



HIGH INTENSITY INTERVAL TRAINING



SPRINT / RECOVER / REPEAT

HIIT WORKOUT SERIES

18

WORKOUTS

2

LEVELS

6

SETTINGS

FIND YOUR WORKOUT

Field or park

Workouts 1–5, 8–12 and 15. You need a stopwatch and two cones or shoes.

Treadmill

Workouts 16–18, plus the swap box on any field workout. 16 needs a curved treadmill, 18 needs dumbbells.

Gym or anywhere

Workouts 6, 7, 13 and 14. You need a stability ball, jump rope, a plate or sled, and a StairMaster.

HOW TO USE THIS

- 01 **Pick one workout per HIIT day.** Swipe to find the one you want.
- 02 **Do the Dynamic Warm-Up first.** It's required before every workout. Never static stretching before training.
- 03 **Pick your level.** Normal is about half the volume with more rest. Extreme is the full workout. New to training? Start at half of Normal.
- 04 **How often.** Normal: 2 HIIT days a week. Extreme: up to 3. Always take a rest day between.
- 05 **Already lifting?** See HIIT + Your Lifting for which days to add these.
- 06 **Effort counts.** Normal sprints are hard, about 8 out of 10. Extreme sprints are all out. Speed drops as you tire — effort shouldn't.
- 07 **Rest means rest.** Stick to the rest times. When a jog or plank is "your rest," keep moving.
- 08 **Cool down after.** Finish with 3–5 minutes of easy walking. Stretching, holding a stretch, goes here, after training.
- 09 **No field? No problem.** Field workouts have a Park and Treadmill swap. Start with the Swap Guide.
- 10 **Listen to your body.** Extreme is for people already training hard. Stop if you feel dizzy or have any pain, and check with your doctor first.
- 11 **Times are estimates.** Each workout shows about how long it takes. They don't include the Dynamic Warm-Up.

**WU THE DYNAMIC WARM-UP**

REQUIRED BEFORE EVERY WORKOUT · 8–10 MIN

Do this before every workout, no exceptions. Never static stretching before training: holding stretches before sprints can dull your power. Save them for after.

A · RAISE**Easy cardio****3 min**

Jog, bleachers, treadmill, bike or jump rope at an easy pace until you're warm. Skip this if your workout opens with bleacher or jog warm-up sets.

B · MOBILIZE**Leg swings****10 each way**

10 front-to-back, then 10 side-to-side, each leg. Hold a wall or fence for balance.

Walking lunge with a twist**8 /side**

Long step, drop the back knee, rotate your chest toward the front leg.

Inchworm**6**

Hinge, walk your hands out to a plank, then walk your feet to your hands. Keep your legs as straight as you can.

Bodyweight squat**10**

Chest up, sit deep, drive up.

Glute bridge**10**

Squeeze your glutes hard for 2 sec at the top.

High knees**20 sec**

Quick, light feet. Pump your arms.

Butt kicks**20 sec**

Heels to glutes, stay tall.

Arm circles**10 each way**

Big circles, small to large.

C · PRIME**Build-up runs****×3**

Three runs over 20–30 yd at 50%, 70%, then 85% effort. Walk back between. No field? Do three 10-sec builds on a treadmill or bike.

SHORTCUTS**Skip what your workout already covers**

Workouts 1, 2, 3, 4 and 10 open with bleacher sets: skip Part A, do Part B, then after the bleacher sets do 2 build-up runs (70%, 85%) before your first flat sprint. Workouts 12 and 15 have their own build-up sprints, so skip Part C. Workout 15 also opens with a jog, so skip Part A too.

You're ready when you're warm, a little sweaty, breathing harder, and your joints move freely.

**SW NO FIELD? SWAP GUIDE**

PARK · TREADMILL · ANY FLAT SPACE

Every field workout has a swap box. Time replaces distance — use this chart.

SPRINT TIME BY DISTANCE

25 yd 5s	30 yd 6s	40 yd 7s	50 yd 9s	60 yd 11s
75 yd 13s	80 yd 14s	100 yd 17s	110 yd 19s	200 yd 40s

A hard effort, not a race. Go by effort — faster runners cover more ground in the same time.

PARK**Run it by seconds**

Use a stopwatch on any flat path or open grass. Short on room? Sprint, turn and keep going — total time is what counts.

TREADMILL**Hard run, easy walk**

Keep the belt moving and use the speed buttons to switch between a hard run and an easy walk. Pick a hard pace you can hold for the listed seconds, about 7–10 mph for most people. Step on at a walk, ramp up, and never step on or off a fast belt.

SHORT**Sprints under 10 sec**

A treadmill can't speed up that fast. Run 15 sec instead and do half the reps. It's about the same total work.

INCLINE**Bleachers & hills**

Use stairs, a hill, a StairMaster or a treadmill. On a treadmill, set the incline once and leave it: 6–10% for warm-ups, 8–12% for hard sets. Changing it mid-set takes too long.

TURNS**Shuttles & turns**

Park: two shoes or cones as markers. Treadmill: run the there-and-back time in one burst.

BODY**Lunges & bodyweight**

Do them beside the treadmill or on the grass. Lunging 15 yd ≈ 15 lunges.

Treadmill safety: straddle the belt to start and stop, clip the safety key to your clothes, and warm up 5 min easy first.

**WU BLEACHER & GYM WARM-UP**

WARM-UP SETS · BLEACHERS · GYM

This is Part A of the Dynamic Warm-Up, and the warm-up sets inside the workouts. One bleacher set = up the steps and back down. The goal is to warm up and wake up your legs, not to tire you out.

STEP 1**Walk up, skip a step**

Climb hitting every other step. Stand tall, drive through the whole foot and let your arms swing. Walk back down using every step.

STEP 2**Jog once you're warm**

When you break a sweat (usually after about 5 sets), jog the second half of the way up. Always walk down.

EFFORT**Keep it at a 5 out of 10**

You should be able to talk in short sentences. Warm and breathing harder, not out of breath.

FORM**Land soft, stay tall**

Whole foot on every step, knees tracking over your toes, chest up. Walk down under control — no jumping or bouncing. Use the rail if the steps are wet.

SETS**Match it to your bleachers**

Short bleachers? Go by time instead: about 5–8 minutes of steady climbing. New to this? Start with a few fewer sets and build up.

GYM**No bleachers? Use a machine**

Use a staircase or a hill, or in the gym: a treadmill at 6–10% incline (fast walk, then jog the second half), a StairMaster at an easy-to-moderate pace, a bike or a rower. 5–8 minutes at 5 out of 10.

COOL-DOWN**Same moves, easy pace**

Walk the steps, or the treadmill, slowly until your breathing settles.

**4 W YOUR FIRST 4 WEEKS**

SAMPLE WEEK · PROGRESSION

Normal: 2 HIIT days a week, like Mon and Thu.
Extreme: up to 3, like Mon, Wed and Fri. Day 3 is
Extreme only. Always do the Dynamic Warm-Up first.

WEEK 1**Build the base**

Field or park: 110s, Toe-Touch Shuttles. Gym or treadmill: Hurricane Basic, Stability Ball Blitz. Day 3: Bodyweight Sprint Circuit or Complex Circuit.

WEEK 2**Add volume**

Field or park: Descending Sprints, Sprint Ladder. Gym or treadmill: Deadmill, Hurricane Strength. Day 3: Push & Gassers or StairMaster Pyramid.

WEEK 3**Get faster**

Field or park: Track Curves, Hill Session. Gym or treadmill: Rope & Plate, Hurricane Basic. Day 3: Stadium Grinder or Complex Circuit.

WEEK 4**Peak week**

Field or park: Four Quarters, The Gauntlet. Gym or treadmill: StairMaster Pyramid, Hurricane Strength. Day 3: 110s or Deadmill.

PROGRESS**Add a little each week**

Each week, add 1 rep or 1 round to a workout, or cut 5 sec of rest. Pick one, not both.

MOVE UP**Normal to Extreme**

Finished a Normal workout at about 8 out of 10 and recovered well? Try Extreme on one workout a week.

RECOVER**Rest on purpose**

At least one rest day between sessions. Easy walks are fine. Sore or run down? Drop to Normal or repeat last week.

REPEAT**After week 4**

Run the block again and move up a level on the workouts that felt easy.

**ST HIIT + YOUR LIFTING**

ALREADY STRENGTH TRAINING? START HERE

HIIT works best when it doesn't steal from your lifts. Protect your heavy leg days, start on Normal, and add one session at a time.

RULE 1**Protect your leg days**

Sprint workouts (field, hill, track, bleachers) hit your hamstrings and quads hard. Keep them at least 48 hours before a heavy squat, deadlift or leg press day.

RULE 2**Lower-impact fits anywhere**

Workouts 6, 13, 14, 17 and 18 are easier on your legs. Use them the day before a lift or the day after legs. The rest are the hardest on your legs.

RULE 3**Same day? Lift first**

If you have to do both in one day, lift first and do HIIT after, ideally 6 or more hours later. If you can't split them, keep it to a short Normal workout, about 20 minutes or less.

RULE 4**Cap the total**

2 HIIT days a week while you lift. 3 only if you recover well. Keep at least 1 full rest day.

RULE 5**Normal first**

Start on Normal for 2 weeks. If your lifts feel flat or heavy, drop a level or skip a session.

3 DAYS**Lifting Mon / Wed / Fri**

HIIT on Tue and Thu with the lower-impact workouts. Add a Sat sprint workout only if your legs feel fresh.

4 DAYS**Mon upper, Tue lower, Thu upper, Fri lower**

HIIT on Wed with a lower-impact workout, and on Sun with a sprint workout. Sunday is 48 hours after Friday's legs and 48 hours before Tuesday's.

5 - 6 DAYS**Push / pull / legs or a bodybuilding split**

You're training hard most days. Add 1 Normal, lower-impact session on your rest day, or swap out one lifting day. Skip the sprint workouts.

**01 TOE-TOUCH SHUTTLES**

FIELD + BLEACHERS

N NORMAL ≈30 MIN **X** EXTREME ≈70 MIN**DYNAMIC WARM-UP FIRST · REQUIRED**

Skip Part A. After the bleacher sets, do 2 build-up runs (70%, 85%) before your first flat sprint.

WARM-UP**Bleacher walk / run****15 sets**

1 set = up and down. Walk up hitting every other step, then walk down using every step. Once you break a sweat, jog the second half of the way up. Keep it around 5 out of 10 effort.

WORK**Toe-touch shuttle****N *5**

Lie on your back, legs straight up — 20 toe touches, squeezing abs. Then sprint the field width and back. That's 1 rep.

X *10**Climber or squat shuttle****N *5**

20 mountain climbers or 30 standing squats, then sprint the width and back.

X *10**200-yard run****N *3**

Goal line to goal line and back. **90 sec / 1 min** rest.

X *6**COOL-DOWN****Bleacher runs / walks****N 10 sets**

Same moves at an easy pace. Walk the steps until your breathing settles and your heart rate comes down.

X 50 sets**NO FIELD? SWAP IT****PARK**

Sprint 20 sec for each "across and back." The 200-yard run = 40 sec. Bleachers → stairs or a hill.

TREADMILL

Toe touches, climbers and squats on the floor beside the treadmill, then run hard 20 sec. 200-yard run = 40 sec hard. Bleacher warm-up and cool-down → 6–10% incline.

**02 DESCENDING SPRINTS**

FIELD + BLEACHERS

N NORMAL ≈35 MIN **X** EXTREME ≈70 MIN**DYNAMIC WARM-UP FIRST · REQUIRED**

Skip Part A. After the bleacher sets, do 2 build-up runs (70%, 85%) before your first flat sprint.

WARM-UP**Bleacher walk / run****13 sets**

Walk up skipping a step, walk down every step. Jog the second half once you're warm. About 5 out of 10 effort — warm, not winded.

WORK**100-yard sprints****N ×6****60 / 45** sec rest between sprints.**X ×12****75-yard sprints****N ×5****45 / 30** sec rest.**X ×10****50-yard sprints****N ×5****30 / 15** sec rest.**X ×10****Lunge + jog****N ×3**

Lunge 15 yd, jog to midfield, lunge 15 yd, jog to the far end line. That's 1 rep.

X ×6**COOL-DOWN****Bleacher walk / run****N 10 sets**

Easy walk up and down. Let your breathing settle before you stop.

X 50 sets**NO FIELD? SWAP IT****PARK**

100 yd = 17 sec · 75 yd = 13 sec · 50 yd = 9 sec, same rests. Lunge + jog = 15 lunges, 15 sec jog, 15 lunges, 15 sec jog. Bleachers → stairs or a hill.

TREADMILL

100 yd = 17 sec, 75 yd = 13 sec, walk for the rests. 50 yd → one 15 sec run, half the reps. Lunge + jog = 30 lunges on the floor, then a 30 sec jog on the belt. Bleacher sets → 6–10% incline.

**03 STADIUM GRINDER**

FIELD + BLEACHERS

N NORMAL ≈ 40 MIN **X** EXTREME ≈ 70 MIN**DYNAMIC WARM-UP FIRST · REQUIRED**

Skip Part A. After the bleacher sets, do 2 build-up runs (70%, 85%) before your first flat sprint.

WARM-UP**Bleacher steps****10 sets**

Walk up hitting every other step, walk down every step. Stay tall and drive through the whole foot.

WORK**Bleacher runs****N 12 sets**

Run up, switching it each set: one set skipping every other step (power), the next hitting every step (speed). Walk down under control.

X 25 sets**Crunch shuttle****N ×5**

Sprint sideline to sideline and back, drop and do 20 toe-touch crunches. The crunches are your recovery. **100** / **200** crunches total.

X ×10**Climber-squat field****N ×5**

20 fast mountain climbers on the goal line, run 50 yd to midfield, 25 squats hands overhead, run to the far goal line. That's 1 rep.

X ×10**100-yard sprints****N ×6**

45 / **30** sec rest. Each length is 1 rep.

X ×12**Rapid-fire 30s****N ×6-10**

Sprint 30 yd and back. No rest — legs on fire is the point.

X ×10-20**COOL-DOWN****Bleacher walks****N 10 sets**

Easy walk up and down. Let your heart rate come down.

X 30 sets**NO FIELD? SWAP IT****PARK**

Sprint across and back = 20 sec · 50 yd = 9 sec · 100 yd = 17 sec. Rapid-fire 30s = 12 sec back and forth between two markers. Bleachers → stairs or a hill.

TREADMILL

Crunches, climbers and squats on the floor beside the treadmill. Run 20 sec for each across and back, 15 sec for each 50 yd, 17 sec for each 100 yd. Rapid-fire 30s = 15 sec hard, 15 sec walk, for the listed reps. Bleacher warm-up → 6-10% incline; bleacher runs → 8-12% incline.

**04 SPRINT LADDER**

FIELD + BLEACHERS

N NORMAL ≈35 MIN **X** EXTREME ≈70 MIN**DYNAMIC WARM-UP FIRST · REQUIRED**

Skip Part A. After the bleacher sets, do 2 build-up runs (70%, 85%) before your first flat sprint.

WARM-UP**Bleacher steps****8 sets**

Walk up hitting every other step, walk down every step. Easy pace to start.

Bleacher steps**10 sets**

Same pattern at a jog: jog up skipping every other step, walk down every step.

WORK**100-yard sprints****N ×3**

Slow jog back, **60** / **45** sec rest.

X ×6**60-yard sprints****N ×4**

Slow jog back, **45** / **30** sec rest.

X ×8**Climber sprints****N ×5**

20 mountain climbers, sprint 40 yd, 20 more climbers, sprint back. **35** / **20** sec rest. That's 1 rep.

X ×10**COOL-DOWN****Bleacher cool-down****N 10 sets**

Normal: easy walking sets until your heart rate comes down. Extreme: 20 sets at a fast pace, then 20 sets walking.

X 40 sets**NO FIELD? SWAP IT****PARK**

100 yd = 17 sec · 60 yd = 11 sec · 40 yd = 7 sec for the climber sprints. Bleachers → stairs or a hill.

TREADMILL

100 yd = 17 sec, 60 yd = 11 sec. Climber sprints: 20 climbers, run 15 sec, 20 climbers, run 15 sec = 1 rep, half the reps. Bleacher warm-up → 6–10% incline; cool-down sprints → 8–12% incline.

**05 THE GAUNTLET**

FIELD + STADIUM

N NORMAL ≈ 45 MIN **X** EXTREME ≈ 65 MIN

DYNAMIC WARM-UP FIRST · REQUIRED

WORK**Stadium step sprints****N 40 total**

15–20 hard, walk 1–2 to catch your breath. Keep moving.

X 75 total**100-yard sprints****N ×3****45 / 30** sec rest.**X ×5****80-yard sprints****N ×3****45 / 30** sec rest.**X ×5****60-yard sprints****N ×5****35 / 20** sec rest.**X ×10****40-yard sprints****N ×10****30 / 15** sec rest.**X ×20****BONUS****Buffaloes****N ×2**

Sprint the field width 4 times — across, back, across, back — touching each line. **3 / 2** min rest.

X ×4**Half buffaloes****N ×4**

Sprint the width, touch the line, sprint back. **90 sec / 1 min** rest.

X ×8**NO FIELD? SWAP IT****PARK**

Stadium steps → stairs or a hill. 100 yd = 17 sec · 80 yd = 14 sec · 60 yd = 11 sec · 40 yd = 7 sec. Buffalo = 35 sec hard between two markers · half buffalo = 18 sec.

TREADMILL

Stadium steps → 10–12% incline, hard run or power walk in bursts. 100 yd = 17 sec · 80 yd = 14 sec · 60 yd = 11 sec · 40 yd → one 15 sec run, half the reps. Buffalo = 35 sec hard · half buffalo = 18 sec.

**06 STABILITY BALL BLITZ**

GYM · STABILITY BALL

N NORMAL ≈15 MIN **X** EXTREME ≈25 MIN

DYNAMIC WARM-UP FIRST · REQUIRED

All three moves = 1 set. No rest between moves.
Normal: rest 30 sec after each set.

WORK**Max-speed sprint****N 15 sec**

All-out intensity.

X 20 sec**Ball leg lifts****N 12**

Ball between ankles, hands behind head, lift until hips come off the mat.

X 15**Ball crunches****N 20**

Feet on the ball, hands across chest, shoulders stay off the mat.

X 25**REPEAT****Repeat the full set****N 8 sets**

Same order every set.

X 15 sets



07 ROPE & PLATE

GYM · JUMP ROPE + PLATE

N NORMAL ≈10 MIN X EXTREME ≈20 MIN

DYNAMIC WARM-UP FIRST · REQUIRED

WORK

Jump rope

N *5

X *10

Double-unders for 12–15 sec, then single spins for 45 sec. No double-unders yet? Single spins the whole time.

Plate push

N *4

X *8

25 lb (women 10 lb) / 45 lb (women 25 lb)
plate flat on the floor. Hands on plate, sprinter stance, hips high — drive it **15 / 25** yd, turn and push back. **60 / 45** sec rest. Rubber floors grip, so use turf or a slick floor. No good surface? Use the sled push below. Short on space? Push 10 yd, turn, and repeat until you've covered **30 / 50** yd.

SWAP

Sled push sprint

N *4

X *8

Swap for the plate push. Load the sled so the first 5 yd are hard but you can still sprint the rest: about **25–45 lb / 45–90 lb** of plates on the sled. Hands low on the posts, arms locked, body at a 45° lean, short powerful steps. Push **15 / 25** yd, turn and push back. **60 / 45** sec rest. No sled either? Sprint 15 sec on a treadmill at 8–12% incline instead.



08 110S

FIELD

N NORMAL ≈10 MIN **X** EXTREME ≈15 MIN

DYNAMIC WARM-UP FIRST · REQUIRED

WORK

110-yard sprints

N ×8

60 / 45 sec rest between sprints.

X ×16

NO FIELD? SWAP IT

PARK 110 yd = 19 sec hard, then rest as listed.

TREADMILL Run 19 sec hard, then walk for the listed rest.

**09 HILL SESSION**

FIELD + HILL

N NORMAL ≈25 MIN **X** EXTREME ≈40 MIN

DYNAMIC WARM-UP FIRST · REQUIRED

WORK**40-yard sprints****N** ×5

Sprint at 80%, jog back at 40%. The jog is your rest.

X ×10**Hill sprints****N** ×10

40–50 yd on the steepest hill you can find. Max effort up, walk down. Speed will drop — effort shouldn't.

X ×20**25-yard sprints****N** ×10

Rapid fire. **30** / **15** sec rest max.

X ×20**200-yard gassers****N** ×2

Sprint 100 and back. **3** / **2** min rest.

X ×4**NO FIELD? SWAP IT****PARK**

40 yd = 8 sec at 80% · 25 yd = 5 sec ·
200-yd gasser = 40 sec. Hill sprints:
any steep hill or staircase, up hard,
walk down.

TREADMILL

40 yd at 80% and 25 yd → one 15 sec
run each, half the reps · gasser = 40
sec. Hill sprints: set 8–12% incline once,
run hard 15 sec, walk 30 sec, half the
reps.

**10 BODYWEIGHT SPRINT CIRCUIT**

FIELD + BLEACHERS

N NORMAL ≈25 MIN **X** EXTREME ≈50 MIN**DYNAMIC WARM-UP FIRST · REQUIRED**

Skip Part A. After the bleacher sets, do 2 build-up runs (70%, 85%) before your first flat sprint.

WARM-UP**Bleachers****15 sets**

Run up at an easy to moderate pace, run back down with control. Keep it around 5 out of 10 — it's a warm-up.

WORK**Push-up sprint****N ×5**

15 push-ups, sprint 40 yd. No rest.

X ×10**Climber shuttle****N ×4**

30 mountain climbers, sprint 20 yd, touch the line, sprint back. No rest.

X ×8**Squat, lunge, jog****N ×4**

30 / **50** squats, lunge 25 yd, jog 50 yd. The jog is your rest.

X ×8**Leg-lift sprint****N ×4**

20 leg lifts with hip thrust, sprint 50 yd, slow jog back.

X ×8**Plank sprint****N ×3**

45 / **90** sec plank (your rest), then sprint 100 yd.

X ×6**NO FIELD? SWAP IT****PARK**

40 yd = 7 sec · 20 yd out and back = 7 sec · 50 yd = 9 sec · 100 yd = 17 sec.
Lunge 25 yd = 25 lunges. Jog 50 yd = 20 sec. Bleachers → stairs.

TREADMILL

Push-ups, climbers, squats, lunges and planks on the floor beside the treadmill. 100 yd = 17 sec. Sprints under 10 sec → 15 sec runs, half the reps. Jog 50 yd = 20 sec. Bleacher warm-up → 6–10% incline.

**11 PUSH & GASSERS**

FIELD · CONES

N NORMAL ≈35 MIN **X** EXTREME ≈60 MIN

DYNAMIC WARM-UP FIRST · REQUIRED

WARM-UP

40-yard jogs**x10**

Jog 40 yd, slow jog back.

WORK

Climber sprint**N x5**

20 mountain climbers, sprint 50 yd, jog back.

X x10**Push-up sprint****N x10****15 / 25** push-ups, sprint 20 yd, jog back.**X x20****Crunch sprint****N x5**30 crunches hands across chest, sprint 100 yd, **60 / 40** sec rest.**X x10****200-yard gassers****N x3**Cones 50 yd apart: sprint 50 and back, twice.
3 / 2 min rest.**X x5**

NO FIELD? SWAP IT

PARK

Jog 40 yd and back = 40 sec · sprint 20 yd = 4 sec · 50 yd = 9 sec · 100 yd = 17 sec · 200-yd gasser = 40 sec.

TREADMILL

100 yd = 17 sec · gasser = 40 sec · jog 40 yd and back = 40 sec. Sprints under 10 sec (20 yd, 50 yd) → 15 sec runs, half the reps. Reps on the floor beside the treadmill.

**12 TRACK CURVES**

TRACK

N NORMAL ≈ 25 MIN **X** EXTREME ≈ 35 MIN**DYNAMIC WARM-UP FIRST · REQUIRED**

Skip Part C. Your 40-yard strides are the build-up runs.

WARM-UP**40-yard strides****x10**

75% effort, slow jog back.

Walking lunge primer**x5**

Long, slow stride for 25 yd — feel it in your glutes and hamstrings — then jog 25 yd.

WORK**Jog straights, sprint curves****N 2 laps**

100 m each. No stopping — the jog is your rest.

x 4 laps**Walk straights, sprint curves****N 2 laps**

Fast walk the straights.

x 4 laps**150 m sprint****N 2 laps**

Sprint the curve plus half the straight, jog the remaining 250 m.

x 3 laps**NO FIELD? SWAP IT****PARK**

Jog 45 sec, sprint 18 sec, jog 45 sec, sprint 18 sec = 1 lap. Walk-the-straights version: walk 1 min, sprint 18 sec. 150 m: sprint 27 sec, jog 110 sec.

TREADMILL

Same times on the belt, using the speed buttons: 45 sec jog / 18 sec sprint. 150 m: sprint 27 sec, jog 110 sec.

**13 STAIRMASTER PYRAMID**

STAIRMASTER

N NORMAL 17:30 MIN **X** EXTREME 17:30 MIN**DYNAMIC WARM-UP FIRST · REQUIRED**

Normal: drop every level by 3 (peak L12). Extreme: as shown. Levels vary by machine, so your peak is the hardest pace you can hold for 30 sec.

**17:30 TOTAL · SAME TIMES FOR BOTH LEVELS**

**14 COMPLEX CIRCUIT**

ANYWHERE · JUMP ROPE

N NORMAL ≈15 MIN **X** EXTREME ≈25 MIN

DYNAMIC WARM-UP FIRST · REQUIRED

No rest inside a complex. 2 min rest between complexes.

WARM-UP

Jump rope

Double-unders for 12–15 sec, then single spins. No double-unders yet? Single spins the whole time.

WORK

Complex 1

25 jumping jacks → 25 squats → 25 high knees.

N 2 sets**X 4 sets****Complex 2**

45 sec fast jump rope → 25 crunches → 20 push-ups.

N 3 sets**X 5 sets****Complex 3**

10 / 20 burpees → 40 ft walking lunge → 25 mountain climbers.

N 2 sets**X 4 sets**

**15 FOUR QUARTERS**

FIELD + HILL

N NORMAL ≈ 40 MIN **X** EXTREME ≈ 60 MIN**DYNAMIC WARM-UP FIRST · REQUIRED**

Skip Parts A and C. Your 400-yard jog and 4×50-yard sprints at 75% cover them.

WARM-UP**Active warm-up**

400 yd jog (4 field lengths), then 4×50 yd sprints at 75%. Not timed.

1ST QTR**Hill sprints****N 2×10**

30–40 yd max sprint (6–9 sec), slow jog down (20 sec rest). 10 reps = 1 set. **60 / 45** sec between sets.

X 4×10**2ND QTR****100-yard sprints****N ×8**

Normal: as fast as you can. Extreme: under 15 sec each. **45 / 30** sec rest standing tall — no jog back.

X ×16**3RD QTR****50-yard shuttles****N ×5**

Sprint 25 yd and back. **20 / 10** sec rest.

X ×10**30-yard shuttles****N ×5**

Sprint 15 yd and back. **20 / 10** sec rest.

X ×10**4TH QTR****Hill repeats****N ×5**

Sprint up, down, up, down = 1 rep. **40 / 25** sec rest.

X ×10**COOL-DOWN****Walking lunge****N ×2**

Longest stride you can for 25 yd, jog 25 yd.

X ×4**Side lunge / slide shuffle****N ×2**

Slow, long stride for 25 yd — groin, glutes, hamstrings — jog 25 yd.

X ×4**NO FIELD? SWAP IT****PARK**

Hill sprints: steep hill, 6–9 sec up, jog down 20 sec. 100 yd = 15 sec. Shuttles: 50-yd = 9 sec, 30-yd = 6 sec between two markers. Hill repeats: stairs or a hill, up, down, up, down = 1 rep.

TREADMILL

Hill sprints: set 8–12% incline once, run hard 15 sec, walk 20 sec, half the reps. 100 yd = 15 sec hard. Shuttles → 15 sec runs, half the reps. Hill repeats: two 15 sec hard runs with a 10 sec walk between = 1 rep, half the reps.

**16 DEADMILL**

TREADMILL · NON-MOTORIZED

N NORMAL ≈10 MIN **X** EXTREME ≈15 MIN

DYNAMIC WARM-UP FIRST · REQUIRED

WORK**Deadmill sprint**

Use a non-motorized (curved) treadmill. Lean forward 45°, hands on the handles, and drive the belt yourself. **10 / 15** sec sprint, **60 / 45** sec rest. Don't unplug a regular treadmill: it can damage it, and many gyms don't allow it.

N 8 rounds**X 15 rounds**

**17 HURRICANE BASIC**

TREADMILL · 10% INCLINE

N NORMAL ≈10 MIN **X** EXTREME ≈20 MIN

DYNAMIC WARM-UP FIRST · REQUIRED

One round = everything below. **5** / **10** rounds.**WORK****Incline sprint****N 20 sec**

10% grade. Pick a speed you can hold the whole time. At 10% that's well below your flat-ground sprint.

X 30 sec**REST****Rest****N 40 sec**

Drop to a slow walk. Don't step off a fast belt.

X 30 sec**WORK****Push-ups****N 10****X 15****Toe-touch crunches****N 10**

On your back, legs vertical, crunch up to your toes.

X 15**REST****Rest****N 30 sec****X 15 sec****REPEAT****Repeat****N 5 rounds****X 10 rounds**

**18 HURRICANE STRENGTH**

TREADMILL + DUMBBELLS

N NORMAL ≈10 MIN **X** EXTREME ≈25 MIN

DYNAMIC WARM-UP FIRST · REQUIRED

One round = everything below. **5** / **10** rounds.**WORK****Incline sprint****N 20 sec**

10% grade. Pick a speed you can hold the whole time. At 10% that's well below your flat-ground sprint.

X 30 sec**REST****Rest****N 40 sec**

Drop to a slow walk. Don't step off a fast belt.

X 30 sec**WORK****Renegade row****N 6 /arm**

Plank on dumbbells, row one arm at a time.

X 10 /arm**Curl to overhead press****N 8**

Standing, dumbbells.

X 10**REST****Rest****N 30 sec****X 15 sec****REPEAT****Repeat****N 5 rounds****X 10 rounds**

TERMS

Bleacher set	One trip up the steps and back down. Up + down = 1 set.
Gasser	Sprint out and back continuously — 200 yd total.
Buffalo	Sprint the field width 4 times, touching each line.
Half buffalo	Sprint the width and back once.
Shuttle	Sprint to a line, touch it, sprint back.
Double-under	Rope passes twice under your feet per jump.
Deadmill	A non-motorized (curved) treadmill — you power the belt.
Renegade row	Plank on dumbbells and row one arm at a time.

WHAT'S NEXT

MEMBERSHIP · COMING SOON

New workouts every week

Fresh sessions added to the Alpha Trainer website weekly. The website is being built, and membership opens as soon as it's finished. Want first access? DM **"MEMBER"** to **@alphatrainerhq** or reply to my email.

1-ON-1 COACHING · TRAINING + DIET + ALPHA TRACKER

A plan built for you

Training built around your goal, your schedule and your equipment, and adjusted as you progress. Diet coaching is included. DM **"COACH"** to **@alphatrainerhq** or reply to my email, and I'll send you the application.

Alpha Tracker video analysis and performance reports are available only with 1-on-1 coaching.



QUESTIONS? SEND ME A DM —
I'LL POINT YOU THE RIGHT WAY.

@ALPHATRAINERHQ