

# MSU MAVERICKS

HOME OF THE MINNESOTA STATE UNIVERSITY MANKATO MAVERICKS

**Week 1**

**SPRINT LADDER**  
 RUN THE FOLLOWING DISTANCES UNDER THE TIMES SET, REST INDICATED TIME BETWEEN EACH SPRINT  
**REST ONE MINUTE AFTER EACH SET**

**MONDAY**

SET	DISTANCE	TIME	REST
1	5 YARD	x3	FAST AS POSSIBLE
2	10 YARD	x2	5 SECONDS
3	20 YARD	x1	5 SECONDS
<b>REST 3 MINUTES</b>			
1	5 YARD	x3	FAST AS POSSIBLE
2	10 YARD	x2	5 SECONDS
3	20 YARD	x1	10 SECONDS

**WEDNESDAY**

SET	DISTANCE	TIME	REST
1	5 YARD	x2	FAST AS POSSIBLE
2	10 YARD	x2	5 SECONDS
3	20 YARD	x2	10 SECONDS
<b>REST 3 MINUTES</b>			
1	5 YARD	x2	FAST AS POSSIBLE
2	10 YARD	x1	5 SECONDS
3	20 YARD	x1	10 SECONDS

**FRIDAY**

SET	DISTANCE	TIME	REST
1	5 YARD	x2	FAST AS POSSIBLE
2	10 YARD	x1	5 SECONDS
3	20 YARD	x1	10 SECONDS
<b>REST 3 MINUTES</b>			
1	5 YARD	x2	FAST AS POSSIBLE
2	10 YARD	x1	5 SECONDS
3	20 YARD	x1	10 SECONDS
<b>REST 3 MINUTES</b>			
1	5 YARD	x2	FAST AS POSSIBLE
2	10 YARD	x1	5 SECONDS
3	20 YARD	x1	10 SECONDS

**Week 3**

**SPRINT LADDER**  
 RUN THE FOLLOWING DISTANCES UNDER THE TIMES SET, REST INDICATED TIME BETWEEN EACH SPRINT  
**REST ONE MINUTE AFTER EACH SET**

**MONDAY**

SET	DISTANCE	TIME	REST
1	5 YARD	x4	FAST AS POSSIBLE
2	10 YARD	x2	5 SECONDS
3	20 YARD	x2	10 SECONDS
<b>REST 3 MINUTES</b>			
1	5 YARD	x4	FAST AS POSSIBLE
2	10 YARD	x2	5 SECONDS
3	20 YARD	x2	10 SECONDS

**WEDNESDAY**

SET	DISTANCE	TIME	REST
1	5 YARD	x3	FAST AS POSSIBLE
2	10 YARD	x2	5 SECONDS
3	20 YARD	x2	10 SECONDS
<b>REST 3 MINUTES</b>			
1	5 YARD	x3	FAST AS POSSIBLE
2	10 YARD	x2	5 SECONDS
3	20 YARD	x2	10 SECONDS

**FRIDAY**

SET	DISTANCE	TIME	REST
1	5 YARD	x3	FAST AS POSSIBLE
2	10 YARD	x2	5 SECONDS
3	20 YARD	x1	10 SECONDS
<b>REST 3 MINUTES</b>			
1	5 YARD	x3	FAST AS POSSIBLE
2	10 YARD	x2	5 SECONDS
3	20 YARD	x1	10 SECONDS
<b>REST 3 MINUTES</b>			
1	5 YARD	x3	FAST AS POSSIBLE
2	10 YARD	x2	5 SECONDS
3	20 YARD	x1	10 SECONDS

**Week 2**

**SPRINT LADDER**  
 RUN THE FOLLOWING DISTANCES UNDER THE TIMES SET, REST INDICATED TIME BETWEEN EACH SPRINT  
**REST ONE MINUTE AFTER EACH SET**

**MONDAY**

SET	DISTANCE	TIME	REST
1	5 YARD	x4	FAST AS POSSIBLE
2	10 YARD	x2	5 SECONDS
3	20 YARD	x1	10 SECONDS
<b>REST 3 MINUTES</b>			
1	5 YARD	x4	FAST AS POSSIBLE
2	10 YARD	x2	5 SECONDS
3	20 YARD	x1	10 SECONDS

**WEDNESDAY**

SET	DISTANCE	TIME	REST
1	5 YARD	x2	FAST AS POSSIBLE
2	10 YARD	x2	5 SECONDS
3	20 YARD	x1	10 SECONDS
<b>REST 3 MINUTES</b>			
1	5 YARD	x2	FAST AS POSSIBLE
2	10 YARD	x2	5 SECONDS
3	20 YARD	x1	10 SECONDS

**FRIDAY**

SET	DISTANCE	TIME	REST
1	5 YARD	x2	FAST AS POSSIBLE
2	10 YARD	x2	5 SECONDS
3	20 YARD	x1	10 SECONDS
<b>REST 3 MINUTES</b>			
1	5 YARD	x2	FAST AS POSSIBLE
2	10 YARD	x2	5 SECONDS
3	20 YARD	x1	10 SECONDS
<b>REST 3 MINUTES</b>			
1	5 YARD	x2	FAST AS POSSIBLE
2	10 YARD	x2	5 SECONDS
3	20 YARD	x1	10 SECONDS

**Week 4**

**SPRINT LADDER**  
 RUN THE FOLLOWING DISTANCES UNDER THE TIMES SET, REST INDICATED TIME BETWEEN EACH SPRINT  
**REST ONE MINUTE AFTER EACH SET**

**MONDAY**

SET	DISTANCE	TIME	REST
1	5 YARD	x4	FAST AS POSSIBLE
2	10 YARD	x3	5 SECONDS
3	20 YARD	x2	10 SECONDS
<b>REST 3 MINUTES</b>			
1	5 YARD	x4	FAST AS POSSIBLE
2	10 YARD	x3	5 SECONDS
3	20 YARD	x2	10 SECONDS

**WEDNESDAY**

SET	DISTANCE	TIME	REST
1	5 YARD	x3	FAST AS POSSIBLE
2	10 YARD	x2	5 SECONDS
3	20 YARD	x2	10 SECONDS
<b>REST 3 MINUTES</b>			
1	5 YARD	x3	FAST AS POSSIBLE
2	10 YARD	x2	5 SECONDS
3	20 YARD	x2	10 SECONDS

**FRIDAY**

SET	DISTANCE	TIME	REST
1	5 YARD	x3	FAST AS POSSIBLE
2	10 YARD	x2	5 SECONDS
3	20 YARD	x2	10 SECONDS
<b>REST 3 MINUTES</b>			
1	5 YARD	x3	FAST AS POSSIBLE
2	10 YARD	x2	5 SECONDS
3	20 YARD	x2	10 SECONDS
<b>REST 3 MINUTES</b>			
1	5 YARD	x3	FAST AS POSSIBLE
2	10 YARD	x2	5 SECONDS
3	20 YARD	x2	10 SECONDS