

**Mustang Track and Field  
Pre-Season Workout**

**To help prepare for try outs, follow the program below. Pay attention to your body and adjust accordingly. Don't overdo it but stress your body enough to make progress. Active rest days are just as important as running days so don't skip the active rest routine! Hydrate and stretch DAILY!**

**Week 1**

- 1/14:** Run 100 meters (1/16 mile), walk 300 meters; repeat 3 times (track equivalent: run 1/4 of a lap, walk 3/4 of a lap)
- 1/15:** Active rest (see below)
- 1/16:** Run 100m, walk 300m; repeat 3 times
- 1/17:** Active rest (see below)
- 1/18:** Run 100m, walk 300m; repeat 3 times
- 1/19:** Active rest (see below)
- 1/20:** Rest

**Week 2**

- 1/21:** Run 200m, walk 200m; repeat 3 times (track equivalent: run 1/2 a lap, walk 1/2 of a lap)
- 1/22:** Active rest (see below)
- 1/23:** Run 200m, walk 200m; repeat 3 times
- 1/24:** Rest
- 1/25:** Run 200m, walk 200m; repeat 3 times
- 1/26:** Active rest (see below)
- 1/27:** Rest

**Week 3**

- 1/28:** Run 300m, walk 100m; repeat 3 times (track equivalent: run 3/4 a lap, walk 1/4 of a lap)
- 1/29:** Active rest (see below)
- 1/30:** Run 300m, walk 100m; repeat 3 times
- 1/31:** Rest
- 2/1:** Run 300m, walk 100m; repeat 3 times
- 2/2:** Active rest (see below)
- 2/3:** Rest

**Week 4**

- 2/4:** Run 800m (1/2 mile; track equivalent: 2 laps)
- 2/5:** Active rest (see below)
- 2/6:** Run 1200m (3/4 mile; track equivalent: 3 laps)
- 2/7:** Rest
- 2/8:** Run 1 mile (track equivalent: 4 laps)
- 2/9:** Active rest (see below)
- 2/10:** Rest

**Active rest routine:**

Do the following exercises 3 times, performing each for as many reps as you can comfortably do in 20 seconds. Rest for one minute in between sets.

1. Push ups
2. Curl ups
3. Body weight squats

Complete the following stretches 3 times, holding each stretch for 10 seconds. Rest for one minute in between sets.

1. Hamstring Stretch (static hang)
2. Quadriceps stretch (left leg/right leg)
3. Deltoid stretch (pull arm across your body under your chin)