

A

Warm-up

- 500
- 6 X 50 @ 1:05
 - 25 Kick/ 25 Drill

Main Set

- 3 X
 - 400 Pull
 - 4 x 100 @ 1:25
 - 5:00 Kick
 - 0:30 Easy
 - 0:20 Hard
- 8 x 25 Sprint @ 0:15 RI

Cool Down

- 200 easy

Total: 3600 + Timed Kick

B

Warm-up

- 500
- 6 X 50 @ 1:05
 - 25 Kick/ 25 Drill

Main Set

- 3 X
 - 400 Pull
 - 4 x 100 @ 1:35
 - 5:00 Kick
 - 0:30 Easy
 - 0:20 Hard
- 6x 25 Sprint @ 0:25 RI

Cool Down

- 200 easy

Total: 3550 + Timed Kick

C

Warm-up

- 400
- 4 X 50 @ 1:05
 - 25 Kick/ 25 Drill

Main Set

- 2 X
 - 300 Pull
 - 4 x 100 @ 0:15 RI
 - 4:00 Kick
 - 0:30 Easy
 - 0:20 Hard
- 8 x 25 Sprint @ 0:35 RI

Cool Down

- 200 easy

Total: 2400 + Timed Kick