Gasser

The athlete starts with a foot on the sideline. The athlete runs 53 1/3yds, touches the opposite sideline with their foot, turns and runs back to the start. This is repeated twice for a total of 213yds. Rest is 3:1 per rep. This will put your rest between reps at 2min.

½ Gasser

The athlete starts with a foot on the sideline. The athlete runs 53 1/3yds, touches the opposite sideline with their foot, turns and runs back to the start. Rest is still 3:1 per rep. This will put your rest between reps at 1min.