

Hays Medical Center

Interval Running Program

General Principles:

The athlete should always perform appropriate warm-up exercises including dynamic stretching prior to starting the Interval Running Program. The athlete may progress through the Phases of the program as tolerated. The athlete must be able to complete the current Phase without complications before progressing to the next Phase. Distances may be adjusted according to the athlete's physical condition and/or sport activity.

Phase I: Jogging (1/2 Speed)

- a. 100 meters
- b. 200 meters
- c. 400 meters

Phase II: Distance Running on 400 Meter Track (3/4 Speed)

- a. Jog the straights; walk the curves
- b. Jog a straight and curve, then walk a straight
- c. Jog a straight, curve, straight, then walk a curve
- d. Jog a full lap

Phase III: Sprinting (Full Speed)

- a. 100 Meter build-up – Jog (1/2 Speed) 1st 25 meters, progress to 3/4 speed next 50 meters, then slow to 1/2 speed for last 25 meters.
- b. 100 Meter build-up – Jog (3/4 Speed) 1st 25 meters, progress to Full speed next 50 meters, then slow to 3/4 speed for last 25 meters.
- c. 40, 100, 200, 400 Meter sprints
- d. 90 degree Z-Cuts every 10 meters for 100 meters

Phase IV: Sport Specific

- a. Baseball / Softball
 - i. Sprint around bases
 - ii. Sprint bases; incorporate stops / slides
- b. Track
 - i. Sprint straights only then incorporate curves
 - ii. Distance training
 - iii. Sprint from starting blocks
- c. Basketball
 - i. Half-court, progress to full court sprints
 - ii. Half-court, progress to full court back pedal
 - iii. Defensive slides / rebounding drills
- d. Football
 - i. 10, 40, 100 yard sprints & back pedals from stance
 - ii. Lateral movements; Carioca, side-running, etc
 - iii. Route running

Revised 03/2019