



Triton Volleyball Intermediate 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	Jog 9 Min/ Sprint 1 Min Repeat 3X	Cross Train 30 Min	Jog 8 Min/ Run 1 Min/ Sprint 1 Min Repeat 2X	Rest	Timed Mile	Jog 8 Min/ Run 1 Min/ Sprint 1 Min Repeat 3X
2	Rest	Jog 7 Min/ Run 2 Min/ Sprint 1 Min Repeat 3X	Cross Train 30 Min	Jog 7 Min/ Run 2 Min/ Sprint 1Min Repeat 2X	Rest	Timed Mile	Jog 6 Min/ Run 2.5 Min/ Sprint 1.5 Min Repeat 3X
3	Rest	Jog 6 Min/ Run 2.5 Min/ Sprint 1.5 Min Repeat 3X	Cross Train 30 Min	Jog 5 Min/ Run 3.5 Min/ Sprint 1.5 Min Repeat 2X	Rest	Timed Mile	Jog 5 Min/ Run 3.5 Min/ Sprint 1.5 Min Repeat 3X
4	Rest	Jog 4 Min/ Run 4.5 Min/ Sprint 1.5 Min Repeat 3X	Cross Train 30 Min	Jog 4 Min/ Run 4.5 Min/ Sprint 1.5 Min Repeat 2X	Rest	Timed Mile	Jog 3 Min/ Run 5 Min/ Sprint 2 Min Repeat 2X
5	Rest	Jog 3 Min/ Run 5 Min/ Sprint 2 Min Repeat 2X	Cross Train 30 Min	Jog 2 Min/ Run 6 Min/ Sprint 2 Min/ Repeat 2X	Rest	Timed Mile	Jog 2 Min/ Run 6 Min/ Sprint 2 Min/ Repeat 2X

WK	SUN	MON	TUES	WEDS	THURS	FRI	SAT
6	Rest	Jog 1 Min/ Run 7 Min/ Sprint 2 Min Repeat 2X	Cross Train 30 Min	Jog 1 Min/ Run 7 Min/ Sprint 2 Min Repeat 2X	Rest	Timed Mile	Run 8 Min/ Sprint 2 Min Repeat 2X
7	Rest	Run 8 Min/ Sprint 2 Min Repeat 2X	Cross Train 30 Min	Run 9 Min/ Sprint 1 Min Repeat 3X	Rest	Timed Mile	Run 9 Min/ Sprint 1 Min Repeat 3X
8	Rest	Run 30 Min	Cross Train 30 Min	Run 30 Min	Rest	Timed Mile	