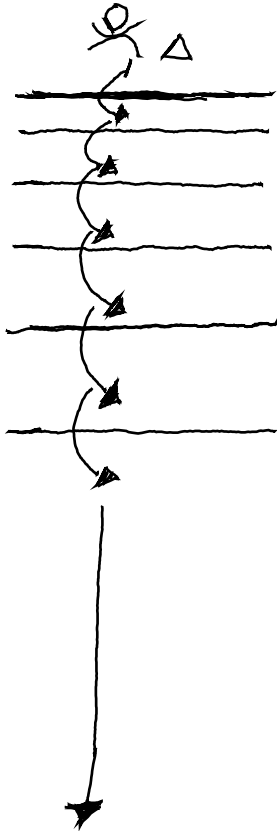


STRIDE PATTERNS



- THE LINES SHOWN HERE CAN BE CONES OR AGILITY POLES
- THEY INCREASE IN DISTANCE EACH TIME AND FINISH W/ 10 YARD SPRINT

(a)



10 yards