

Sample Gallop Template

Week 1

Day 1	<i>Reps</i>	<i>Distance</i>	Day 2	<i>Reps</i>	<i>Distance</i>
Lunge Gallop (hands hips)	1x5 each leg		Lunge Gallop (hands hips)	1x5 each leg	
Upright Short Stride Gallop		RT/LT leg lead x 20yd	Upright Long Stride Gallop		RT/LT leg lead x 20yd
Upright Short Stride Gallop -> run->decel		RT/LT leg lead x 10yd to run 10yd	Upright Long Stride Gallop -> run->decel		RT/LT leg lead x 10yd to run 10 yd

Week 2

Day 1	<i>Reps</i>	<i>Distance</i>	Day 2	<i>Reps</i>	<i>Distance</i>
Lunge Gallop (arms in front)	1x5 each leg		Lunge Gallop(jogging in place)	1x5 each leg	
Upright Short Stride Gallop		RT/LT leg lead x 10yd	Upright Long Stride Gallop		RT/LT leg lead x 10yd
Compressed Short Stride Gallop		RT/LT leg lead x 10yd	Compressed Long Stride Gallop		RT/LT leg lead x 10yd
Gallop Crescendo		RT/LT leg lead x 20yd	Gallop Decrescendo		RT/LT leg lead x 20yd

WEEK 3

Day 1	<i>Reps</i>	<i>Distance</i>	Day 2	<i>Reps</i>	<i>Distance</i>
Lunge Gallop(jogging in place)	1x5 each leg		Lunge Gallop(jogging & project)	1x5 each leg	
Lateral Gallop		RT/LT leg lead x 10yd	Lateral Gallop		RT/LT leg lead x 10yd
Linear Gallop to 45 degree Gallop		RT/LT leg lead x 5yd to gallop 5yd	Linear Gallop to 45 degree Run		RT/LT leg lead x 5yd to run 5yd
Backwards Short Stride Gallop		RT/LT leg lead x 20yd	Backwards Long Stride Gallop		RT/LT leg lead x 20yd