

## **Running Program**

**By: Joseph Killeen, A.T.,C.**

**Plainview Physical Therapy, Head Athletic Trainer**

**All American Speed and Conditioning, President**

**516-870-1549**

## Running Program

### Monday-Wednesday-Friday

WARM UP before each workout

Jog ½ mile easy

Stretch

Three 60-yard acceleration runs

20 yards @ 25% effort, 20 yards @ 50% effort and 20 yards @75 % effort

COOL DOWN after every workout

Jog ¼ mile easy

Stretch

### Week of Jan. 7th

1 mile @ 50 % effort

### Week of Jan. 14th

Same as above

Wed. - Add four 40-yard sprints @ 50% effort

### Week of Jan. 21<sup>st</sup>

Follow previous week

Mon. – Add five 20-yard sprints @ 50-75 % effort

Fri. - Add five 20 yard Backward sprints @ 50-75 % effort

### Week of Jan. 28<sup>th</sup>

Increase 1 mile run to 1½ mile run

Program to date:

Mon. - 1½ mile run @ 50% effort, five 20-yard sprints @ 50%-75%  
Tues. – Weight training  
Wed. – 1½ mile run @ 50% effort, four 40-yard sprints @ 50%-75%  
Thurs. – Weight training  
Fri. – 1½ mile run @ 50%-75% effort, five 20-yard backward sprints

Week of Feb. 4<sup>th</sup>

Continue with present program

Week of Feb. 11<sup>th</sup>

Continue with 1½ mile run

Mon. – Seven 20-yard sprints @ 75% effort  
Wed. – Six 40-yard sprints @ 75% effort  
Fri. – Seven 20-yard backward sprints @ 75% effort

Week of Feb. 18<sup>th</sup>

Continue with 1½ mile run

Mon. – 2x [20 –yard sprint, 40-yard sprint, 60-yard sprint, 80-yard sprint] @ 75% effort  
1 min. rest between each run  
4 min. rest after each set

Wed.- 3x [20-yard backward sprints, three 10-yard sprints, 100-yard sprint] 75% effort  
30 sec. Rest between each run  
2 min. rest after each set

Fri. – Four 80-yard sprints @ 75% effort with a 45-second rest after each sprint

Week of Feb. 25<sup>th</sup>

Increase effort of 1½ mile run Take 20-30 sec of time

Week of March 2<sup>nd</sup>

Add a fourth day of 1½ mile run

Week of March 10<sup>th</sup>

Run all sprints @ 100% effort

- If you have any medical conditions, consult your physician before starting any exercise program.
- If pain or shortness of breath occurs, stop exercising. If symptoms persist, consult your physician
- If you have questions or concerns regarding the weightlifting or running program, please contact me at 516-870-1549.

Good luck and have an injury free season.