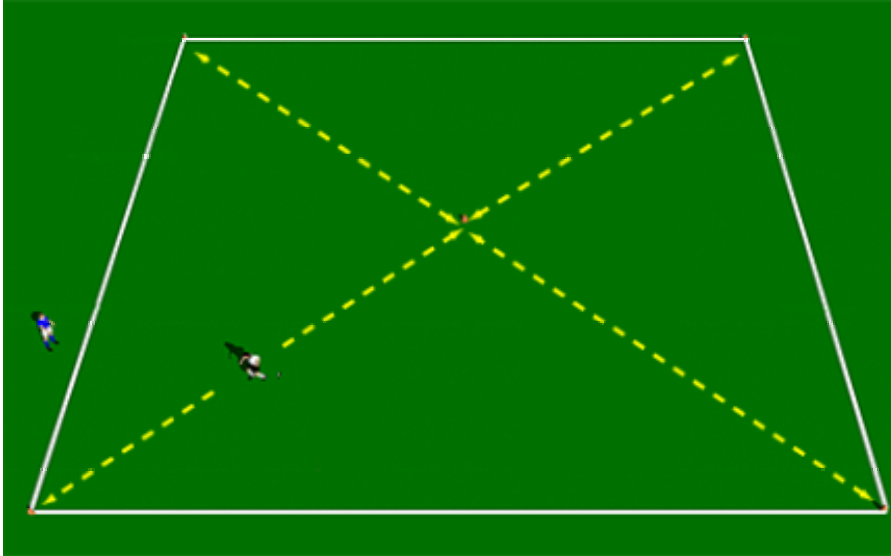


## Speed Endurance - Cross Drill



### Cross Drill

Using 4 cones mark a box 30 meters by 30 meters. Place another cone in the center of the box.

Starting at the center cone sprint to each corner and back in a clockwise direction.

Once you have completed a circuit rest for 60 seconds.

Perform a total of 6 circuits to complete one set. A session could contain up to 4 sets with a 3 minute rest interval between sets.