

Set-200m		Distance	Time
1	Sprint 80%-90%	200 meters	60 seconds or Less
	Rest/Walk	200 meters	2 min
2	Sprint 80%-90%	200 meters	60 seconds or Less
	Rest/Walk	200 meters	2 min
3	Sprint 80%-90%	200 meters	60 seconds or Less
	Rest/Walk	200 meters	2 min
4	Sprint 80%-90%	200 meters	60 seconds or Less
	Rest/Walk	200 meters	2 min
Set-100m			
5	Sprint 90%	100 meters	30 seconds or less
	Rest/Walk	100 meters	60 seconds
6	Sprint 90%	100 meters	30 seconds or less
	Rest/Walk	100 meters	60 seconds
7	Sprint 90%	100 meters	30 seconds or less
	Rest/Walk	100 meters	60 seconds
8	Sprint 90%	100 meters	30 seconds or less
	Rest/Walk	100 meters	60 seconds
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