## WEEKLY SPEED DEVELOPMENT TRACKER

NIANAT.							Day:	M 1	T 2	W 3	T 4	F 5	S 6	S 7	
NAME:							Date			/	/				
										/	/_				
PLYOMETRICS	Set:1			Set:2			Set:3				Set:4				
EXERCISE	REPS	METRES	REST	REPS	METRES	REST	REPS	METR	ES	REST	REPS	ME	TRES	REST	
	Cot 1				0.54.0			0-1-0				Cot · 4			
DRILLS   RUNNING					Set			Set:3				Set: 4			
EXERCISE	DISTAN	CE TIME	REST	DISTA	NCE TI	ME RES	ST DISTA	NCE T	E TIME RE		T DISTANC		TIME	REST	
										-					
GYM	Set:1			Set: 2		Se	t : 3		Set: 4		Set:5				
EXERCISE	WEIGH	IT REPS	WEIG	GHT	REPS	WEIGHT	REPS	WEI	GHT	REF	ys W	EIGI	нт і	REPS	

