

ENDURANCE

TFHZ

BOWDOIN

CATEGORY:

PERFORMANCE
ENDURANCE
INTERVAL RUN

EQUIPMENT:

LINED FIELD

SET UP:

NA

DIRECTIONS:

START IN A CORNER OF THE FIELD
JOG TO 25, SPRINT THE 25, JOG TO CLOSEST END LINE, SPRINT THE END LINE
JOG TO 50, SPRINT THE 50, JOG TO SAME END LINE, SPRINT THE END LINE
JOG TO 75, SPRINT 75, JOG TO FARTHEST END LINE, SPRINT THE END LINE
JOG TO OPPOSITE END LINE, SPRINT THE END LINE, JOG TO OPPOSITE END LINE, SPRINT THE END LINE

IMPORTANT POINTS:

JOG THE SIDES
SPRINT ACROSS THE FIELD & END LINES
COMPLETE IN BOTH DIRECTIONS

