



## RUNNING PROGRAM

### MONDAY:

5 Min. run (warm up)

Stretch

Gasser's	4 – 212 yds	60 sec.	OL & DL
	4 – 212 yds	56 sec.	TE, LB, QB, RB
	4 – 212 yds	54 sec.	WR & DB

REST 3 Minutes between each Gassers than repeat

### TUESDAY:

15 min. run ( warm up)

12 – 45 yd Accelerations	15 yd. _ speed
	15 yd. _ speed
	15 yd. Full speed

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45 yd. Total – 20 sec. Rest between each

### WEDNESDAY:

5 min. run (warm up)

Stretch

12 – 40 yds	20 sec. Rest between each
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### THURSDAY:

15 min. run (warm up)

12 – 45 yds Accelerations	15 yd. _ speed
	15 yd. _ speed
	15 yd. Full speed

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45 yd. Total – 20 sec. Rest between each

### FRIDAY:

5 min. run

Stretch

Scales	3 – 5 yd.	10 sec. Rest	
	3 – 10 yd.	10 sec. Rest	
	2 – 15 yd.	10 sec. Rest	
	2 – 20 yd.	15 sec. Rest	
	2 – 25 yd.	15 sec rest	Rest 3 minutes than repeat