

# Sprint-8 Interval Workout

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

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