

Gateway Physical Education

Running Workouts

Individual Track:

1. 50 meters (half a football field)
2. 100 meters (straight portion of a track)
3. 200 meters (half a lap starts on a curve)
4. 400 meters (1 lap)
5. 800 meters (2 laps)
6. Mile run (4 laps)
7. 3 minute run (how far can you go, try to go farther each time)
8. 6 minute run (how far can you go, try to go farther each time)

Cross country mile course

Individual with or without track

Run 1 minute walk 1 minute (can be done anywhere use a timer)

Run 2 minutes walk 2 minutes (great way to train for sports)

Power pole to power pole (pick a power pole or landmark and run to it)