Each cone in the row is spaced 5yds apart and each row is spaced 5yds apart.

1.) Option 1
   a. Sprint every line

2.) Option 2
   a. Lines 1 and 3 – Sprint
   b. Lines 2 and 4 – Back Pedal

3.) Option 3
   a. Sprint every line with 360 degree spins at each cone

4.) Option 4
   a. Lines 1 and 3 – Sprint
   b. Lines 2 and 4 – Shuffle

5.) Option 5
   a. Lines 1 and 3 – Sprint
   b. Lines 2 and 4 – Carioca

6.) Option 6
   a. Lines 1 and 3 – Carioca
   b. Lines 2 and 4 – Shuffle