

# Running Program

## SYRACUSE UNIVERSITY

	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>Set 1</b>	FL HC BL FL 28sec.	FLSH HCBP FL BL 28sec.	HC HCBP FLSH 18sec.	BL FLSH HCBP FLBP 26sec.
<b>Set 2</b>	FLSH BL FLBP HC 28sec.	HCSH BL FLBP BL 35sec.	FLBP BL FL BL 31sec.	BL FL BL 26sec.
<b>Set 3</b>	BL FL BL 26sec.	HC HCBP FLSH 18sec.	FLSH HC FLSH 14sec.	HCBP BL FLBP 23sec.
<b>Set 4</b>	HCBP BL FLBP HC FL 36sec.	FLBP HC FLSH BL FLBP 36sec.	BL FLSH HC BL HCBP 40sec.	BL HC BL HCBP HC 46sec.
<b>Set 5</b>	FLSH HCBP HC FL 24sec.	BL HC FL FLSH HC 34sec.	HC HCBP FLSH 18sec.	FLBP HCBP BL FLSH 28sec.
<b>Set 6</b>	BL HC BL FLSH 34sec.	HC FL HCBP BL 32sec.	BL FLSH BL 24sec.	HC HCBP FLSH 18sec.

\*Put team into 2 groups and place them on the baseline.

\*Group one runs a set while group 2 waits. As soon group one finishes a set, send group 2.

\*Run column 1, rest 1 min.; run column 2, rest 3 mins.; run column 3, rest 1 min.; run column 4.

\*Every set is equal to 1 quarter of game running.

\*always return to the baseline after each line.

FL-free throw line (closest to you)

HC-half court

BL-baseline

BP-back peddle

SH-shuffle (slide)