

Participants combine running, push-ups, and a jog to increase strength and speed.



Instructions

- There are four phases of the exercise:
 - Start with a hard run.
 - Drop and do push-ups or modified push-ups.
 - Run hard again for the same distance.
 - Do a recovery jog, and then repeat the cycle.
- **Duration/Reps**
 - Beginners: three to four reps of two hundred meters fast, five push-ups, two hundred meters fast, and a two-hundred-meter jog
 - Experienced athletes: three to four reps of four hundred meters fast, ten push-ups, four hundred meters fast, and a four-hundred-meter jog
- Reduce distance to between ten and twenty meters when performing as part of the warm-up.

Cues

- Maintain good push-up form.
- Switch to modified push-ups to preserve form when fatigued.
- Maintain good running form, including arm drive, especially when the arms start to fatigue.
- The run hard portions should be done at about 80 percent effort (fast, but not a full sprint).