

# United States Marine Corps 3-Mile PFT Track Workout

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1. Find your goal PFT time and its associated 400-meter time on the chart below.
2. Start the workout with a 5 to 10 minute warm-up.
3. Stretch, but don't cool down.
4. Run 400 meters at the pace according to the chart, then jog 200 meters in the same time (i.e., half speed).
5. Repeat this interval the number of times specified. [Note: As fitness improves, increase the number of repetitions until you can run your goal PFT time.]
6. Cool down for 5 minutes.

<b>3-Mile PFT (mm:ss)</b>	<b>400 Meters (mm:ss)</b>	<b># of Repeats</b>
30:00	02:30	3
29:00	02:25	3
28:00	02:20	3
27:00	02:15	3
26:00	02:10	3
25:00	02:05	4
24:00	02:00	4
23:00	01:55	4
22:00	01:50	4
21:00	01:45	5
20:00	01:40	5
19:00	01:35	5
18:00	01:30	6
17:00	01:25	6
16:00	01:20	6
15:00	01:15	6