

# SPRINT INTERVAL TRAINING (SIT) PLAN

FROM: / / TO: / /

Day	Exercise	Work Interval	Rest Interval	Repetitions	Total Duration
Day 1	Sprint in place	20 seconds	40 seconds	3 rounds	3 minutes
	Jumping jacks	20 seconds	40 seconds	3 rounds	3 minutes
	Cool down (walk in place)	1 minute		1 round	1 minute
Day 2	High knees	20 seconds	40 seconds	3 rounds	3 minutes
	Jump squats	20 seconds	40 seconds	3 rounds	3 minutes
	Cool down (walk in place)	1 minute		1 round	1 minute
Day 3	Burpees	20 seconds	40 seconds	3 rounds	3 minutes
	Sprint in place	20 seconds	40 seconds	3 rounds	3 minutes
	Cool down (walk in place)	1 minute		1 round	1 minute
Day 4	Sprint in place	20 seconds	40 seconds	3 rounds	3 minutes
	Jumping lunges	20 seconds	40 seconds	3 rounds	3 minutes
	Cool down (walk in place)	1 minute		1 round	1 minute
Day 5	Mountain climbers	20 seconds	40 seconds	3 rounds	3 minutes
	Jump squats	20 seconds	40 seconds	3 rounds	3 minutes
	Cool down (walk in place)	1 minute		1 round	1 minute
Day 6	Sprint in place	20 seconds	40 seconds	3 rounds	3 minutes
	Burpees	20 seconds	40 seconds	3 rounds	3 minutes
	Cool down (walk in place)	1 minute		1 round	1 minute
Day 7	Sprint in place	20 seconds	40 seconds	3 rounds	3 minutes
	High knees	20 seconds	40 seconds	3 rounds	3 minutes
	Cool down (walk in place)	1 minute		1 round	1 minute