

INTERVAL TRAINING

Duration Time	Work out Activity	Intensity level	Description
2-3 minutes	Stretching	low to increasing full stretch	<p>Stretch your quads: Stand with your side to the wall, placing a hand on the wall for balance. Hold your outside foot with your outside hand and lift the foot up toward your rear end, keeping your thighs and knees together. Hold for a cycle of relaxation breathing, then do the same for the other foot.</p> <p>Stretch hamstrings calves groups together: Place your right foot in front of you. Hinge at the waist to lean your torso forward toward the extended right leg, and bend your supporting knee. Slowly flex your right ankle so that your toes are pulling up toward your body. Hold for a cycle of relaxation breathing then repeat with the left foot.</p> <p>stretch your inner thighs: Place your left leg out to the side with a flexed foot. Bend your supporting left knee and hinge at the waist to lean your torso forward, pressing your hips back. Hold for a cycle of relaxation breathing, then shift your weight to the other side and repeat with the left leg.</p> <p>Perform this Supined leg/ankle stretches: Lie on your back with your knees bent and your feet flat on the floor. Bend one knee and hug it into your body. Unfold that leg up toward the ceiling, straightening it and pulling it toward the torso until tension is felt behind the leg. Point and flex the foot three times and perform three ankle circles in each direction. Lower the leg and repeat with the opposite leg.</p>
2 minutes	Running	50% effort	Slow to medium warm-up running - breathing 7-10 steps with full exhale (long steady exhale blowing out all CO2)
30 seconds	Fast walk	40% effort	Fast walking but not running
2 minutes	Running	80% effort	Fast running but not full speed -breathing 10-15 steps with full exhale (long steady exhale blowing out all CO2)
30 seconds	Fast walk	40% effort	Fast walking but not running
30 seconds	Running	100% effort	Fast full speed as fast as you can likely cover 200 yards. 1/2 lap of a full oval track - breathing 10-15 steps with full exhale (long steady exhale blowing out all CO2)
30 seconds	Fast walk	40% effort	Fast walking but not running -
3 minutes	Running	50% effort	Slow run but not walking likely to cover 2 laps of oval track - breathing 7-10 steps with full exhale (long steady exhale blowing out all CO2)
30 seconds	Running	100% effort	Fast full speed as fast as you can likely cover 200 yards. 1/2 lap of a full oval track - breathing 10-15 steps with full exhale (long steady exhale blowing out all CO2)
30 seconds	Fast walk	40% effort	Fast walking but not running
2 minutes	Running	80% effort	Fast running but not full speed - breathing 10-15 steps with full exhale (long steady exhale blowing out all CO2)
1 minute	Slow walk	25-30% effort	Slow walk to cool down
2-3 minutes	Stretching		Same Stretching as above
< 20 minutes	Total time		Total time of work should take 20 minutes or less and can be done every other day/evening.