

BEAUFORT



South Carolina

TRACK CLUB

est. 1976

February 15, 2017

Beginner:

Warm-up: Walk for 5 min

Workout: Straights and curves: Run the straights and walk the curves x 2 laps

Bonus: 3 – 4 laps

Cool Down: Walk for 5 min

Intermediate:

Warm-up: 400

Workout: (5k Pace) 800, 120 second rest x 3

Bonus: 800, 120 second rest x 1

Cool Down: 800 walk curves, jog straights

Advanced:

Warm-up: 800

Workout: (5K Pace) 800, 60 second rest, x 6

Cool Down: 800

| 5k | 1 mile | 800 | 400 |
|----------|----------|---------|---------|
| 30:00.00 | 10:00.00 | 5:00.00 | 2:30.00 |
| 27:00.00 | 9:00.00 | 4:30.00 | 2:15.00 |
| 24:00.00 | 8:00.00 | 4:00.00 | 2:00.00 |
| 21:00.00 | 7:00.00 | 3:30.00 | 1:45.00 |
| 18:00.00 | 6:00.00 | 3:00.00 | 1:30.00 |
| 15:00.00 | 5:00.00 | 2:30.00 | 1:15.00 |