MSU MAVERICKS

HOME OF THE MINNESOTA STATE UNIVERSITY MANKATO MAVERICKS

Week 13 — 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	x5	FAST AS POSSIBLE	5 SECONDS
2	10 YARD	x4	FAST AS POSSIBLE	5 SECONDS
3	20 YARD	x3	FAST AS POSSIBLE	10 SECONDS
	REST 3 MINUTES			
1	5 YARD	x5	FAST AS POSSIBLE	5 SECONDS
2	10 YARD	x4	FAST AS POSSIBLE	5 SECONDS
3	20 YARD	x3	FAST AS POSSIBLE	10 SECONDS

WEDNESDAY

SET	DISTANCE		TIME	REST
1	5 YARD	x4	FAST AS POSSIBLE	5 SECONDS
2	10 YARD	x4	FAST AS POSSIBLE	5 SECONDS
3	20 YARD	x4	FAST AS POSSIBLE	10 SECONDS
	REST 3 MINUTES			
1	5 YARD	x4	FAST AS POSSIBLE	5 SECONDS
2	10 YARD	x3	FAST AS POSSIBLE	5 SECONDS
3	20 YARD	x3	FAST AS POSSIBLE	10 SECONDS

FRIDAY

SET	DISTANCE		TIME	REST
1	5 YARD	x5	FAST AS POSSIBLE	5 SECONDS
2	10 YARD	x3	FAST AS POSSIBLE	5 SECONDS
3	20 YARD	x3	FAST AS POSSIBLE	10 SECONDS
	REST 3 MINUTES			
1	5 YARD	x4	FAST AS POSSIBLE	5 SECONDS
2	10 YARD	x3	FAST AS POSSIBLE	5 SECONDS
3	20 YARD	x3	FAST AS POSSIBLE	10 SECONDS
	REST 3 MINUTES			
1	5 YARD	x4	FAST AS POSSIBLE	5 SECONDS
2	10 YARD	x3	FAST AS POSSIBLE	5 SECONDS
3	20 YARD	x3	FAST AS POSSIBLE	10 SECONDS

Week 14 — 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	x6	FAST AS POSSIBLE	5 SECONDS
2	10 YARD	x4	FAST AS POSSIBLE	5 SECONDS
3	20 YARD	x3	FAST AS POSSIBLE	10 SECONDS
	REST 3 MINUTES			
	DISTANCE		**TIME**	**REST**
1	5 YARD	x5	FAST AS POSSIBLE	5 SECONDS
2	10 YARD	x4	FAST AS POSSIBLE	5 SECONDS
3	20 YARD	x3	FAST AS POSSIBLE	10 SECONDS

WEDNESDAY

SET	DISTANCE		TIME	REST
1	5 YARD	x4	FAST AS POSSIBLE	5 SECONDS
2	10 YARD	x4	FAST AS POSSIBLE	5 SECONDS
3	20 YARD	x3	FAST AS POSSIBLE	10 SECONDS
	REST 3 MINUTES			
1	5 YARD	x4	FAST AS POSSIBLE	5 SECONDS
2	10 YARD	x4	FAST AS POSSIBLE	5 SECONDS
3	20 YARD	x3	FAST AS POSSIBLE	10 SECONDS

FRIDAY

SET	DISTANCE		TIME	REST
1	5 YARD	x4	FAST AS POSSIBLE	5 SECONDS
2	10 YARD	x4	FAST AS POSSIBLE	5 SECONDS
3	20 YARD	x3	FAST AS POSSIBLE	10 SECONDS
	REST 3 MINUTES			
1	5 YARD	x4	FAST AS POSSIBLE	5 SECONDS
2	10 YARD	x4	FAST AS POSSIBLE	5 SECONDS
3	20 YARD	x3	FAST AS POSSIBLE	10 SECONDS
	REST 3 MINUTES			
1	5 YARD	x4	FAST AS POSSIBLE	5 SECONDS
2	10 YARD	x4	FAST AS POSSIBLE	5 SECONDS
3	20 YARD	x3	FAST AS POSSIBLE	10 SECONDS

Week 15 — 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	x5	FAST AS POSSIBLE	5 SECONDS
2	10 YARD	x4	FAST AS POSSIBLE	5 SECONDS
3	20 YARD	x4	FAST AS POSSIBLE	10 SECONDS
	REST 3 MINUTES			
1	5 YARD	x5	FAST AS POSSIBLE	5 SECONDS
2	10 YARD	x4	FAST AS POSSIBLE	5 SECONDS
3	20 YARD	x4	FAST AS POSSIBLE	10 SECONDS

WEDNESDAY

SET	DISTANCE		TIME	REST
1	5 YARD	x5	FAST AS POSSIBLE	5 SECONDS
2	10 YARD	x3	FAST AS POSSIBLE	5 SECONDS
3	20 YARD	x4	FAST AS POSSIBLE	10 SECONDS
4	30 YARD	x3	FAST AS POSSIBLE	
	REST 3 MINUTES			
1	5 YARD	x5	FAST AS POSSIBLE	5 SECONDS
2	10 YARD	x4	FAST AS POSSIBLE	5 SECONDS
3	20 YARD	x3	FAST AS POSSIBLE	10 SECONDS
4	30 YARD	x3	FAST AS POSSIBLE	

FRIDAY

SET	DISTANCE		TIME	REST
1	5 YARD	x5	FAST AS POSSIBLE	5 SECONDS
2	10 YARD	x4	FAST AS POSSIBLE	5 SECONDS
3	20 YARD	x3	FAST AS POSSIBLE	10 SECONDS
	REST 3 MINUTES			
1	5 YARD	x5	FAST AS POSSIBLE	5 SECONDS
2	10 YARD	x4	FAST AS POSSIBLE	5 SECONDS
3	20 YARD	x3	FAST AS POSSIBLE	10 SECONDS
	REST 3 MINUTES			
1	5 YARD	x5	FAST AS POSSIBLE	5 SECONDS
2	10 YARD	x4	FAST AS POSSIBLE	5 SECONDS
3	20 YARD	x3	FAST AS POSSIBLE	10 SECONDS

Week 16 — 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	x6	FAST AS POSSIBLE	5 SECONDS
2	10 YARD	x5	FAST AS POSSIBLE	5 SECONDS
3	20 YARD	x4	FAST AS POSSIBLE	10 SECONDS
	REST 3 MINUTES			
1	5 YARD	x5	FAST AS POSSIBLE	5 SECONDS
2	10 YARD	x4	FAST AS POSSIBLE	5 SECONDS
3	20 YARD	x3	FAST AS POSSIBLE	10 SECONDS

WEDNESDAY

SET	DISTANCE		TIME	REST
1	5 YARD	x5	FAST AS POSSIBLE	5 SECONDS
2	10 YARD	x4	FAST AS POSSIBLE	5 SECONDS
3	20 YARD	x3	FAST AS POSSIBLE	10 SECONDS
4	40 YARD	x3	FAST AS POSSIBLE	
	REST 3 MINUTES			
1	5 YARD	x5	FAST AS POSSIBLE	5 SECONDS
2	10 YARD	x4	FAST AS POSSIBLE	5 SECONDS
3	20 YARD	x3	FAST AS POSSIBLE	10 SECONDS
4	40 YARD	x2	FAST AS POSSIBLE	

FRIDAY

SET	DISTANCE		TIME	REST
1	5 YARD	x5	FAST AS POSSIBLE	5 SECONDS
2	10 YARD	x4	FAST AS POSSIBLE	5 SECONDS
3	20 YARD	x4	FAST AS POSSIBLE	10 SECONDS
	REST 3 MINUTES			
1	5 YARD	x4	FAST AS POSSIBLE	5 SECONDS
2	10 YARD	x4	FAST AS POSSIBLE	5 SECONDS
3	20 YARD	x4	FAST AS POSSIBLE	10 SECONDS
	REST 3 MINUTES			
1	5 YARD	x4	FAST AS POSSIBLE	5 SECONDS
2	10 YARD	x3	FAST AS POSSIBLE	5 SECONDS
3	20 YARD	x3	FAST AS POSSIBLE	10 SECONDS