

INTERVALS - RUNNING-TYPE

BASKETBALL COURT (94 x 50 ft.)		LONG INTERVALS:	
SHORT INTERVALS:		718	300 meters
698	33 yards	719	400 meters
699	63 yards	720	600 meters
700	66 yards	721	800 meters
701	94 yards	SOCCER FIELD (120 x 75yds.)	
LONG INTERVALS:		SHORT INTERVALS:	
702	125 yards	722	60 yards
703	132 yards	723	120 yards
704	156 yards	724	150 yards
705	188 yards	725	192 yards
INDOOR TRACK (200 mtrs.)		LONG INTERVALS:	
SHORT INTERVALS:		726	240 yards
706	60 meters	727	300 yards
707	100 meters	728	384 yards
708	150 meters	729	400 yards
709	200 meters	FOOTBALL FIELD (120 X 53 yds.)	
LONG INTERVALS:		SHORT INTERVALS:	
710	300 meters	730	60 yards
711	400 meters	731	100 yards
712	600 meters	732	150 yards
713	800 meters	733	170 yards
OUTDOOR TRACK (400 mtrs.)		LONG INTERVALS:	
SHORT INTERVALS:		734	200 yards
714	60 meters	735	240 yards
715	100 meters	736	318 yards
716	180 meters	737	340 yards
717	200 meters		

INTERVAL WORKOUTS

ELECTRONIC "CARDIO" DEVICE

SHORT INTERVALS

HARD = All out effort

EASY = Low effort or complete rest

REPS = Number of bouts

10:00				15:00				20:00			
WORKOUT	HARD	EASY	REPS	WORKOUT	HARD	EASY	REPS	WORKOUT	HARD	EASY	REPS
# 738	:45	:25	9	# 744	:50	:20	13	# 751	1:00	:30	13
# 739	:40	:20	10	# 745	:45	:25	13	# 752	1:00	:20	15
# 740	:30	:30	10	# 746	:40	:20	15	# 753	:45	:25	17
# 741	:30	:15	13	# 747	:30	:30	15	# 754	:40	:20	20
# 742	:20	:20	15	# 748	:30	:15	20	# 755	:30	:30	20
# 743	:20	:10	20	# 749	:20	:20	22	# 756	:30	:15	26
				# 750	:20	:10	30	# 757	:20	:20	30

LONG INTERVALS

HARD = All out effort

EASY = Low effort

REPS = Number of bouts

25:00				30:00				40:00			
WORKOUT	HARD	EASY	REPS	WORKOUT	HARD	EASY	REPS	WORKOUT	HARD	EASY	REPS
# 758	2:00	:45	9	# 765	2:30	1:15	8	# 772	3:00	1:30	9
# 759	2:00	:30	10	# 766	2:00	1:00	10	# 773	2:30	1:15	10
# 760	1:30	:45	11	# 767	2:00	:30	12	# 774	2:30	1:10	12
# 761	1:30	:30	13	# 768	1:30	:45	14	# 775	2:00	1:00	14
# 762	1:00	:20	18	# 769	1:30	:30	15	# 776	2:00	:45	15
# 763	2:00	1:00	4 rounds	# 770	2:30	1:15	3 rounds	# 777	3:00	1:30	3 rounds
	1:30	:45			2:00	1:00			2:30	1:15	
	1:00	:30			1:30	:45			2:00	1:00	
# 764	1:30	:45	5 rounds	# 771	2:00	1:00	4 rounds		1:30	:45	
	1:00	:35			1:45	:50					
	:45	:25			1:30	:40					