



- TRAIN SMARTER -

Running is typically programmed in our conditioning efforts, but any mode can be used based on individual limitations as well as preferences. Time is used as the unit of conversion as there are simply too many variations to account for.

Optional Modes:

- Sled Push
- Tire Pull
- Rowing
- Weighted Step-ups
- Tire Drag
- Ski-Erg
- Assault Bike or Stationary Bike

	100 meters	200 meters	300 meters	400 meters	800 meters
Easy Pace (aerobic efforts)	40 sec	1:15	1:50	2:30	5 min
Hard Pace (Work Capacity efforts)	30 seconds	60 seconds	90 seconds	2 min	3 min