

## 150 Ramp

150 Ramp set up  
Cones every 30m

Throw in station at A

3 variations or more  
can be done.

1. 60 hard forward, 30 m backwards (opposite direction), 60 hard forwards into 30 backwards (same direction), into 30 forwards
2. 90m at 70% into 60m at 85 – 90%
3. 30 hard accel from standing start into 90 float 70%, trigger hard 30m

