

TABLE 8.01.4-B			
<i>Plyometric routine: complete before beginning run/jog 3/4 to 1 mile (1.2 to 1.6 km)</i>			
EXERCISE	SETS	FOOT CONTACTS PER SET	TOTAL FOOT CONTACTS
Two-leg ankle hops: in place	3	30	90
Two-leg ankle hops: forward/backward	3	30	90
Two-leg ankle hops: side to side	3	30	90
One-leg ankle hops: in place	3	20	60
One-leg ankle hops: forward/backward	3	20	60
One-leg ankle hops: side to side	3	20	60
One-leg leg broad hop	4	5	20
Rest interval between sets: 90 seconds. Rest intervals between exercises: 3 minutes.			

TABLE 8.01.4-C	
<b>BASIC TREADMILL RUNNING PROGRESSION</b>	
Level 1	0.1 miles walk and 0.1 miles jog: repeat 10 times
Level 2	Alternate 0.1 miles walk and 0.2 miles jog: 2 miles total
Level 3	Alternate 0.1 miles walk and 0.3 miles jog: 2 miles total
Level 4	Alternate 0.1 miles walk and 0.4 miles jog: 2 miles total
Level 5	Jog 2 full miles
Level 6	Increase workout to 2.5 miles
Level 7	Increase workout to 3 miles
Level 8	Alternate between running and jogging every 0.25 miles
Mandatory 2-day rest between workouts for the first 2 weeks. Do not advance more than 2 levels per week. 2 days rest mandatory between levels 1, 2, and 3 workouts. 1 day rest mandatory between levels 4 to 8 workouts.	

TABLE 8.01.4-D	
<b>BASIC TRACK RUNNING PROGRESSION</b>	
Level 1	Jog straights and walk curves: 2 miles total
Level 2	Jog straights and jog 1 curve every other lap: 2 miles total
Level 3	Jog straights and jog 1 curve every lap: 2 miles total
Level 4	Jog 1.75 laps and walk curves: 2 miles total
Level 5	Jog 2 miles
Level 6	Increase workout to 2.5 miles (4 km)
Level 7	Increase workout to 3 miles (4.8 km)
Level 8	Increase speed on straights and jog curves
Mandatory 2-day rest between workouts for the first 2 weeks. Do not advance more than 2 levels per week. 2 days rest mandatory between levels 1, 2, and 3 workouts. 1 day rest mandatory between levels 4 to 8 workouts.	

TABLE 8.01.4-E				
<b>WALK/JOG PROGRESSION</b>				
	WALK	JOG	REPETITIONS	TOTAL TIME
STAGE I	5 minutes	1 minute	5 times	30 minutes
STAGE II	4 minutes	2 minutes	5 times	30 minutes
STAGE III	3 minutes	3 minutes	5 times	30 minutes
STAGE IV	2 minutes	4 minutes	5 times	30 minutes
STAGE V	Jog every other day with a goal of reaching 30 consecutive minutes. Warm-up and cool down at a comfortable walking pace, 5 minutes each.			