

INTERVAL RUNS WITH RESISTANCE TUBING

Equipment: Resistance tubing

Location: outdoors in grassy field or indoor gym floor/track

What is interval training with resistance tubing: Interval training with resistance tubing is a form of training that will enhance both anaerobic and aerobic energy systems.

How to do it:

- Perform a 5 to 8 minute warm up by jogging
- Spend some extra time static stretching the lower and upper body musculature
- Arrange group based on estimated fitness status of each subject (i.e., fit people in first sprint group, moderately fit people in second sprint group, unfit people in last sprint group.
- Obtain 4 small cones. Place two cones approximately 440 yards away. Now, first group sprint to cones 440 yards away and is allowed a 1-2 minutes recovery— while they are recovering each subject should perform at least 12 to 16 reps of any chosen strength exercise using their resistance tubing, while the second group is sprinting 440 yards. After a 1-2 minute recovery have the first group sprint back another 440 yards to the start line. Shuffle each group using the same strategy outlines above.
- Perform 5 to 6 440-yard sprints mixed in with a variety of resistance training exercises and then dismiss group.
- Ensure that each member stretches upper and lower body musculature after performing this training program.