

# XLATHLETE

## 10 Second Speed Conditioning W/ Sled

Every rep will be performed for 10 seconds with maximum effort in this conditioning protocol. Select the number of reps being performed (between 8-12). Then select the rest time in between these reps (90s-50s). From there select the distance to push the sled in the 10s. This is based on either their 40yd dash, 20yd dash, or pro agility times. If in the 10s the athlete goes past the distance, add weight. If in the 10s the athlete is short of the distance, remove weight. This is designed to be performed when an athlete needs to develop speed endurance.

### Reps to Complete:

8	9	10	11	12
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### Rest Time (Seconds):

90s	85s	80s	75s	70s	65s	60s	55s	50s
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### Distance Selection from athletes Performances

#### Distance to Push Sled (based on 40yd dash):

Best 40 Yds Dash	More than 5.3 Secs	4.86-5.3 Secs	Less Than 4.85 Secs
Distance To Push Sled	51-56 Yards	56-61 Yards	59-63 Yards

#### Distance to Push Sled (based on 20yd dash):

Best 20 Yds Dash	More than 3.1 Secs	2.81-3.1 Secs	Less Than 2.8 Secs
Distance To Push Sled	51-56 Yards	56-61 Yards	59-63 Yards

#### Distance to Push Sled (based on Pro Agility / 5-10-5):

Best Pro Agility	More than 4.9 Secs	4.89- 4.55 Secs	Less Than 4.54 Secs
Distance To Push Sled	51-56 Yards	56-61 Yards	59-63 Yards

Reps to Complete	Rest Time (Seconds)	Distance Covered