

Interval Training

Do a max of 10 in a row.

1. Sprint to Free Throw line:
 - a. Walk forwards, back.
 - b. Walk backwards, back.
 - c. Jog forwards, back.
 - d. Jog backwards, back.
 - e. Fast-walk forwards, back.
 - f. Fast-walk backwards, back.
2. Sprint to half-court:
 - a. Walk forwards, back.
 - b. Walk backwards, back.
 - c. Jog forwards, back.
 - d. Jog backwards, back.
 - e. Fast-walk forwards, back.
 - f. Fast-walk backwards, back.
3. Sprint to opposite Free Throw line:
 - a. Walk forwards, back.
 - b. Walk backwards, back.
 - c. Jog forwards, back.
 - d. Jog backwards, back.
 - e. Fast-walk forwards, back.
 - f. Fast-walk backwards, back.
4. Sprint to opposite endline/baseline;
 - a. Walk forwards, back.
 - b. Walk backwards, back.
 - c. Jog forwards, back.
 - d. Jog backwards, back.
 - e. Fast-walk forwards, back.
 - f. Fast-walk backwards, back.
5. Line Drills-should have at least a one minute rest in between each line drill run:
 - a. Guards: 30-35 seconds, foot touches only.
 - b. Forwards: 35-40 seconds, foot touches only.
 - c. Centers (True Centers: 6' and taller): 44-48 seconds with 42 seconds as the goal, foot touches only.