

S.P.E.C. BY: S. Goudevenos

"SPEED, POWER, ENDURANCE AND CONTROL"


• easy, •• medium, ••• hard, •••• very hard, ••••• extreme

LEVEL: MASTERCLASS

①% : 1h 20 min

REQ: TIMER & METRONOME, LOTS OF WILL 😊

① $\dot{f} = +90-100$ bpm ② = 5-6 min 80-90 = ••(•) 100 = ••••(•)

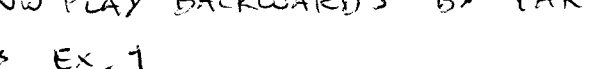
ex 1
||:  :|| ON REPEAT PLAY FROM LEFT, PLAY R+L x 2 //

ADD ON:
ex 2


||:  :|| x 2

ADD ON • ON EVERY • UNTIL YOU GET TO:
 :|| x 2

ex 3
||:  :|| x 2

AND PLAY BACKWARDS BY TAKING OFF • ON EVERY • UNTIL YOU GET BACK TO EX. 1
 :|| x 2

② $\dot{f} = +100-105$ bpm ② = 4-5 min (same as ① but with dubbles)

ex 1
||:  :|| x 2

etc. UNTIL:

ex 2
||:  :||

AND BACKWARDS....