

BEAUFORT



South Carolina

TRACK CLUB

est. 1976

February 22, 2017

Beginner:

Warm-up: Walk for 5 min

Workout: Straights and curves: Run the straights and walk the curves (+1)

Bonus: 3 – 4 laps

Cool Down: Walk for 5 min

Intermediate:

Warm-up: 400

Workout: (5k Pace) 1600, equal rest x 2

Cool Down: 800 walk curves, jog straights

Advanced:

Option 1:

Warm-up: 800

Workout: (5K Pace) 400, 200 jog rest, 800, 200 jog rest, 400 x 3

Cool Down: 800

Option 2:

Warm-up: 800

Workout: (5K Pace) 1600, equal rest, x 3

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