



12 MINUTE ROTATIONS • WAIT FOR WHISTLE TO ROTATE • JOG TO NEXT DRILL • RUNNERS BRING WATERS • SPLIT GROUPS

3 YEARS - K4

B • ON YOUR MARK
A • 20
D • TRACK DRILLS
C • 50
400

K - 1ST

A • 20
B • ON YOUR MARK
C • 50
D • TRACK DRILLS
400

2ND

C • 50
D • TRACK DRILLS
B • ON YOUR MARK
A • 20
400

3RD-5TH

D • TRACK DRILLS
C • 50
A • 20
B • ON YOUR MARK
400