



TRACK RUNNING PROGRAM

- LEVEL 1** Jog straights / Walk curves - 2 miles total
- LEVEL 2** Jog straights / Jog 1 curve every other lap
- LEVEL 3** Jog straights / Jog 1 curve every lap
- LEVEL 4** Fast Walk 1 3/4 lap / Walk curve
- LEVEL 5** Jog all laps
- LEVEL 6** Increase workout to 2 1/2 miles
- LEVEL 7** Increase workout to 3 miles
- LEVEL 8** Increase speed on straights / Jog curves

Instructions

- Mandatory 2 day rest between workouts for first two weeks.
- Do not advance more than 2 levels per week.
- Two days rest mandatory between levels 1, 2, and 3 workouts.
- One day rest mandatory between levels 4-8 workouts.

Soreness Rules

- If sore during warm-up, take 2 days off and drop down 1 level.
- If sore during workout, take 1 day off and drop down 1 level.
- If sore after workout, stay at same level.



TREADMILL RUNNING PROGRAM

- LEVEL 1** 0.1 mile walk / 0.1 mile jog- repeat 10 times
- LEVEL 2** Alternate 0.1 mile walk / 0.2 mile jog - 2 mile total
- LEVEL 3** Alternate 0.1 mile walk / 0.3 mile jog - 2 mile total
- LEVEL 4** Alternate 0.1 mile walk / 0.4 mile jog - 2 mile total
- LEVEL 5** jog 2 miles
- LEVEL 6** Increase workout to 2 1/2 miles
- LEVEL 7** Increase workout to 3 miles
- LEVEL 8** Alternate between running /jogging every 0.25 miles

Instructions

- Mandatory 2 day rest between workouts for first two weeks.
- Do not advance more than 2 levels per week.
- Two days rest mandatory between levels 1, 2, and 3 workouts.
- One day rest mandatory between levels 4-8 workouts.

Soreness Rules

- If sore during warm-up, take 2 days off and drop down 1 level.
- If sore during workout, take 1 day off and drop down 1 level.
- If sore after workout, stay at same level.