



1. Walk at least 15 feet from start cone to the first marker, transition to jog, jog over log.
2. Transition to the lope, on the right lead
3. First line change
4. Second line change
5. Third line change
6. Fourth line change
7. First crossing change
8. Second crossing change
9. Third crossing change
10. Lope over log
11. Lope, stop & back

