



# Triton Volleyball Beginning Running Program



*Unless you're not pushing yourself, you're not living to the fullest.  
You can't be afraid to fail, but unless you fail, you haven't pushed hard enough.*

- **Expect bad days. Everyone has them**, but they pass quickly, and the next workout is often better than the previous one. So stick with the program!
- **Don't rush.** In the fitness world, rushing leads to injuries and discouragement. Be patient, and go slow.
- To fuel up for your workout, **have a piece of fruit or an energy bar about 2 hours before you run.** An hour later, drink 8 oz. of water/sports drink. This ensures you are properly hydrated and have sufficient sodium and potassium for a healthy workout.
- Make sure you're **getting plenty of calcium**—1,000 milligrams a day (1-2 glasses of milk, 1-2 cups of yogurt or cottage cheese, or dark, green, leafy vegetables)

WK	SUN	MON	TUES	WEDS	THURS	FRI	SAT
1	Rest	Run 1 Min/ Walk 2 Min Repeat 10x	Easy walk/jog or cross train 30 min	Run 1 Min/ Walk 2 Min Repeat 10x	Rest	Timed Mile	Run 1 Min/ Walk 2 Min Repeat 10x
2	Rest	Run 2 Min/ Walk 1 Min Repeat 10x	Easy walk/jog or cross train 30 min	Run 3 Min/ Walk 1 Min Repeat 7X Run 2 Min	Rest	Timed Mile	Run 4 Min/ Walk 1 Min Repeat 6x
3	Rest	Run 5 Min/ Walk 1 Min Repeat 5X	Easy walk/jog or cross train 30 min	Run 5 Min/ Walk 1 Min Repeat 5X	Rest	Timed Mile	Run 6 Min/ Walk 1 Min Repeat 4X Run 2 Min
4	Rest	Run 8 Min/ Walk 1 Min Repeat 3X Run 3 Min	Easy walk/jog or cross train 30 min	Run 9 Min/ Walk 1 Min Repeat 3X	Rest	Timed Mile	Run 11 Min/ Walk 1 Min Repeat 2X Run 6 Min
5	Rest	Run 12 Min/ Walk 1 Min Repeat 2X Run 4 Min	Easy walk/jog or cross train 30 min	Run 13 Min/ Walk 1 Min Repeat 2X Run 2 Min	Rest	Timed Mile	Run 15 Min/ Walk 1 Min/ Run 14 Min

WK	SUN	MON	TUES	WEDS	THURS	FRI	SAT
<b>6</b>	Rest	Run 16 Min/ Walk 1 Min/ Run 13 Min	Easy walk/jog or cross train 30 min	Run 17 Min/ Walk 1 Min/ Run 12 Min	Rest	Timed Mile	Run 19 Min/ Walk 1 Min Run 10 Min
<b>7</b>	Rest	Run 20 Min/ Walk 1 Min/ Run 9 Min	Easy walk/jog or cross train 30 min	Run 22 Min/ Walk 1 Min/ Run 7 Min	Rest	Timed Mile	Run 26 Min/ Walk 1 Min/ Run 3 Min
<b>8</b>	Rest	Run 27 Min/ Walk 1 Min/ Run 2 Min	Easy walk/jog or cross train 30 min	Run 28 Min/ Walk 1 Min/ Run 1 Min	Rest	Timed Mile	Run 30 Min!