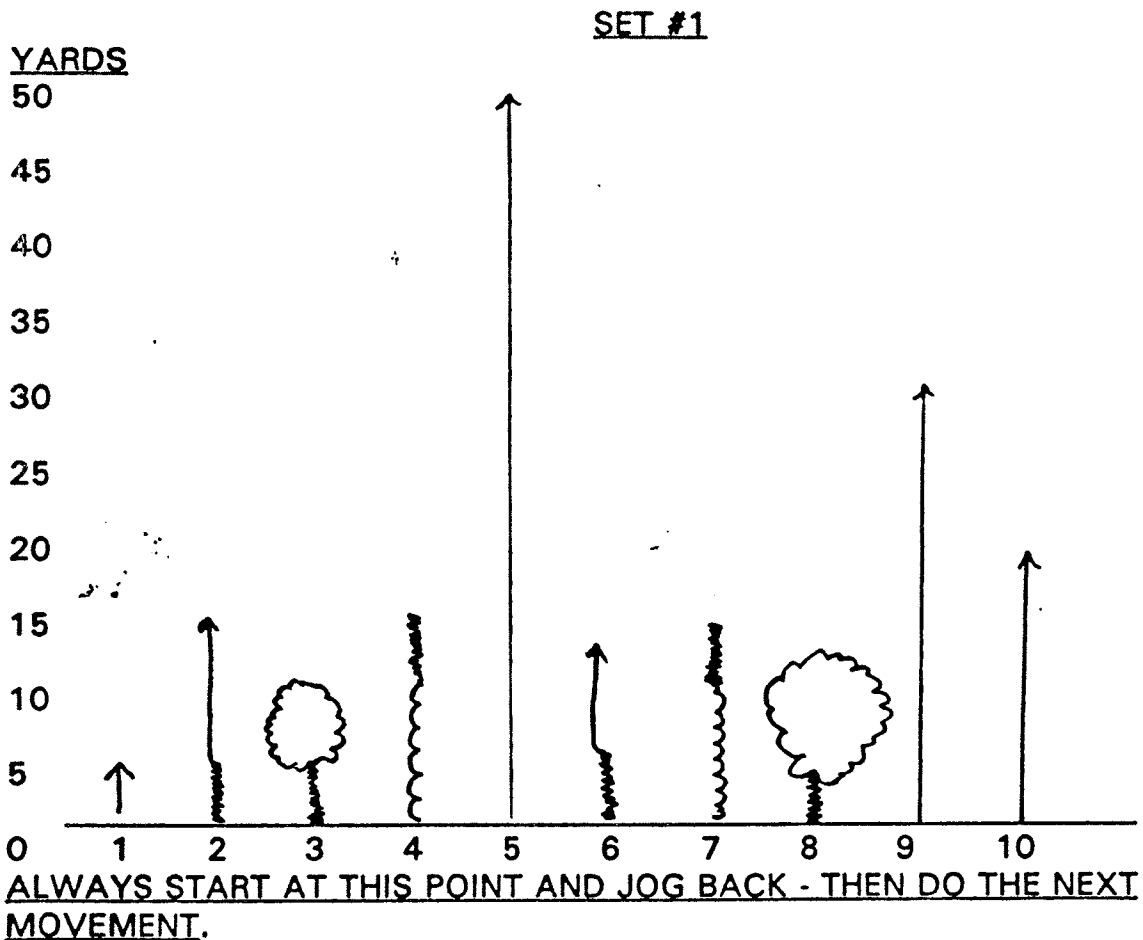


METABOLIC
RUNNING PROGRAM

SET #1:

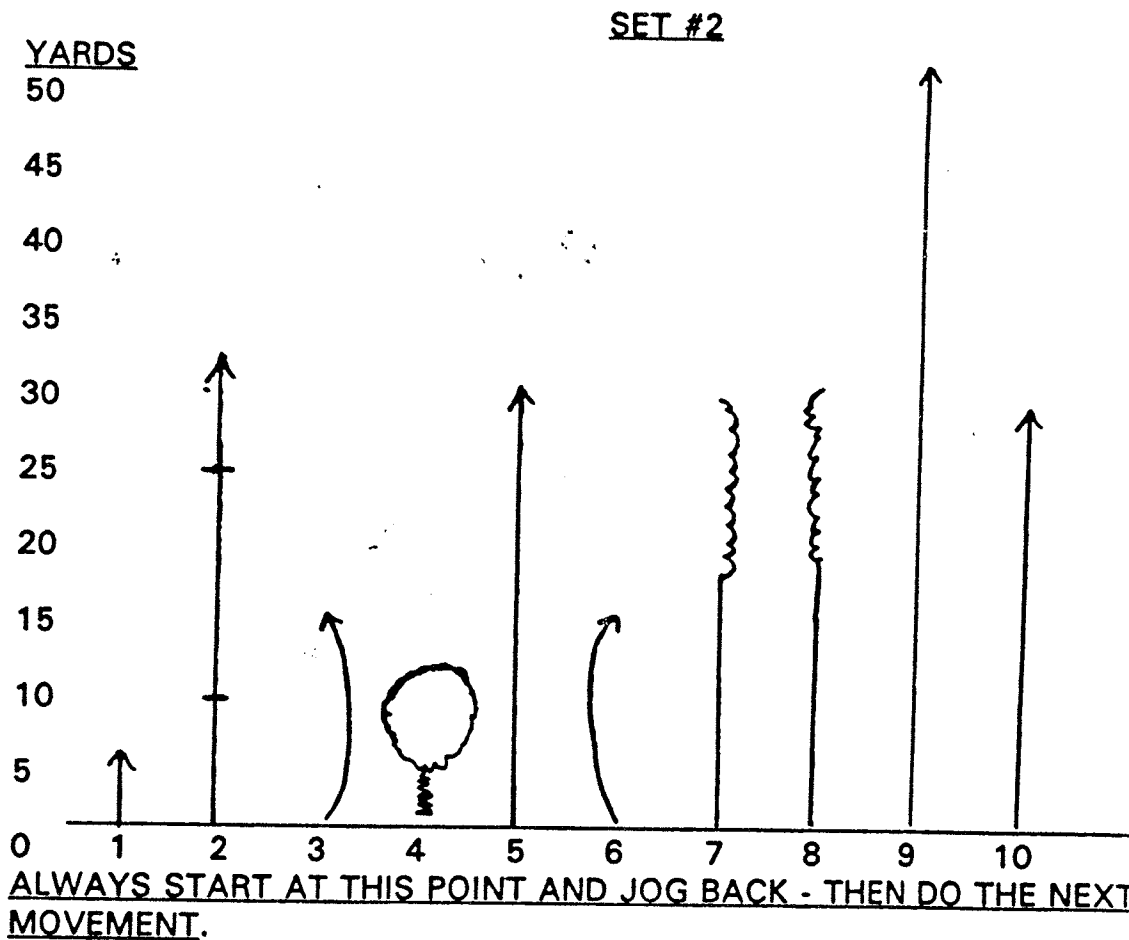
1. Sprint 5 yards straight
2. Back pedal 5 yards; open right sprint 10 yards
3. Back pedal 5 yards; open left crossover small circle
4. Carioka left 10 yards; back pedal 5 yards
5. Sprint 50 yards straight
6. Back pedal 5 yards; open left sprint 10 yards
7. Carioka right 10 yards; back pedal 5 yards
8. Back pedal 5 yards; open right crossover large circle
9. Sprint 30 yards straight
10. Sprint 20 yards straight.



METABOLIC
RUNNING PROGRAM

SET #2:

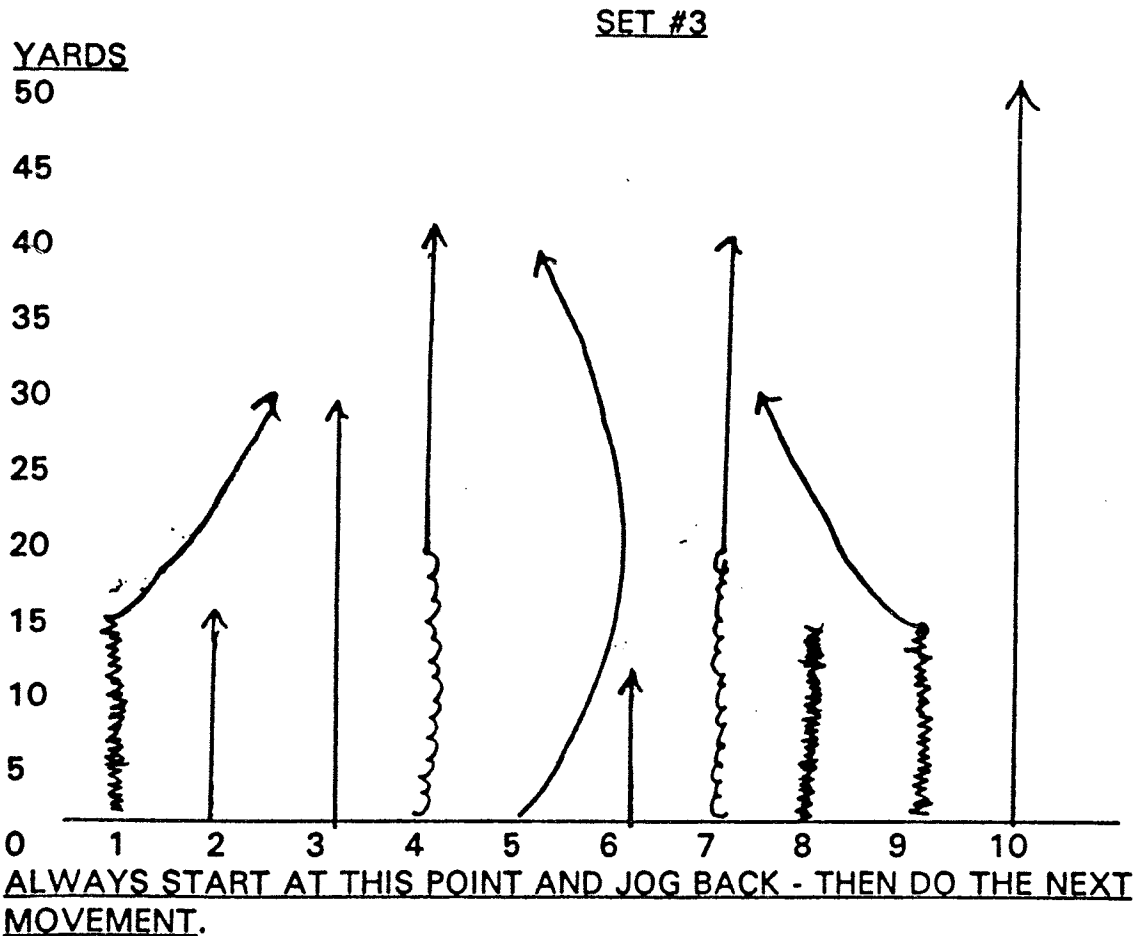
1. Sprint 5 yards straight
2. Sprint 10 yards stop; sprint 15 yards; sprint 5 yards
3. Sprint 15 yards on arc to the right, look over shoulder
4. Back pedal 5 yards; open left crossover large circle
5. Sprint 30 yards straight
6. Sprint 15 yards on an arc to the left, look over shoulder
7. Sprint 20 yards; carioka to right 10 yards
8. Sprint 20 yards; carioka to left 10 yards
9. Sprint 50 yards straight
10. Sprint 30 yards straight



METABOLIC
RUNNING PROGRAM

SET #3:

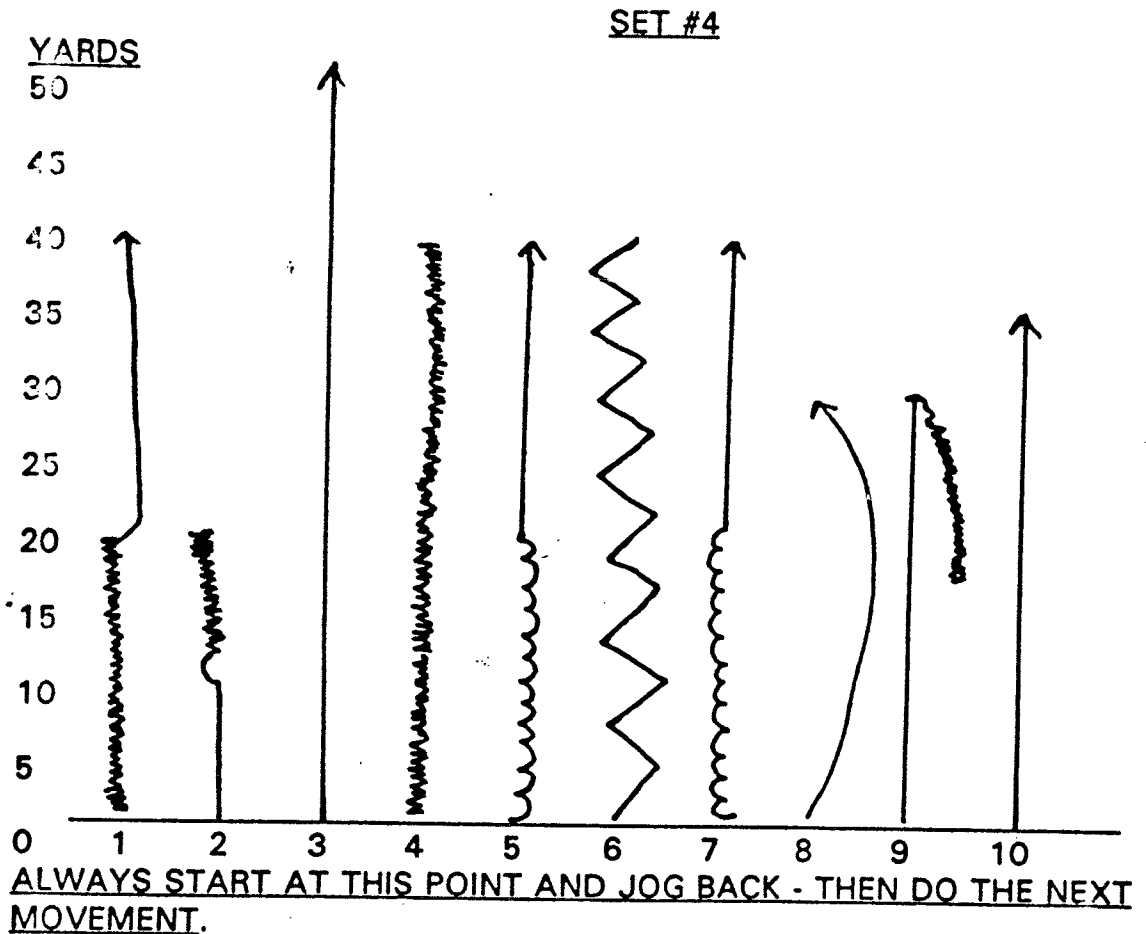
1. Back pedal 15 yards; open left sprint 15 yards
2. Sprint 15 yards straight
3. Sprint 30 yards straight
4. Carioka to the right 20 yards; sprint 20 yards
5. Sprint 40 yards on an arc to the right, look over shoulder
6. Sprint 10 yards straight
7. Carioka to the left 20 yards; sprint 20 yards
8. Back pedal 15 yards
9. Back pedal 15 yards; open right 15 yards
10. Sprint 50 yards



METABOLIC
RUNNING PROGRAM

SET #4:

1. Back pedal 20 yards; open left sprint 20 yards
2. Sprint 10 yards, stop; open left back pedal 10 yards
3. Sprint 50 yards straight
4. Back pedal 40 yards straight
5. Carioka right 20 yards; open right sprint 20 yards
6. Sprint 40 yards zig-zag
7. Carioka Left 20 yards; open left sprint 20 yards
8. Sprint on an arc right 30 yards
9. Sprint 30 yards, stop; back pedal 10 yards
10. Sprint 35 yards



METABOLIC
RUNNING PROGRAM

SET #5:

1. Back pedal 15 yards; open left sprint 30 yards
2. Sprint 35 yards, stop; back pedal 10 yards
3. Sprint 50 yards zig-zag
4. Back pedal 40 yards
5. Carioka left 25 yards; open left sprint 25 yards
6. Sprint 35 yards straight
7. Carioka right 25 yards; open right sprint 25 yards
8. Sprint arc right 20 yards; sprint 20 yards
9. Sprint 40 yards, stop; back pedal 10 yards
10. Sprint 50 yards

