

The Art of Fitness

12 Week Interval Running Program

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This is the same interval training that I included in the article about [Injury and the Grand Return](#). It is an excellent interval training program and is a solid way to get back into proper running form. Read and enjoy below or [click here to download it as a PDF](#).

All workouts begin with a dynamic warm up. A good dynamic warm up is the most important phase of any workout. It prepares the body for your workout by increasing heart rate, body temperature, and joint mobility; while significantly preventing injury. The dynamic warm up should last between 10-20 minutes and will feel like a workout in and of itself. **I highly recommend doing the majority of these workouts completely barefoot.**

Here are some great [examples of dynamic warmup exercises](#) by my buddy Doug Balzarini of DBStrength.com out in San Diego, Ca.

Note:

It takes about eight weeks for your muscles to adapt to a new conditioning program. It takes years for your fascia to adapt. By incorporating [self massage using a foam roller](#), [deep tissue massage therapy](#), flexibility training, [corrective exercises](#) and [functional movement](#) into your training program, you can significantly speed up this process, while decreasing the amount of time dealing with chronic pain and injury.

Week 1

Day 1: Dynamic warm up: Run 1 minute: Walk 1 minute: Repeat 5

times.

Day 2: Dynamic warm up: 30-60 minutes [functional exercise](#)

Day 3: Dynamic warm up: Run 1 minute: Walk 1 minute: Repeat 5 times.

Day 4: Rest

Day 5: Dynamic warm up: Run 1 minute: Walk 1 minute: Repeat 6 times.

Day 6: Dynamic warm up: 30-60 minutes [functional exercise](#)

Day 7: Rest

Week 2

Day 1: Dynamic warm up: Run 90 seconds: Walk 1 minute: Repeat 4 times: 30 minutes [functional exercise](#)

Day 2: Dynamic warm up: 30-60 minute [functional exercise](#)

Day 3: Dynamic warm up: Run 90 seconds: Walk 1 minute: Repeat 5 times

Day 4: Rest

Day 5: Dynamic warm up: Run 90 seconds: Walk 1 minute: Repeat 5 times.

Day 6: Dynamic warm up: 30-60 minute [functional exercise](#)

Day 7: Rest

Week 3

Day 1: Dynamic warm up: Run 2 minutes: Walk 1 minute: Repeat 4 times: 30 minutes [functional exercise](#)

Day 2: Dynamic warm up: 30-60 minute [functional exercise](#)

Day 3: Dynamic warm up: Run 2 minutes: Walk 1 minute: Repeat 5 times

Day 4: Rest

Day 5: Dynamic warm up: Run 2 minutes: Walk 1 minute: Repeat 6 times.

Day 6: Dynamic warm up: 30-60 minute [functional exercise](#)

Day 7: Rest

Week 4

Day 1: Dynamic warm up: Run 2.5 minutes: Walk 1 minute: Repeat 4 times: 30 minutes [functional exercise](#)

Day 2: Dynamic warm up: 30-60 minute [functional exercise](#)

Day 3: Dynamic warm up: Run 2.5 minutes, Walk 1 minute: Repeat 5 times

Day 4: Rest

Day 5: Dynamic warm up: Run 2.5 minutes: Walk 1 minute: Repeat 6 times.

Day 6: Dynamic warm up: 30-60 minute [functional exercise](#)

Day 7: Rest

Week 5

Day 1: Dynamic warm up: Run 3 minutes: Walk 1 minute: Repeat 4 times: 30 minutes [functional exercise](#)

Day 2: Dynamic warm up: 30-60 minute [functional exercise](#)

Day 3: Dynamic warm up: Run 3 minutes: Walk 1 minute: Repeat 5 times

Day 4: Rest

Day 5: Dynamic warm up: Run 3 minutes: Walk 1 minute: Repeat 6 times.

Day 6: Dynamic warm up: 30-60 minute [functional exercise](#)

Day 7: Rest

Week 6

Day 1: Dynamic warm up: Run 3.5 minutes: Walk 1 minute: Repeat 5 times: 30 minutes [functional exercise](#)

Day 2: Dynamic warm up: 30-60 minute [functional exercise](#)

Day 3: Dynamic warm up: Run 3.5 minutes: Walk 1 minute: Repeat 6 times

Day 4: Rest

Day 5: Dynamic warm up: Run 3.5 minutes: Walk 1 minute: Repeat 7 times.

Day 6: Dynamic warm up: 30-60 minute [functional exercise](#)

Day 7: Rest

Week 7

Day 1: Dynamic warm up: Run 4 minutes: Walk 1 minute: Repeat 5 times: 30 minutes [functional exercise](#)

Day 2: Dynamic warm up: 30-60 minute [functional exercise](#)

Day 3: Dynamic warm up: Run 4 minutes: Walk 1 minute: Repeat 6 times

Day 4: Rest

Day 5: Dynamic warm up: Run 4 minutes: Walk 1 minute: Repeat 7 times.

Day 6: Dynamic warm up: 30-60 minute [functional exercise](#)

Day 7: Rest

Week 8

Day 1: Dynamic warm up: Run 4.5 minutes: Walk 1 minute: Repeat 5 times: 30 minutes [functional exercise](#)

Day 2: Dynamic warm up: 30-60 minute [functional exercise](#)

Day 3: Dynamic warm up: Run 4.5 minutes: Walk 1 minute: Repeat 6 times

Day 4: Rest

Day 5: Dynamic warm up: Run 4.5 minutes: Walk 1 minute: Repeat 7 times.

Day 6: Dynamic warm up: 30-60 minute [functional exercise](#)

Day 7: Rest

Week 9

Day 1: Dynamic warm up: Run 5 minutes: Walk 1 minute: Repeat 5 times: 30 minutes [functional exercise](#)

Day 2: Dynamic warm up: 30-60 minute [functional exercise](#)

Day 3: Dynamic warm up: Run 5 minutes: Walk 1 minute: Repeat 6 times

Day 4: Rest

Day 5: Dynamic warm up: Run 5 minutes: Walk 1 minute: Repeat 7 times.

Day 6: Dynamic warm up: 30-60 minute [functional exercise](#)

Day 7: Rest

Week 10

Day 1: Dynamic warm up: Run 5.5 minutes: Walk 1 minute: Repeat 5 times: 30 minutes [functional exercise](#)

Day 2: Dynamic warm up: 30-60 minute [functional exercise](#)

Day 3: Dynamic warm up: Run 5.5 minutes: Walk 1 minute: Repeat 6 times

Day 4: Rest

Day 5: Dynamic warm up: Run 5.5 minutes: Walk 1 minute: Repeat 7

times.

Day 6: Dynamic warm up: 30-60 minute [functional exercise](#)

Day 7: Rest

Week 11

Day 1: Dynamic warm up: Run 6 minutes: Walk 1 minute: Repeat 5 times if s: 30 minutes [functional exercise](#)

Day 2: Dynamic warm up: 30-60 minute [functional exercise](#)

Day 3: Dynamic warm up: Run 6 minutes: Walk 1 minute: Repeat 6 times

Day 4: Rest

Day 5: Dynamic warm up: Run 6 minutes: Walk 1 minute: Repeat 7 times.

Day 6: Dynamic warm up: 30-60 minute [functional exercise](#)

Day 7: Rest

Week 12

Day 1: Dynamic warm up: Run 6.5 minutes: Walk 1 minute: Repeat 5 times: 30 minutes [functional exercise](#)

Day 2: Dynamic warm up: 30-60 minute [functional exercise](#)

Day 3: Dynamic warm up: Run 6.5 minutes: Walk 1 minute: Repeat 6 times

Day 4: Rest

Day 5: Dynamic warm up: Run 6.5 minutes: Walk 1 minute: Repeat 7 times.

Day 6: Dynamic warm up: 30-60 minute [functional exercise](#)

Day 7: Rest