

Sprint-8 Interval Workout

(Ron Jones, MS, ACSM Health/Fitness Instructor, Corporate Wellcoach)



<i>TIME</i>	<i>INTERVALS</i>
0:00-2:00	Warm-Up
2:00-2:30	Sprint #1
2:30-4:00	Rest
4:00-4:30	Sprint #2
4:30-6:00	Rest
6:00-6:30	Sprint #3
6:30-8:00	Rest
8:00-8:30	Sprint #4 😊
8:30-10:00	Rest
10:00-10:30	Sprint #5
10:30-12:00	Rest
12:00-12:30	Sprint #6
12:30-14:00	Rest
14:00-14:30	Sprint #7
14:30-16:00	Rest
16:00-16:30	Sprint #8
16:30-18:00	Rest
18:00-20:00	Cool Down

(2 Minutes=1 Set • 8 Sets=1 Round • 1 Round=20 Minutes)