

# Alactic COD Training

Level 2

Change of Direction

Drill	Sets/Reps
<a href="#">Pro Agility</a>	5 reps EA, 0:45 Rest Between
Rest 2:00	1 rep
<a href="#">Open 45 Agility (Sh-Sp-Sh-Sp)</a>	5 reps EA, 0:45 Rest Between
Rest 2:00	1 rep
<a href="#">Close 45 Agility (Sh-Sp-Sh-Sp)</a>	5 reps EA, 0:45 Rest Between

**MAX SPEED/SPRINTING**

Total Duration: 34 min