Stew Smith's Downloadable Workout Series

Six Week Running Program for the 1.5-2 mile timed run test

Not a beginning running plan

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Waiver of Liability

What you are about to undertake is an advanced fitness program. Injuries may occur in any workout program as with this specific program written by Stew Smith. By downloading the program, you are waiving any liability to Stew Smith or StewSmith.com. This is a recommended program that has worked for many others. It may not be right for you. It is recommended that you consult a physician before undertaking any new fitness regimen.

About the Author - Stew Smith C.S.C.S.



Former Navy Lieutenant (SEAL) Stew Smith graduated from the United States Naval Academy in 1991 and received orders to Basic Underwater Demolition/SEAL (BUD/S) training, (Class 182). He has written workouts that prepare future BUD/S students for SEAL Training to include "The Complete Guide to Navy SEAL Fitness" and "Maximum Fitness" and many other military special ops and law enforcement programs.

Stew Smith writes about fitness and acing physical fitness tests and is the founder of Heroes of Tomorrow Fitness – an online fitness resource for people seeking military or law enforcement / Fire fighting professions. Basically - anything that requires a fitness test to enter. StewSmith.com has the answer.

He is certified by the National Strength and Conditioning Association as a strength and conditioning specialist (CSCS) These books and downloadable manuals can take you from beginner to a combat conditioned veteran. Let these workouts assist you in becoming a better conditioned athlete. The following list is the published books he has written and the downloadable manuals to his credit as well. All books and manuals are fitness related and are simply written accounts of his experience as a trainer and his own athletic history.

Stew Smith's Published Books /DVDs

The Complete Guide to Navy SEAL Fitness

Maximum Fitness

Common Sense Self Defense

Prehab Fitness Video

The PFT Fitness Clinic DVD

The SWAT Workout

The Special Operations Workout

The Combat Swimmer Stroke DVD

General Fitness and Nutritional Guides for Everyone

The Beginner / Intermediate Guide to Fitness

Reclaim Your Life - Erin O'neill Story (beginner / intermediate)

Veterans Fitness - Baby Boomer and a Flat Stomach!

Kids Workout - Ace the President Fitness Test / Award

The Diabetic Prevention Workout / Diet

The Athlete Workout - Rugby, Soccer, Lacrosse & Football

The Busy Executive Workout Routine

The Advanced Weight Training / PT Guide (Part I / II)

The Perfect Pushup Bible

The New Advanced Weights / PT / Cardio Plan - Winter Phase

Advanced Maintenance / Recovery Plan

The Military Physical Fitness Workouts

Combat Conditioning Workout

Navy SEAL Workout Phase 12,3,4 Beginner to Advanced

Navy SWCC Workout

The Army Special Forces / Ranger Workout

The Army Air Assault School Workout

The Army Airborne Workout

USMC IST and PFT | USMC RECON Workout

Air Force PJ / CCT Workout

The Coast Guard Rescue Swimmer Workout

Navy, Air Force, and Coast Guard OCS Workout

USMC OCS / TBS Workout

The Service Academy Workout (West Point, Navy, Air Force Academy)

The Navy, Air Force, Marine Corp Bootcamp Workout

The Army OCS and PFT Workout

The Army Air Assault School Workout | The Army Airborne Workout

The Air Force OTS Workout

The Law Enforcement Physical Fitness Workouts

The FBI Academy Workout The DEA Workout

The FLETC Workout - Ace the PEB (Border Patrol, ATF etc)

The PFT Bible: Pushups, Situps, 1.5 Mile Run

The Public Safety Diver Workout

The Fire Fighter Workout

Stew Smith's eBooks are sold on the following sites:

www.stewsmith.com www.heroesoftomorrow.org www.military.com www.navyseals.com

And his published books can be found at local book retailers as well as www.amazon.com
www.bn.com
www.getfitnow.com

Contact Stew Smith (Email, mail)
As part of the downloadable, you do have access to email me at anytime and I will answer your questions as soon as possible.
Below are the different ways to contact me for any of the products and services at www.stewsmith.com.

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Running Program Explained

To ace the running portion of any PFT, it is most important to learn your pace. Recognize breathing, arm swing, leg stride, foot strikes and create muscle memory of exactly how you should feel when you are running at your goal pace. As you get into better shape, you should feel better throughout the running event.

The best way to get better or faster at running is to PRACTICE running at your goal pace. This routine is aggressive but doable and should only take 20-30 minutes on most weekdays. If you have any questions, feel free to email me at stew@stewsmith.com. Check out the article archives at StewSmith.com for ideas for workouts, nutrition, and PFT tips.

This program has been helpful in preparing military members for the running tests seen in regular PFTs like the Army 2 mile run, and the Navy, Air Force, Coast Guard and thousands of law enforcement entrance tests – the 1.5 mile timed run. There are distance runs, paced runs, leg PT, sprints, and agility all placed into this plan to challenge / prepare you for your future training programs. Not only do you need to be able to pass with ease these timed distance runs, but keeping your short burst speed is critical to your job or athletic event / sport.

NOTE: If you are severely overweight and need to lose weight AND get into shape to serve your country, I do not recommend starting your workout routine running. Give your joints a break and do more non-impact aerobics if you are a beginning / overweight runner. See options for great ways to lose weight, build cardio endurance, without the impact of running with the Running Options article.

Related Article for Beginner Runners

Stretching to build flexibility in the torso and legs:

The Stretching Program

Increasing one's flexibility and core strength should be the first goal before starting fitness / athletic activity but also recovering from and preventing back injures. Increased flexibility has been proven to aid in blood circulation, prevention of injuries, increased speed, and range of motion, toning of muscles and more. A 5-10 minute stretching program will help to minimize soreness especially if you are doing a new exercise.

Follow the stretching chart after a warm-up run or bike and especially after your workout. Hold these stretches or do these movements for at least 15-20 seconds each:

Torso / Legs Stretches

Neck stretch (yes/no)
Tricep/Lat Stretch (half moon)
Stomach Stretch
Plank Pose 1:00
Thigh Stretch
Hamstring Stretch
Lowerback Stretch
Hurdler Stretch
Psoas Stretch
ITB / Hip
Butterfly 1 & 2
Piriformis Stretch 1 & 2
Lowerback stretch – Swiss army knife
Calve Stretch

Stretching and Warming Up

Walk or jog 5:00 minutes or do a series of light calisthenics like crunches, pushups, squats prior to stretching. Stretching is a major part of warming up and cooling down. After working out, the best way to reduce muscle fatigue and soreness and prevent injuries is to perform a light cool-down and stretch. A cooldown and warmup is defined as:

Static stretching: Holding these stretches for 15-20 seconds is the best way to end your workout. Do not bounce when performing these stretches and inhale deeply for three seconds, hold for three seconds and fully exhale. Do

this twice per stretch. This will take you to the 15-20 second time minimum for holding these stretches for optimal results.

Neck Stretch

Turn your head to the left, right, up and down, as if you were nodding "yes" and "no". Do this stretch slowly. Do not raise, lower, or rotate your neck too much or you may cause neck injury.



Triceps into Back Stretch - Place both arms over and behind your head. Grab your right elbow with your left hand and pull your elbow toward your opposite shoulder. Lean with the pull. Repeat with the other arm.



This stretch not only prepares you for the dumbbell triceps exercises, pushups, and dips, but also prepares the back muscles for pull-ups and the lowerback for running! This is a very important stretch for upper body exercises and swimming.

Stomach Stretch - Lie on your stomach. Push yourself up to your elbows if your back is previously injured or you are a beginner stretcher. Slowly lift your head and shoulders and look up at the sky or ceiling. Hold for 15 seconds and repeat two times.



(advanced stomach Stretch above – go to elbows if beginner)

Plank Pose – Keep your back straight and abs tight while placing your elbows and toes on the floor and holding for as long as you can. Build up to 1:00. Advanced is 3-5:00.



 Plank Pose advanced – Pushup – Up Position – Tighten abs and keep your back straight. If shoulders bother you or arms are not built up – do this same exercise on your elbows where only your elbows and toes are touching.



As you may know, the lower back is the most commonly injured area of the body. Many lower back problems stem from inactivity, lack of flexibility, and improper lifting of heavy objects as well as hip and leg muscle instability. Stretching and exercising your lower back, hips, and legs will help prevent some of those injuries.

Thigh Stretch Standing - Standing, bend your knee and grab your foot at the ankle. Pull your heel to your butt and push your hips forward. Squeeze your butt cheeks together keep your knees close together. Hold for 10-15 seconds and repeat with the other leg.(You can hold onto something for balance if you need to OR you can lie down on your hip and perform this stretch.



Hamstring Stretch #1 - From the standing or sitting position, bend forward at the waist and come close to touching your toes. Keep your back straight and slightly bend your knees. Go back and forth from straight legs to bent knees to feel the top / bottom part of the hamstring stretch. You should feel this stretching the back of your thighs.



Lower back Hamstring stretch #2 – Spread your legs while standing. Drop your chest down to your knees and place your hands on the floor. Hold for 10 seconds, then try to straighten the legs.



Hurdler Stretch - Sit on the floor with your legs straight in front of you. Bend your right knee and place the bottom of your foot on the inside of your opposite thigh. With your back straight, lean forward in order to stretch the back of your legs and your lower back. Hold the stretch for 15 seconds, switch legs, and repeat.



Psoas Stretch – Hips / Back – Change one leg of the Hurdler stretch above by bending the straightened leg 90 degrees behind you. Lean forward on the bent knee taking your chest down to your thigh / knee as shown. Hold for 15 seconds and repeat.



ITB Stretch - Sit on the ground with your legs crossed in front of you. Keeping your legs crossed bring the top leg to your chest and bend it at the knee so that your foot is placed outside of your opposite leg's thigh. Hold your knee for 15 seconds against your chest and repeat with the other leg.



Note: Before and after running or you should perform this stretch. This will help prevent very common overuse injuries in the hips and knees.

Butterfly stretch #1 / #2 – Sitting with legs bent in front of you, place your feet so the heels of your feet touch and bring them as close to your body as you can. Try to stretch by opening your leg further – NO NEED TO PRESS on your legs to open. Now #2 – Slightly straighten your legs about 1 ft. but keep your feet touching and try to take your head in between your knees.





<u>Piriformis Stretch</u> #1 – Place your right knee on the ground roughly in line with your left shoulder. The right foot should be just in front of the left knee. Press your hips towards the ground so that your bodyweight is on your right leg. Take your left shoulder toward your right knee. This stretches the hip / buttocks.



Piriformis Stretch #2 - Lie on your back with both knees bent but cross one leg over the other so your ankle touches your knee. Pull the lower leg to you with both arms and hold for 15 seconds. Repeat on other leg.



Lower back Stretch – Swiss Army knife – Lay on your right side and place your left leg in front of you. Lean back and try to place both shoulders to the floor twisting your torso nearly 90 degrees.



Calve Stretch into Achilles Tendon Stretch - Stand with one foot 2-3 feet in front of the other. With both feet pointing in the same direction as you are facing, put most of your body weight on your leg that is behind you - stretching the calve muscle.





Now, bend the rear knee slightly. You should now feel the stretch in your heel. This stretch helps prevent Achilles tendonitis, a severe injury that will sideline most people for about 4-6 weeks.

Descriptions of the PT / weight exercises

Only LEG PT is added for Run / PT workout

Lower body Exercises

Squats - Keep your feet shoulder width apart. Drop your butt back as though sitting in a chair. Concentrate on squeezing your glutes in your upward motion. Keep your heels on the ground and knee over your ankles. Your shins should be vertical at all times. Extend your buttocks backward. Do not keep your buttocks over your feet and extend your knees over your feet. Works the gluts, quads, and hams.

The 1/2 squat - Intensify your squat by doing 1/2 squats. While in the full down squat position, hold the pose and push yourself up and down within a 6" range of motion....just like riding a horse.



Walking Lunge - The lunge is a great leg exercise to develop shape and flexibility. Keep your chest up high and your stomach tight. Take a long step forward and drop your back knee toward the ground. Standup on your forward leg, bringing your feet together and repeat with the other leg. Make sure your knee never extends past your foot. Keep your shin vertical in other words. Muscles used: quadriceps, hams, and gluteus.





Stationary Lunge - Take a big stride forward. Bend both knees as you lower yourself so your front thigh is near parallel to the floor. Lift yourself up so your knees are straight but your feet have remained in the same position. If you have bad knees either avoid the lunge exercise or only go half way down.

Lunges with weights - Only do the stationary lunges with weights. It is easier on the knees than the walking lunges. Simply hold the weight out to your side with your arms relaxed. Do at least 10 repetitions with each leg.

Heel Raise (with weights too)

Hook one foot behind the other and raise up on your toes. Make certain you use a full range of motion. It won't take long to make this burn. Muscles used gastrocnemius and soleus. (single leg heel raise)



The Running Plan

The first three weeks of the chart on the next page has you running FIVE days a week in addition to your current workout program. As stated in the introduction – you can use this in replacement of the running in your present plan or add to your present program to really pump up the running mileage per week IF you are used to that kind of mileage.

The five days you choose to run do NOT have to be Mon-Fri – you select your run days but take ONLY 2 days off per week...In fact, make one of two of these runs workout on the weekend and rest from running during the week. You will find your weight / PT workout will be better on days to take off from running.

GOAL PACE – if the words "goal pace" appears after your distance run – this means if your goal is to run a 1.5 mile in

9:00 which is a 6:00 mile or 90 seconds $\frac{1}{4}$ mile – do the math and figure out the time for that distance at your goal pace

WEEK 3 – is non-impact week – only swim, bike, walk, or elliptical glide...no impact on legs – rest legs. This is primarily to avoid any over-use injuries with the recent additional mileage added to your previous running plans. Typically, it is the third week where injuries like shins splints, knee tendonitis, plantar facilitis starts to show, so take it easy on the impact this week even if you feel good. BUT push your workouts harder and work to build your VO2 max.

*400m = $\frac{1}{4}$ mile or 1 lap around a high school / college track.

WEEKS 1-3

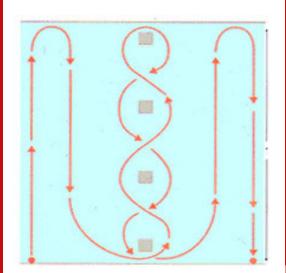
WEEKS 1-3				
<u>Day 1</u>	Day 2	Day 3	<u>Day 4</u>	<u>Day 5</u>
Run 5:00/ stretch	run - 5:00 / Stretch	Long Distance run	Long run Leg Day	
Repeat 6 times	Repeat 6 times			Repeat-10 times
¹ / ₄ mile – goal pace	Run timed– 400m	Run 5:00 / stretch	Run total 4 miles mixed stop	Plank pose 1 min
Crunches – 50	lunges – 20 per leg		every 5:00 to do leg PT	200m at goal pace
	Jog Slow 200m	30 minutes non-stop at 1-	Squats – 20	
See charts below:	squats – 20	2:00 off goal mile pace	Lunges 10/leg	Field sprint drills:
Agilities x 5 each				20,40,60,80,100yd x 3 each
M, Box, and sprint drills	Repeat 10 x's each		IL agility test – see below x 3	rest by walking back to
	Sprints 10 yd, 20,yd, 40 yd		Leg Power Box Drills x	the starting line
Run 2 miles easy	stretch		2	the starting line
			2	
Day 1	Day 2	Day 3	Day 4	Day 5
Repeat 5 times	Run 1 mile timed	Run 10:00 / stretch	Long Run	Run 5:00 / Stretch
5:00 run or bike	Stretch PT day	repeat 5 times	Long Kun	Repeat 8 times
1:00 squats		run ¼ mile at goal pace	D + 1.1.4 21 2 1	Run ¼ mile goal pace
1:00 lunges each leg	Ontional	walk 200m	Run total 4 miles in under	Jog ¼ mile slow
1:00 calves	Optional		36:00 – shoot for under 30 if	0.8 / 1
1.00 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Swim / bike - 30:00	Repeat 5 times	advanced	
Run 1 mile timed	AND	run 1/8 mile sprint		
Run i iiiie iiiied	Agilities	walk 100m		
	M, Box, and sprint drills	wark 100iii		
	X 5 of each			
		jog 10:00 / stretch		
Day 1 non-impact week	Day 2	Day 3	Day 4	<u>Day 5</u>
*			Bike or Elliptical Glide	Run 1.5 or 2 mile timed
bike or swim 45:00	Swim – Hypoxic pyramid	Long Bike or Swim	Pyramid	run – test legs after
	Strokes per breathe =		Levels on manual mode	week of rest
stretch legs	2,4,6,8,10 x 100m each and	1 HOUR as far as you can	4,6,8,10,12,14,16,18 – repeat	week of fest
	repeat in repeat order =	get in one hour	in reverse order for 2:00 each	
Bike Pyramid: Life Cycle	1000m total		level = 36:00	Stretch
Levels 5,7,9,10,12,14,16 –	Bike 30:00 fast / Stretch	Stretch		All ab exercises listed – 50
repeat in reverse order for			Stretch	reps each
1:00 at each level = 14				
minutes				

Weeks 4-6

<u>Day 1</u>	Day 2	Day 3	Day 4	<u>Day 5</u>
run - 5:00 / Stretch	run - 5:00 / Stretch	Long Distance run	Warmup - 5:00 / Stretch	run - 5:00 / Stretch
Repeat 4 times				
run ½ mile at goal pace	Repeat 5 times	Run 50 minutes non-stop –	swim 1500m hypoxic	Timed run 1.5 mile run
Walk 1:00	Run 10:00 fast	distance?	pyramid OR	Or 2 mile timed run
Run ¼ mile at goal pace	Squats – 25			
Walk 2:00	Lunges 20 / leg	Stretch	bike 1 hour on manual mode	Leg PT: Repeat 4 times
			increasing levels every 5:00	Squats – 20 / Lunges 20/leg
Stretch	Agilities	All ab exercises listed – 50		Run ¼ mile at goal pace
All ab exercises listed – 50	M, Box, and sprint drills	reps each	or run 10 by ¼ mile runs at	Agilities
reps each	X 5 of each		goal pace – rest 1:00 in	M, Box, and sprint drills
	Stretch		between	_
Day 1	Day 2	Day 3	Day 4	Day 5
run - 5:00 / Stretch	WARMUP - 5:00 / Stretch	run - 5:00 / Stretch	run - 5:00 / Stretch	run - 5:00 / Stretch
Repeat 8 times	Swim, bike or elliptical	Distance Run	1 mile repeats:	SWIM - 30:00
¹ / ₄ mile at goal pace	glide 1 hour using	Distance Itan	Time repeats.	BIKE 30:00
Rest 1:00	-	60 : 4 6 :	D	RUN 1.5 MILES TIMED
	pyramids of choice	60 minutes of running	Repeat 4 times	OR 2 MILES TIMED
Repeat 4 times			1 mile timed run	
½ mile at goal pace	All ab exercises listed – 50	distance	walk ¼ mile	
Rest 2:00	reps each			
Stretch				
<u>Day 1</u>	<u>Day 2</u>	<u>Day 3</u>	<u>Day 4</u>	<u>Day 5</u>
run - 5:00 / Stretch	run - 5:00 / Stretch	run - 5:00 / Stretch	run - 5:00 / Stretch	run - 5:00 / Stretch
Repeat 10 times	Repeat 8 times	1.5 mile easy jog	Swim 30:00 or	Timed Run – 1.5 mile or
1/4 mile sprints at goal	½ mile sprints at goal	1.5 mile at goal page	Bike 30:00	2 mile run
pace	pace	1.5 mile at goal pace		
rest with 1:00 walk	rest with 2:00 walk	1.5 mile easy jog	Elliptical glide 30:00	6 Week progress:
		1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1		1.5 mile time
				2 mile time
				2 mile time

OPTIONS: Four drills to assist with agility

Agility Test - The <u>Illinois Agility Test</u> is a challenging 15-20 seconds test that requires the students to run fast, stop quickly, change directions, and move the body from a laying position to a running stride as quickly as possible. The course is 30 feet long and 15 feet wide. Place four cones 10 feet apart at the 7.5 ft. line and the first and fourth cone at the zero and 30 ft line. A picture is worth a 1000 words.

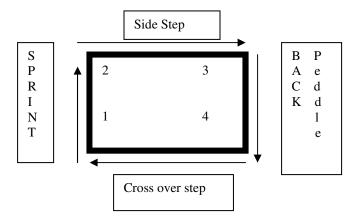


Start

Finish

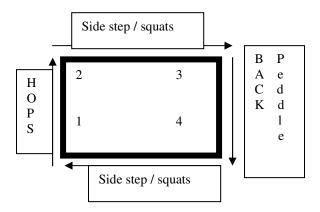
CONCEPTS

- 20 yard Box drills set up two boxes with four cones -
- Have group start at the first cone and sprint to the 2nd cone, side step to the third cone, back peddle to the 4th cone, and cross over step back to the 1st cone.

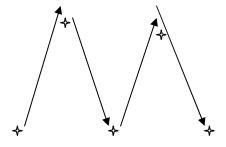


- Stay low and start in a three point stance or standing running stance
- As students get comfortable with drill, have students pivot and turn at each cone

<u>Leg power drills:</u> Keep cones in the same box drill formation. This time have the students start at the first cone in a standing position, then move forward by broad jumping to the 2nd cone, side step squats to the 3rd cone, back peddle to the 4th cone, and finish up with side stepping squats to the starting position.



<u>20 yard M Drills</u> – Set cones in an M formation and have students run forward through the cones, but pivoting and changing directions at every cone.



- Repeat forward running 5 times each student.
- Have students sprint forward AND back peddle through the M drill changing direction at each cone.
- * Great ball handling drill for soccer athletes

