THE BFS BASKETBALL RUNNING PROGRAM

Utah Jazz C-F Eric Leckner

DESIGNED ESPECIALLY FOR BASKETBALL ENDURANCE

Week I

Day 1	1 x 880 at good pace	(for each run, rest 2 times as long as the run took)
	2 x 440 at good pace	(for each run, rest 2 times as long as the run took)
Day 2	6 x 440 at good pace	(for each run, rest 2 times as long as the run took)
Day 3	2 x 880 at good pace	(for each run, rest 2 times as long as the run took)
	2 x 440 at good pace	(for each run, rest 2 times as long as the run took)

	CENTERS	FORWARDS	GUARDS
Week II	6 X 110 (:22) (1:00)	6 X 110 (:21) (1:00)	6 X 110 (:20) (1:00)
	6 X 110 (:22) (1:00)	6 X 110 (:21) (1:00)	6 X 110 (:20) (1:00)
	6 X 110 (:22) (1:00)	6 X 110 (:21) (1:00)	6 X 110 (:20) (1:00)
	6 X 110 (:22) (1:00)	6 X 110 (:21) (1:00)	6 X 110 (:20) (1:00)
	6 X 110 (:22) (1:00)	6 X 110 (:21) (1:00)	6 X 110 (:20) (1:00)
	6 X 110 (:22) (1:00)	6 X 110 (:21) (1:00)	6 X 110 (:20) (1:00)
Week III	4 X 220 (:40) (2:00)	4 X 220 (:38) (1:00)	4 X 220 (:36) (1:48)
	8 X 110 (:20) (2:00)	4 X 220 (:38) (1:00)	4 X 220 (:36) (1:48)
	8 X 110 (:20) (1:00)	8 X 110 (:19) (:57)	8 X 110 (:18) (:54)
	4 X 220 (:40) (2:00)	4 X 220 (:38) (1:00)	4 X 220 (:36) (1:48)
	8 X 110 (:20) (2:00)	4 X 220 (:38) (1:00)	4 X 220 (:36) (1:48)
	8 X 110 (:20) (1:00)	8 X 110 (:19) (:57)	8 X 110 (:18) (:54)
	4 X 220 (:40) (2:00)	4 X 220 (:38) (1:00)	4 X 220 (:36) (1:48)
	8 X 110 (:20) (2:00)	4 X 220 (:38) (1:00)	4 X 220 (:36) (1:48)
	8 X 110 (:20) (1:00)	8 X 110 (:19) (:57)	8 X 110 (:18) (:54)
Week IV	4 X 220 (:40) (2:00)	4 X 110 (:38) (1:54)	4 X 220 (:36) (1:48)
	4 X 220 (:40) (2:00)	4 X 220 (:38) (1:54)	4 X 220 (:36) (1:48)
	8 X 110 (:20) (1:00)	8 X 110 (:19) (:57)	8 X 110 (:18) (:54)
	4 X 220 (:40) (2:00)	4 X 110 (:38) (1:54)	4 X 220 (:36) (1:48)
	4 X 220 (:40) (2:00)	4 X 220 (:38) (1:54)	4 X 220 (:36) (1:48)
	8 X 110 (:20) (1:00)	8 X 110 (:19) (:57)	8 X 110 (:18) (:54)
	4 X 220 (:40) (2:00)	4 X 110 (:38) (1:54)	4 X 220 (:36) (1:48)
	4 X 220 (:40) (2:00)	4 X 220 (:38) (1:54)	4 X 220 (:36) (1:48)
	8 X 110 (:20) (1:00)	8 X 110 (:19) (:57)	8 X 110 (:18) (:54)

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	CENTERS	FORWARDS	GUARDS
Week V	4 X 220 (:38) (1:54)	4 X 220 (:36) (1:48)	4 X 220 (:34) (1:42)
	4 X 220 (:38) (1:54)	4 X 220 (:36) (1:48)	4 X 220 (:34) (1:42)
	8 X 110 (:18) (:54)	8 X 110 (:17) (:51)	8 X 110 (:16) (:48)
	4 X 220 (:38) (1:54)	4 X 220 (:36) (1:48)	4 X 220 (:34) (1:42)
	4 X 220 (:38) (1:54)	4 X 220 (:36) (1:48)	4 X 220 (:34) (1:42)
	8 X 110 (:18) (:54)	8 X 110 (:17) (:51)	8 X 110 (:16) (:48)
	4 X 220 (:38) (1:54)	4 X 220 (:36) (1:48)	4 X 220 (:34) (1:42)
	4 X 220 (:38) (1:54)	4 X 220 (:36) (1:48)	4 X 220 (:34) (1:42)
	8 X 110 (:18) (:54)	8 X 110 (:17) (:51)	8 X 110 (:16) (:48)
Week VI	4 X 220 (:36) (1:48)	4 X 220 (:34) (1:42)	4 X 220 (:32) (1:30)
	8 X 110 (:16) (:48)	8 X 110 (:15) (:45)	8 X 110 (:14) (:42)
	10 X 55 (:08) (:24)	10 X 55 (:07) (:21)	10 X 55 (:07) (:21)
	6 X 55 (:08) (:24)	6 X 55 (:07) (:21)	6 X 55 (:07) (:21)
	4 X 220 (:36) (1:48)	4 X 220 (:34) (1:42)	4 X 220 (:32) (1:30)
	8 X 110 (:16) (:48)	8 X 110 (:15) (:45)	8 X 110 (:14) (:42)
	10 X 55 (:08) (:24)	10 X 55 (:07) (:21)	10 X 55 (:07) (:21)
	6 X 55 (:08) (:24)	6 X 55 (:07) (:21)	6 X 55 (:07) (:21)
	4 X 220 (:36) (1:48)	4 X 220 (:34) (1:42)	4 X 220 (:32) (1:30)
	8 X 110 (:16) (:48)	8 X 110 (:15) (:45)	8 X 110 (:14) (:42)
	10 X 55 (:08) (:24)	10 X 55 (:07) (:21)	10 X 55 (:07) (:21)
	6 X 55 (:08) (:24)	6 X 55 (:07) (:21)	6 X 55 (:07) (:21)
Week VII	4 X 220 (:34) (1:42)	4 X 220 (:32) (1:36)	4 X 220 (:30) (1:30)
	8 X 110 (:16) (:48)	8 X 110 (:15) (:45)	8 X 110 (:14) (:42)
	10 X 55 (:08) (:24)	10 X 55 (:07) (:21)	10 X 55 (:07) (:21)
	6 X 55 (:08) (:24)	6 X 55 (:07) (:21)	6 X 55 (:07) (:21)
	4 X 220 (:34) (1:42)	4 X 220 (:32) (1:36)	4 X 220 (:30) (1:30)
	8 X 110 (:16) (:48)	8 X 110 (:15) (:45)	8 X 110 (:14) (:42)
	10 X 55 (:08) (:24)	10 X 55 (:07) (:21)	10 X 55 (:07) (:21)
	6 X 55 (:08) (:24)	6 X 55 (:07) (:21)	6 X 55 (:07) (:21)
	4 X 220 (:34) (1:42)	4 X 220 (:32) (1:36)	4 X 220 (:30) (1:30)
	8 X 110 (:16) (:48)	8 X 110 (:15) (:45)	8 X 110 (:14) (:42)
	10 X 55 (:08) (:24)	10 X 55 (:07) (:21)	10 X 55 (:07) (:21)
	6 X 55 (:08) (:24)	6 X 55 (:07) (:21)	6 X 55 (:07) (:21)
Week VIII	4 X 220 (:34) (1:42)	4 X 220 (:32) (1:36)	4 X 220 (:30) (1:30)
	8 X 110 (:16) (:48)	8 X 110 (:15) (:45)	8 X 110 (:14) (:42)
	10 X 55 (:08) (:24)	10 X 55 (:07) (:21)	10 X 55 (:07) (:21)
	6 X 55 (:08) (:24)	6 X 55 (:07) (:21)	6 X 55 (:07) (:21)
	4 X 220 (:34) (1:42)	4 X 220 (:32) (1:36)	4 X 220 (:30) (1:30)
	8 X 110 (:16) (:48)	8 X 110 (:15) (:45)	8 X 110 (:14) (:42)
	10 X 55 (:08) (:24)	10 X 55 (:07) (:21)	10 X 55 (:07) (:21)
	6 X 55 (:08) (:24)	6 X 55 (:07) (:21)	6 X 55 (:07) (:21)
	4 X 220 (:34) (1:42)	4 X 220 (:32) (1:36)	4 X 220 (:30) (1:30)
	8 X 110 (:16) (:48)	8 X 110 (:15) (:45)	8 X 110 (:14) (:42)
	10 X 55 (:08) (:24)	10 X 55 (:07) (:21)	10 X 55 (:07) (:21)
	6 X 55 (:08) (:24)	6 X 55 (:07) (:21)	6 X 55 (:07) (:21)

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- ★ Special Design for High Schools.
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