

For the next 4 weeks please follow this **GUARANTEED PROGRAM** to make your 40 yard dash faster. **PLEASE FOLLOW!**

**NOTE- uphill runs- 10-20 degree hill only**

**Downhill runs: make sure the hill is only 10-15 degrees, you need to be able to run full speed without falling down**

## **Week 5**

### **Monday**

12- 40 yard dash runs downhill  
3 minute rest in between reps

### **Wednesday**

12- 40 yard dash flat surface  
3 min rest in between reps

### **Friday**

6- 40 yard **DOWNHILL**  
6 – 40 yard dash **FLAT**  
3 min rest in between



## **Week 6**

### **Monday**

6- 40 yard dash downhill

6- 40 yard dash- flat

Alternate each one

3 min rest in between

### **Wednesday**

12- 40 yard dash downhill

3 min rest in between

### **Friday**

6- 40 yard dash – downhill

6- 40 yard dash- flat

3 min rest in between





## **Week 7**

### **Monday**

6- 40 yard dash downhill

6- 40 yard dash flat

3 min rest in between

### **Wednesday**

6- 40 yard dash downhill

6- 40 yard dash flat

3 min rest in between

### **Friday**

10- 40 yard dash flat

3 min rest in between



## **Week 8**

### **Monday**

**6- 40 yard dash downhill**

**6- 40 yard dash flat**

**3 min rest in between**

### **Wednesday**

**2- 40 yard dash downhill**

**10- 40 yard dash flat**

**3 min rest in between**

### **Friday**

**8- 40 yard dash flat**

**3 min rest in between**

