MARFU Women's Running Workout:
Keep running laps of this for 20 minutes, and eventually work up to 40 minutes of hard effort.

50 Yards

#1: **Jog** at a *moderate* pace.

50 Yards

#2: ***¾ pace*** for 50 yards

Start- each lap

#3: **Decelerate** from ***½ speed*** to a ***jog*** for this 40 yards

40 Yards

#9: Do a **zig-zag slalom** cutting hard off alternating feet on the inside of the cones place about 5 yards apart in zig-zag fashion

40 Yards

40 Yards

#4: **Run** a ladder/shuttle for ***20 yards-5up/5back—10up/10back—15up/15back—20up/20back*** going full out, and then **walk** the last 20 yards NOTE: every other lap do this backwards

40 Yards

#8**: Walk** this 40 yard segment ***SLOWLY***

40 Yards

#5: **Burst** into a **full sprint** and a**ccelerate** hard thru the ***1st 30 yards of the 40 yards***, and then ***decelerate for last 10 yards***

#7 CONTINUED: you enter still **at FULL SPEED… go FULL THROTTLE for 30 yards** and **decelerate** ***for the last 10 vards***

#7: **Jog** the ***1st 25 yard***s of this 50 yard segment, and then ***build up acceleration for 25 yards*** so that you are **FULL speed** by the time you come out of the turn, and enter the next segment **FULL THROTTLE**

#6: **Walk** this ***50 yards***

50 Yards

50 Yards