

**SUMMER RUNNING PROGRAM
ADAPTED FROM JAYSON HUNTER**

CARDIO SHOULD BE PERFORMED 2 X PER WEEK AND SPRINT WORK SHOULD BE PERFORMED 2 X PER WEEK (NEVER ON CONSECUTIVE DAYS).

WEEKS 1 & 2

SPRINT WORK: USE A 1:2 WORK:REST RATIO

40 YARD SPRINT	6 REPS
10 YARD SPRINT	6 REPS
15 YARD BACKPEDAL	6 REPS
10 YARD SHUFFLE TO RIGHT THEN SPRINT 15 YARDS	3 REPS
10 YARD SHUFFLE TO LEFT THEN SPRINT 15 YARDS	3 REPS
FACING FORWARD RUN TO THE RIGHT 20 YARDS	3 REPS
FACING FORWARD RUN TO THE LEFT 20 YARDS	3 REPS

CARDIO WORK:

RUN FOR 35-40 MINUTES @ 130-150 HEART BEATS PER MINUTE

WEEKS 3-5

SPRINT WORK: USE A 1:2 WORK:REST RATIO

40 YARD SPRINT	8 REPS
30 YARD SPRINT	8 REPS
W – DRILL – RUN BACKWARDS 15 YARDS, FORWARDS 15 YARDS, BACKWARDS 15 YARDS, RUN FORWARD 15 YARDS	8 REPS
LEFT SPRINT 15 YARDS, THEN SHUFFLE 10 YARDS	8 REPS
RIGHT SPRINT 15 YARDS, THEN SHUFFLE 10 YARDS	8 REPS

CARDIO WORK:

RUN FOR 35-40 MINUTES @ 160-170 HEART BEATS PER MINUTE

WEEKS 6-10

SPRINT WORK: USE A 1:2 WORK:REST RATIO

30 YARD SPRINT	10 REPS
20 YARD SPRINT	10 REPS
10 YARD SPRINT	10 REPS
15 YARD BACKPEDAL	10 REPS
10 YARD BACKPEDAL TURN RIGHT THEN SPRINT 20 YARDS	10 REPS
10 YARD BACKPEDAL TURN RIGHT THEN SPRINT 20 YARDS	10 REPS
10 YARD SHUFFLE TO LEFT THEN SPRINT 20 YARDS	10 REPS
10 YARD SHUFFLE TO RIGHT THEN SPRINT 20 YARDS	10 REPS

CARDIO WORK:

RUN FOR 35-40 MINUTES @ 160-170 HEART BEATS PER MINUTE

WORK:REST RATIO: THE REST TIME IS USED TO JOG BACK TO THE STARTING POSITION FOR THE NEXT REPETITION.