

# Middle School Track (6) Week

## Pre-Season Workout Program



Three 10 to 15 minute workouts per week!

*Consult a medical professional prior to engaging in this or any other exercise program.*

<b>Speed Workout:</b> *Start with 2:00 slow jog *(6) :45 strong runs with 2:00 recovery (slow jog or walk) in between each run *2:00 slow jog/walk cool down	<b>800m or Mile Run</b> *Run either distance at a brisk pace, increasing intensity as you get closer to the 6 <sup>th</sup> week of training.	<b>Distance</b> *Jog/Walk for a total of 15 minutes at a moderate pace.
# of :45 intervals completed:	Distance:  Time:	Distance completed:
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