
Interval Running Program

FORWARD RUNNING: Run at _____% of maximal effort for a distance of _____ feet straight ahead. Perform _____ times.

BACKWARD RUNNING: Run backwards at _____% maximal effort for a distance of _____ feet. Repeat _____ times.

SIDE SHUFFLE: Begin by standing side-ways, step out with the lead foot and follow with the back foot in a side-stepping motion. Perform at _____% of maximal effort for a distance of _____ feet. Repeat in opposite direction. Perform _____ times in each direction.

START & STOP: Run straight forward at _____% of maximal effort for a distance of _____ feet then stop as quickly as possible. Perform _____ times.

FIGURE 8: Place 2 cones _____ feet apart. Start by standing in between cones and run a circle around one cone, then back to the starting position. Continue around opposite cone in a figure of 8 pattern. Perform at _____% maximal effort. Perform _____ times.

45 DEGREE CUTS: Run at _____% maximal effort for a distance of _____ feet, plant the involved leg and change direction such that the subsequent path you are running makes a 45 degree angle with the original path. Repeat the process while cutting on the uninvolved extremity. Perform _____ times.

90 DEGREE CUTS: Run at _____% maximal effort for a distance of _____ feet, plant the involved leg and change direction such that the subsequent path you are running makes a 90 degree angle with the original path. Repeat the process while cutting on the uninvolved extremity. Perform _____ times.

4 CORNERS DRILL: Place 4 cones in a square at a distance of _____ feet apart. Run forward at _____% maximal effort. Plant on the involved leg while maintaining the same body direction, then side step to the next cone. Back pedal to the next cone and another side step to the final cone. Repeat _____ times.