

## TRACK DAYS SCHEDULE

Each 1 full lap of a standard track is about one-quarter mile in distance (.25 mile)

### **WEEK #1 (1.5 miles)**

START: One lap warm-up walk

RUN: the straight-aways and WALK: the turns

Repeat: 6 times (full laps) = 1.5 miles

END: One lap cool-down walk

### **WEEK #2 (2.0 miles)**

START: One lap warm-up walk

RUN: the straight-aways and WALK: the turns

Repeat: 4 times (full laps) = 1.0 miles

then

RUN: half lap and WALK: half lap

Repeat: 4 times (full laps) = 1.0 miles

END: One lap cool-down walk

### **WEEK #3 (2.25 miles)**

START: One lap warm-up walk

RUN: half lap and WALK: half lap

Repeat: 6 times (full laps) = 1.5 miles

then

RUN: 1 full lap and WALK: half lap

Repeat: 2 times = 0.75 miles

END: One lap cool-down walk

### **WEEK #4 (3.0 miles)**

START: One lap warm-up walk

RUN: half lap and WALK: half lap

Repeat: 6 times (full laps) = 1.5 miles

then

RUN: 1 full lap and WALK: half lap

Repeat: 4 times = 1.5 miles

END: One lap cool-down walk

### **WEEK #5 (2.75 miles)**

START: One lap warm-up walk

RUN: 1 full lap and WALK: half lap

Repeat: 4 times = 1.5 miles

then

RUN: 2 full laps and WALK: half lap

Repeat: 2 times = 1.25 miles

END: One lap cool-down walk

**WEEK #6 (3.0 miles)**

START: One lap warm-up walk  
RUN: 2 full laps and WALK: half lap  
Repeat: 3 times = 1.875 miles  
then  
RUN: 4 full laps and WALK: half lap  
Repeat: 1 time = 1.125 miles  
END: One lap cool-down walk

**WEEK #7 (3.0 miles)**

START: One lap warm-up walk  
RUN: 1 full lap and WALK: half lap  
Repeat: 1 time = 0.375  
then  
RUN: 2 full laps and WALK: half lap  
Repeat: 1 time = 0.625 miles  
then  
RUN: 3 full laps and WALK: half lap  
Repeat 1 time = 0.875  
then  
RUN: 4 full laps and WALK: half lap  
Repeat: 1 time = 1.125  
END: One lap cool-down walk

**WEEK #8 (3.0 miles)**

START: One lap warm-up walk  
RUN: 1 full lap and WALK: half lap  
Repeat: 1 time = 0.375 miles  
then  
RUN: 3 full laps and WALK: half lap  
Repeat: 3 times = 2.625 miles  
END: One lap cool-down walk

**WEEK #9 (2.375 miles)**

START: One lap warm-up walk  
RUN: 2 full laps and WALK: half lap  
Repeat: 2 times = 1.25 miles  
then  
RUN: 4 full laps and WALK: half lap  
Repeat: 1 time = 1.125 miles  
END: One lap cool-down walk

**WEEK #10 (3.375 miles)**

START: One lap warm-up walk  
RUN: 4 full laps and WALK: half lap  
Repeat: 3 times = 3.375 miles  
END: One lap cool-down walk