:45 Rest Between |
| MAX SPEED/SPRINTING | |
| Total Duration: 32 min | |