

Alactic COD Training

Level 3

Change of Direction

| Drill | Sets/Reps |
|--|------------------------------|
| Pro Agility | 5 reps EA, 0:35 Rest Between |
| Rest 2:00 | 1 rep |
| Open 45 Agility (Sh-Sp-Sh-Sp) | 5 reps EA, 0:35 Rest Between |
| Rest 2:00 | 1 rep |
| Close 45 Agility (Sh-Sp-Sh-Sp) | 5 reps EA, 0:35 Rest Between |

MAX SPEED/SPRINTING

Total Duration: 31 min