

Advanced

Performance: Basketball

Speed: Steady Jog/Walk between 6.0 and Interval Run 12.0+

Game Of

21

Minute Cardio

Treadmill

7 Quarters Non-Stop

Steady Jog/Walk/Off	Interval Run
1:00 Minute Jog	20 Seconds
Off	15 Seconds
Off	10 Seconds
1:00 Minute Walk	15 Seconds

Stretch

Daily Stretches