



MISSOURI STATE HIGHWAY PATROL

APPLICANT PREPARATION PROGRAM

4 Week- Applicant Running Program

This information is designed for informational purposes only. You should not rely on this information as a substitute for professional medical advice. You should consult with a medical professional before beginning any exercise or fitness routine. Your use of the provided information is at your own risk.

Recruiting & Community Outreach Division-MSHP

4 Week Running Program

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Walk 5.0 Miles (If using a treadmill, set 2.0 Incline) (If outside try to get as many hills and elevation change as possible)	Walk 0.50 Miles (16 min. Pace) Run 1.0 Miles (As FAST as you can for time) Walk 3.5 Miles (16 min. Pace)	Walk 0.50 Miles (16 min. Pace) 15 - 40 yrd. Sprints With 30 sec. rest between (Run up a hill if possible)	OFF	Walk 0.50 miles (16 min. pace) Run 1.50 miles total alternating between 0.25 walk at 16 min pace & run 0.25 fast as possible Walk 3.00 miles @ 16 min pace	Walk 0.50 Miles (16 min. Pace) Run 2.0 Miles (Don't walk just finish; don't worry about time) Walk 2.5 Miles (16 min. Pace)	OFF
Week 2	Walk 5.0 Miles (If using a treadmill, set 2.0 Incline) (If outside try to get as many hills and elevation change as possible)	Walk 0.50 Miles (16 min. Pace) Run 1.25 Miles (As FAST as you can for time) Walk 3.25 Miles (16 min. Pace)	Walk 0.50 Miles (16 min. Pace) 15 - 60 yrd. Sprints With 30 sec. rest between (Run up a hill if possible)	OFF	Walk 0.50 miles (16 min. pace) Run 1.75 miles total alternating between 0.25 walk at 16 min pace & run 0.25 fast as possible Walk 2.75 miles @ 16 min pace	Walk 0.50 Miles (16 min. Pace) Run 2.0 Miles (Don't walk just finish; don't worry about time) Walk 2.5 Miles (16 min. Pace)	OFF
Week 3	Walk 5.0 Miles (If using a treadmill, set 2.0 Incline) (If outside try to get as many hills and elevation change as possible)	Walk 0.50 Miles (16 min. Pace) Run 1.50 Miles (As FAST as you can for time) Walk 3.0 Miles (16 min. Pace)	Walk 0.50 Miles (16 min. Pace) 10 - 110 yrd. Sprints With 30 sec. rest between (Run up a hill if possible)	OFF	Walk 0.50 miles (16 min. pace) Run 2.00 miles total alternating between 0.25 walk at 16 min pace & run 0.25 fast as possible Walk 2.50 miles @ 16 min pace	Walk 0.50 Miles (16 min. Pace) Run 2.0 Miles (Don't walk just finish; don't worry about time) Walk 2.5 Miles (16 min. Pace)	OFF
Week 4	Walk 5.0 Miles (If using a treadmill, set 2.0 Incline) (If outside try to get as many hills and elevation change as possible)	Walk 0.50 Miles (16 min. Pace) Run 1.75 Miles (As FAST as you can for time) Walk 2.75 Miles (16 min. Pace)	Walk 0.50 Miles (16 min. Pace) 20 - 40 yrd. Sprints With 30 sec. rest between (Run up a hill if possible)	OFF	Walk 0.50 miles (16 min. pace) Run 2.25 miles total alternating between 0.25 walk at 16 min pace & run 0.25 fast as possible Walk 2.25 miles @ 16 min pace	Walk 0.50 Miles (16 min. Pace) Run 2.0 Miles (Don't walk just finish; don't worry about time) Walk 2.5 Miles (16 min. Pace)	OFF