

LAST PERSON RUNNING FORMATION

Equipment Needed: none (cones, markers, etc if using road route)

Location: Outdoors: ideally a flat smooth course such as a track/running trail

1. Unit is divided into groups based upon running pace.
2. Physical Fitness Leader (PTL) conducts warm up exercises with entire group.
3. Members of each assigned group line up in single file lines.
4. All members begin running in single file and the last individual will sprint to the beginning of the line. The member then resumes a moderate running pace. The member at the end starts a sprint to the beginning of the line.
5. Members of the group adjust to the running pace of the individual at the head of the line.
6. The format continues for the distance or time of the pre-determined event.
7. PTL conducts cool down exercises and stretches with entire group.