

BOOT CAMP / CIRCUIT TRAINING: # STATIONS - WORK - REST OPTIONS

SESSION TIME:	45:00	30:00	25:00	20:00	15:00	10:00
(TOTAL SECONDS):	(2,700)	(1,800)	(1,500)	(1,200)	(900)	(600)
WORK/REST	2:30/1:00	1:30/:45	1:30/:45	1:00/:30	:50/:20	:45/:15
(TOTAL INTERVAL TIME)	(3:30)	(2:15)	(2:15)	(1:30)	(1:10)	(1:00)
TOTAL BOUTS	13	13	11	13	13	10
OPTIONS	13, 2x6, 3x4	13, 2x6, 3x4	11, 2x5, 3x4	13, 2x6, 3x4	13, 2x6, 3x4	10, 2x5
WORK/REST	2:00/:45	1:30/:30	1:30/:30	1:00/:20	:45/:25	:30/:30
(TOTAL INTERVAL TIME)	(2:45)	(2:00)	(2:00)	(1:20)	(1:10)	(1:00)
TOTAL BOUTS	16	15	13	15	13	10
OPTIONS	16, 2x8, 3x5	15, 2x8, 3x5	13, 2x7, 3x4	15, 2x8, 3x5	13, 2x6, 3x4	10, 2x5
WORK/REST	1:30/:45	1:00/:30	1:00/:30	:45/:25	:40/:20	:20/:20
(TOTAL INTERVAL TIME)	(2:15)	(1:30)	(1:30)	(1:10)	(1:00)	(:40)
TOTAL BOUTS	20	20	17	17	15	15
OPTIONS	20, 2x10, 3x7, 4x5	20, 2x10, 3x7, 4x5	17, 2x8, 3x5, 4x4	17, 2x8, 3x5, 4x4	15, 2x8, 3x5	15, 2x7, 3x5
WORK/REST	1:30/:30	1:00/:20	1:00/:20	:40/:20	:30/:15	:40/:20
(TOTAL INTERVAL TIME)	(2:00)	1:20	(:80)	(1:00)	(:45)	(1:00)
TOTAL BOUTS	22	22	19	20	20	10
OPTIONS	2x11, 3x7, 4x5, 5x4	2x11, 3x7, 4x5, 5x4	19, 2x10, 3x6, 4x5	20, 2x10, 3x7, 4x5	20, 2x10, 3x7, 4x5	10, 2x5, 3x3
WORK/REST	1:00/:30	:45/:25	:45/:25	:30/:15	:20/:10	:30/:15
TOTAL INTERVAL TIME	(1:30)	(1:10)	(1:10)	(:45)	(:30)	(:45)
TOTAL BOUTS	30	26	21	26	30	13
OPTIONS	3x10, 4x7, 5x6, 6x5	3x8, 4x6, 5x5, 6x4	21, 2x10, 3x7, 4x5	3x8, 4x6, 5x5, 6x4	3x10, 4x7, 5x6, 6x5	13, 2x6, 3x4
WORK/REST	1:00/:20	:40/:20	:40/:20	:30/:30	:30/:30	:20/:10
(TOTAL INTERVAL TIME)	(1:20)	(1:00)	(1:00)	(1:00)	(1:00)	(:30)
TOTAL BOUTS	34	30	25	20	15	20
OPTIONS	4x8, 5x7, 6x6, 7x5	3x10, 4x7, 5x6, 6x5	3x8, 4x6, 5x5, 6x4	20, 2x10, 3x7, 4x5	15, 2x8, 3x5	20, 2x10, 3x7, 4x5
WORK/REST	:45/:25	:30/:15	:30/:15	:20/:20	:20/:20	
(TOTAL INTERVAL TIME)	(1:10)	(:45)	(:45)	(:40)	(:40)	
TOTAL BOUTS	38	40	33	30	22	
OPTIONS	4x9, 5x8, 6x6, 7x5	4x10, 5x8, 6x7, 7x6	3x11, 4x8, 5x7, 6x6	3x10, 4x7, 5x6, 6x5	2x11, 3x7, 4x5, 5x4	
WORK/REST	:40/:20	:30/:30	:30/:30			
(TOTAL INTERVAL TIME)	(1:00)	(1:00)	(1:00)			
TOTAL BOUTS	45	30	25			
OPTIONS	4x11, 5x9, 6x7, 7x6	3x10, 4x7, 5x6, 6x5	3x8, 4x6, 5x5, 6x4			