

Running Program

Forward Running: Run at ____% of maximal effort for a distance of ____ feet/yards straight ahead. Perform ____ times.

Backward Running: Run backwards at ____% of maximal effort for a distance of ____ feet/yards. Perform ____ times.

Cross-Over/Carioca: Run a side shuffle while crossing the trailing foot first in front, then behind the lead leg. Perform at ____% of maximal effort for a distance of ____ feet/yards. Perform in opposite direction. Repeat. Perform ____ .

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

Yo-Yo: Run straight forward at ____% of maximum for a distance of ____ feet/yards. Then run backwards the same distance. Perform ____ times.

Start & Stop: Run straight forward at ____% of maximum for a distance of ____ feet/yards. Then stop as quickly as possible. Perform ____ times.

Circles: Run forward in a circle around an object (such as a cone). Perform at ____% of maximum and at a distance of ____ feet from the object. 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 start position and continue around opposite cone in a figure of 8. Perform at ____% of maximal effort. Perform ____ times.

45 Degree Cuts: Run at ____% of maximal effort, for a distance of ____ feet, plant the involved foot 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 limb. Perform ____ times.

90 Degree Cuts: Run at ____% of maximal effort, for a distance of ____ feet, plant the involved foot 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 limb. Perform ____ times.

Four Corners Drill: Place 4 cones in a square at a distance of ____ feet apart. Run forward at ____% of maximal effort. Plant on involved leg while continuing to maintain the same body direction, side step to the next cone. Back pedal to next cone and another side step to final cone. Perform ____ times.