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.