

Distance	Group	Goal	Rest Time	Suggested Reps
10 yards	A	:03	:05	20-40 reps
	B	:02		
	C	:01		
20 yards	A	:05	:10	20-40 reps
	B	:04		
	C	:03		
30 yards	A	:06	:15	20-40 reps
	B	:05		
	C	:04		
40 yards	A	:07	:20	20-40 reps
	B	:06		
	C	:05		
50 yards	A	:08	:25	16-20 reps
	B	:07		
	C	:06		
60 yards	A	:10	:30	16-20 reps
	B	:08		
	C	:07		
70 yards	A	:12	:35	16-20 reps
	B	:10		
	C	:09		
80 yards	A	:13	:40	16-20 reps
	B	:11		
	C	:10		
90 yards	A	:15	:40	16-20 reps
	B	:13		
	C	:11		
106 yard Half Gasser (1 round trip - width of field)	A	:20	:45	16-20 reps
	B	:18		
	C	:16		
212 yard Gasser (2 round trips)	A	:42	1:30	4-8 reps
	B	:38		
	C	:34		
300 yard shuttle (6x50 yards) or (6x25 yard round trips)	A	1:10	2 minutes	3-6 reps
	B	:55		
	C	:54		
100 meters or 110 yards	A	:19	45 seconds	16-20 reps
	B	:17		
	C	:15		
200 meters	A	:35-:40	1:15-1:30	8-10 reps
	B	:33-:35	1:05-1:15	
	C	:31-:36	:55-1:05	
300 meters	A	:55-1:00	2:00-2:30	6-8 reps
	B	:50-:55	1:40-2:00	
	C	:45-:50	1:20-1:40	
400 meters	A	1:30	3:00-3:30	4-6 reps
	B	1:25	2:30-3:00	
	C	1:15	2:00-2:30	
600 meters	A	2:10	4 minutes	4-6 reps
	B	2:00		
	C	1:45		
800 meters	A	3:15	7 minutes	2-4 reps
	B	3:00		
	C	2:45		

**Group A** = Big Size or Slow Speed Athletes (e.g. Offensive Lineman, Defensive Lineman)

**Group B** = Medium Size or Average Speed Athletes (e.g. Quarterbacks, Linebackers, Kickers)

**Group C** = Small Size or Fast Speed Athletes (e.g. Wide Receivers, Defensive Backs, Running Backs)