

Running Program

17 Week Program Begins

DATE	Tuesday or Wed.	Wed/Fri	Thursday	Sunday
January 1-7	3 Mile Run	2 Miles or CT	3 Mile Run	4 Mile Long Run
	Wrm Up&Cool Dn	Easy	Wrm Up&Cool Dn	Wrm Up & Cool Down
	5 min.		5 min.	5 min.
January 8-14	Walk 3 Min/Jog 5 Min	3 Miles or CT	Tempo Run 3-4 miles?	5 Mile Long Run
	Warm Up	Easy	3 Min Walk Warm Up	Wrm Up & Cool Down
	Speed Work 4/200s		5 Min Easy Jog	5 min.
	On Track		5x2 Min Tempo w 60	
	w/200 walk between		sec Jog between	
	3 Min Jog/2 Min Walk		5 Min Jog/2Min Walk	
	For Cool Down		For Cool Down	
January 15-21	Walk 3 Min/Jog 5 Min	2 Miles or CT	Tempo Run 4 miles	5 Mile Long Run
	Speed Work 8/100	Easy	3 Min Walk Warm Up	Wrm Up & Cool Down
	Build Ups on Football		5 Min Easy Jog	5 min.
	Field. Start at one		5x2 Min Tempo w 60	
	end zone, build up		sec Jog between	
	speed by the 50 mark		5 Min Jog/2Min Walk	
	then decrease down		For Cool Down	
	3 Min Jog/2 Min Walk			
	For Cool Down			
January 22-28	Walk 5 Min Warm Up	2 Miles or CT	SAME AS TUESDAY	4 Mile Long Run
Recovery Week	3 Miles Easy	Easy		Wrm Up & Cool Down
	5 Min. Walk Cool Down			5 min.
CT stands for Cross Training (Strength Training/biking/swimming/etc)				
Tempo Runs-Are a run where you increase your pace for a period of time.				