



**NAVY**  
PHYSICAL  
READINESS  
PROGRAM

## JUNE WORKOUT OF THE MONTH

Hegdahl

### Warm-up

5-10min light jog

### Workout

Use a base track or measure another designated area that is approximately 400 meters and can easily be marked in 100 meter increments. For the track, jog the straight-aways and increase your speed on the curves to about 70-80% of your sprint speed, then jog and recover on the straight-aways. For an alternate route, alternate the jog with the run every 100 meters.

Week 1: 20 min

Week 2: 25 min

Week 3: 30 min

Week 4: 35 min

### Cool down

5 min light jog and stretch

Notes: This is a great workout for an individual or command. Each individual in the command can adjust their intensity to their respective abilities. The times listed can also be adjusted.

**Be smart, be active!**