

RUNNING PROGRAM TO IMPROVE CARDIOVASCULAR ENDURANCE

	Mon	TUES	WED	Thu	FRI
WEEK # 1	Running Minutes: Beginner 3 minutes Intermediate 4 minutes Advanced 5 minutes	Strength Exercises: Lunges, Leg Lifts, Push-ups, Burpees, and Squats (3 sets/ 10 reps)	Hill Repeats: Beginner 4 Intermediate 5 Advanced 6 (60 second recovery time)	Strength Exercises: Lunges, Leg Lifts, Push-ups, Burpees, and Squats (3 sets/ 10 reps)	Running Minutes: Beginner 3 minutes Intermediate 4 minutes Advanced 5 minutes
WEEK # 2	Running Minutes: Beginner 4 minutes Intermediate 5 minutes Advanced 6 minutes	Strength Exercises: Lunges, Leg Lifts, Push-ups, Burpees, and Squats (3 sets/11 reps)	Hill Repeats: Beginner 5 Intermediate 6 Advanced 7 (60 second recovery time)	Strength Exercises: Lunges, Leg Lifts, Push-ups, Burpees, and Squats (3 sets/ 11 reps)	Running Minutes: Beginner 4 minutes Intermediate 5 minutes Advanced 6 minutes
WEEK # 3	Running Minutes: Beginner 5 minutes Intermediate 6 minutes Advanced 7 minutes	Strength Exercises: Lunges, Leg Lifts, Push-ups, Burpees, and Squats (3 sets/ 12 reps)	Hill Repeats: Beginner 6 Intermediate 7 Advanced 8 (60 second recovery time)	Strength Exercises: Lunges, Leg Lifts, Push-ups, Burpees, and Squats (3 sets/12 reps)	Running Minutes: Beginner 5 minutes Intermediate 6 minutes Advance 7 minutes
WEEK #4	Running Minutes: Beginner 6 minutes Intermediates 7 minutes Advanced 8 minutes	Strength Exercises: Lunges, Leg Lifts, Push-ups, Burpees, and Squats (3 sets/13 reps)	Hill Repeats: Beginner 7 Intermediate 8 Advanced 9 (60 second recovery time)	Strength Exercises: Lunges, Leg Lifts, Push-ups, Burpees, and Squats (3 sets/13 reps)	Running Minutes: Beginner 6 minutes Intermediate 7 minutes Advanced 8 minutes
WEEK # 5	Running Minutes: Beginner 7 minutes Intermediate 8 minutes Advanced 9 minutes	Strength Exercises: Lunges, Leg Lifts, Push-ups, Burpees, and Squats (3 sets/14 reps)	Hill Repeats: Beginner 8 Intermediate 9 Advanced 10 (60 second recovery time)	Strength Exercises: Lunges, Leg Lifts, Push-ups, Burpees, and Squats (3 sets/14 reps)	Running Minutes: Beginner 7 minutes Intermediate 8 minutes Advanced 9 minutes
WEEK # 6	Running Minutes: Beginner 8 minutes Intermediate 9 minutes Advanced 10 minutes	Strength Exercises: Lunges, Leg Lifts, Push-ups, Burpees, and Squats (3 sets/15 reps)	Hill Repeats: Beginner 9 Intermediate 10 Advanced 10 (60 second recovery time)	Strength Exercises: Lunges, Leg Lifts, Push-ups, Burpees, and Squats (3 sets/15 reps)	Running Minutes: Beginner 8 minutes Intermediate 9 minutes Advanced 10 minutes

Tips and Information:

1. Run in a pair of lightweight **running shoes**.
2. **Practice pushing through being tired**. It is challenging to embrace the discomfort of hard work and being tired. With practice, determination, and routine your cardiovascular endurance will improve. **(Mondays and Fridays)**
3. **Hill repeats** once a week. Running uphill forces you to lift your knees high, create a powerful stride, and stay on your toes for a good foot plant. Plus, hills provide resistance training and a way to get your heart rate up. **(Wednesdays)**
4. Develop a **stable core**. A strong core allows you to utilize your legs and prevents your body from losing good running form. **(Tuesdays and Thursdays)**
5. Following all running workouts, a **cool down** is necessary. Walk for the 2-3 minutes. This allows your heart rate to return to normal and gradually slows your breathing.
6. **Inhalers** should be used if it applies to student/athlete.
7. **Have Fun!!**