

BOOT CAMP READY!



CFC #7 (Beginner)

Ol' Classic Timed Interval Runs

W

Warm Up Routine

60-120^S
A B



	Sprint	Walk
ROUND 1	60 seconds	120 seconds
ROUND 2	60 seconds	120 seconds
ROUND 3	60 seconds	120 seconds
ROUND 4	60 seconds	120 seconds
ROUND 5	60 seconds	120 seconds

30-60^S
A B

	Sprint	Walk
ROUND 6	30 seconds	60 seconds
ROUND 7	30 seconds	60 seconds
ROUND 8	30 seconds	60 seconds
ROUND 9	30 seconds	60 seconds
ROUND 10	30 seconds	60 seconds

Total Workout
=
22m & 30s

C-D-S

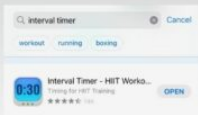
Cool-Down & Stretch Routine

A



CombatFitNow.com

B



Go to the app store
& search "interval
timer"

Goal: Become Faster at Long & Short Distance Runs - by running hard (60% - 80% of your max sprint speed) and recover at a 1:2 ratio.

Instructions:

- This workout is scientifically proven to increase your speed in running short and long distances.

• Rounds 1-5

- Set your timer (watch or phone app) to 60-second intervals.
- We will sprint at 60-80% max effort for 60 seconds (1 interval or 1 bell sound notification)
- We will walk and recover for 120 seconds (2 intervals or 2 bell sound notifications)
- Complete all 5 rounds.

• Rounds 6-10

- Set your timer (watch or phone app) to 30-second intervals.
- We will sprint at 60-80% max effort for 30 seconds (1 interval or 1 bell sound notification)
- We will walk and recover for 60 seconds (2 intervals or 2 bell sound notifications)
- Complete all 5 rounds.



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