

Braves Running Workout

"I cannot teach you the game of Basketball until you are conditioned enough to do so!" Coach Carter

Time	Distance	Dates	Distances
6:00	1 Mile	June	Lower Body Days - 1 Mile jog, Upper Body Days - 2 Mile Jog Non-Lift day 5 miles
12:00	2 Miles	July	Lower Body Days - 1 Mile jog, Upper Body Days - 2 Mile Jog Non-Lift day 5 miles
20:00	3 Miles	Aug	Lower Body Days - 1 Mile jog, Upper Body Days - 2 Mile Jog Non-Lift day 5 miles
38:00	5 Miles	Sept	Lower Body Days - 1 Mile jog, Upper Body Days - 1 Mile Jog, 1 1/2Mile Run, 2 1/4 Mile Sprints Non-Lift day 5 miles
< 3:00	1/2 Mile	Sept 26-Oct 1	Lower Body Days - 1 Mile jog, Upper Body Days - 1 1/2Mile Run, 4 1/4 sprints, 4-100yd, 4-60yd, 4-40yd Non-Lift day 5 miles
< 75 Sec	1/4 Mile	Oct 2-8	Lower Body Days - 1 Mile jog, Upper Body Days - 1 1/2Mile Run, 4 1/4 sprints, 4-100yd, 4-60yd, 4-40yd Non-Lift day 5 miles
< 13 sec	100yds	Oct 10-15	Lower Body Days - 1 Mile jog, Upper Body Days - 1 1/2Mile Run, 4 1/4 sprints, 4-100yd, 4-60yd, 4-40yd Non-Lift day 5 miles
<8 secs	60yds	Oct 17-22	Lower Body Days - 1 Mile jog, Upper Body Days - 1 1/2Mile Run, 4 1/4 sprints, 4-100yd, 4-60yd, 4-40yd Non-Lift day 5 miles
<5.5 secs	40yds	Oct 24-29	Lower Body Days - 1 Mile jog, Upper Body Days - 1 1/2Mile Run, 4 1/4 sprints, 4-100yd, 4-60yd, 4-40yd Non-Lift day 5 miles

Above are some listed distances and Goal Times. Do Not forget this most important part of your off season training! The more running you do in the off-season, the quicker you will get into game shape this fall! I suggest you run at least 1-2 miles 4 times per week with an additional long run of 5 miles on a 5th day. The long run should be on a non-lifting day. You should jog one mile on the days you do your lower body workouts and 2 miles on your upper body days. Make sure you have a good pair of running shoes, do not run in basketball shoes!