



Track Pants Pattern



I read an article somewhere that claimed that when it comes to exercising, getting dressed for it is half the struggle. The article gave a few interesting tips; like being sure to make a careful selection of your workout clothes, to try and use them only for exercising (to help strengthen the habit), and to lay out your clothes the day before you train so it's just that little bit easier to get going.

I mention this because I, like most people, have been struggling with exercise motivation recently. Ten years ago I was quite a physically active person. I used to do yoga, tennis, rollerblading, and swimming every week. Fast forward to 2021 and I, unfortunately, do not do any of that anymore.

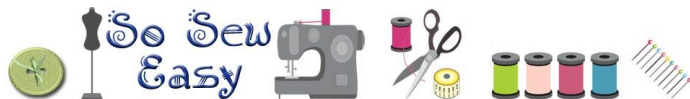
I have put on around 12 kilos (26 lbs) that I do not need and really should lose. However, I find getting dressed to work out to be uncomfortable for me, surely I cannot be the only one who feels the same way. The thought of wearing a skimpy, tight-fitting outfit does not make me feel motivated when I'm in this shape.

So, I have decided to get serious about getting fit again. This track pants pattern project is my first step, a comfortable and effective alternative to all those fitted leggings and short shorts. This track pants pattern has a corded elastic waist that stretches as wide as my hips and more. Slanted pockets because I love pockets. Elastic hem to prevent your pants rolling up when you are doing leg workout or dancing.

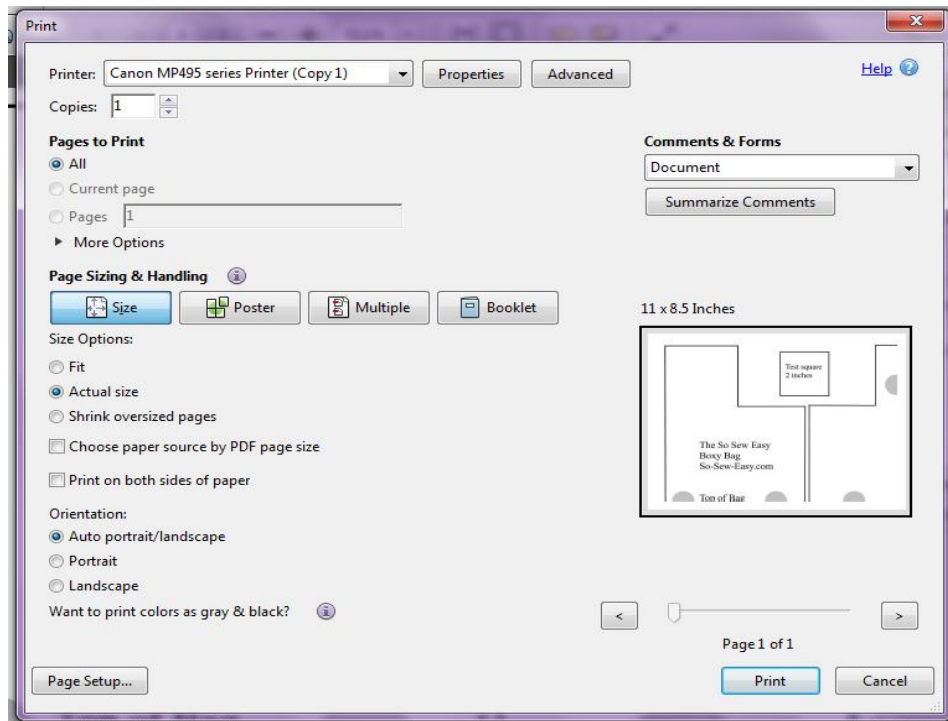
Experience level: Confident Beginner

You can read more about this pattern over at So Sew Easy [HERE](https://so-sew-easy.com).

Find more great sewing patterns at So Sew Easy – <https://so-sew-easy.com>



To print your PDF pattern



Your pattern pieces come at the end of these instructions. For accurate printing, please make sure you are using the latest version of Adobe Reader. You can [download the latest version here](#) if you need to.

Select File → Print and the print dialogue box opens. Under Page Sizing and Handling, select ACTUAL SIZE. Check the preview in the right hand side illustration. Select the page numbers you want to print. You can print the whole document, or just the pattern pieces.

On the edge of the top left page is a box you can use to test your printing. This box should measure 2 inches square. If yours is wildly different you will need to check your printer options to make sure the pages are not being resized.

Use the grey guides on the overlap of the sheets to match up the pattern pieces, folding under or cutting off any overlaps, tape together and cut out your pattern pieces.

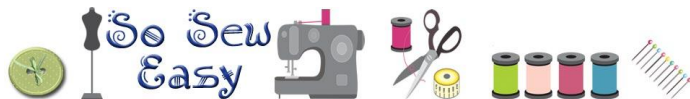
Help printing and assembling your pattern

You can find helpful tutorials on how to download, print and assemble PDF sewing patterns here:

[How to download and print a PDF sewing pattern](#)

[How to print and assemble a PDF sewing pattern](#)

Find more great sewing patterns at So Sew Easy – <https://so-sew-easy.com>



Materials

- 1 1/2 to 2 yards of 54" bamboo jersey, cotton, or linen jersey
- 1 or 2" wide elastic the length of your waist
- 3/4" to 1" elastic 20-22" in length for the ankles
- two grommets
- 1 1/2- 2 yards of cotton or polyester cord for the waist
- two strips of stretchable fusible interfacing for the pocket opening
- thread to match

Tools

All tools are ideal but not essential

- Serger
- Rotary cutter
- Needle size 80
- Cutting matt
- Kam tool

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Thank you for downloading this pattern and tutorial. I hope you enjoyed making this project and remember that I love to see what you made so do upload your completed projects on Instagram and use #soseweasyofficial.

Keep up with all the latest news and sewing projects at [So Sew Easy](#).

We also have a really great sewing chat group where you can ask questions, share your completed projects, and get 24 hr sewing inspiration. It's not just for So Sew Easy projects – you can chat about all sewing there, whether a newbie just starting out, or an advanced and experienced sewer, there's something for everyone in the sewing chat group. Join us here.

[SEWING CHAT GROUP](#)

If you'd like to help support our site so we can continue to produce patterns like this one, pop on over to our [Kofi page](#) and buy us a hot cup of joe.

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Usage – you ARE allowed to use this pattern to make things to sell on a small handmade basis, such as for craft fairs and for your Etsy shop. However, it may not be used for larger scale commercial purposes without a commercial license.

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Camilla

2" X 2"
Square Test

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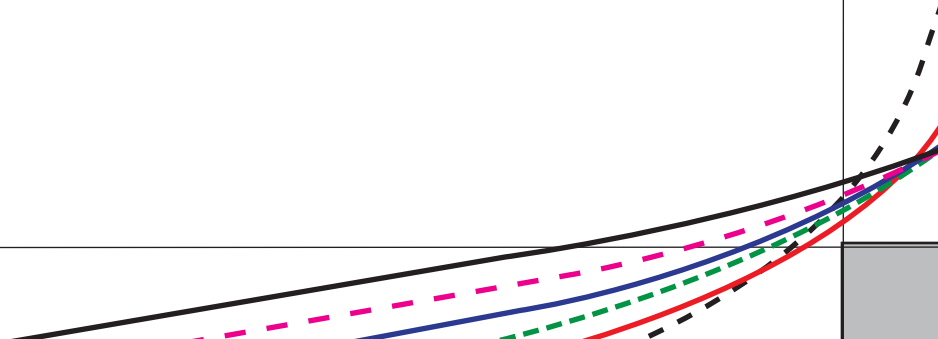
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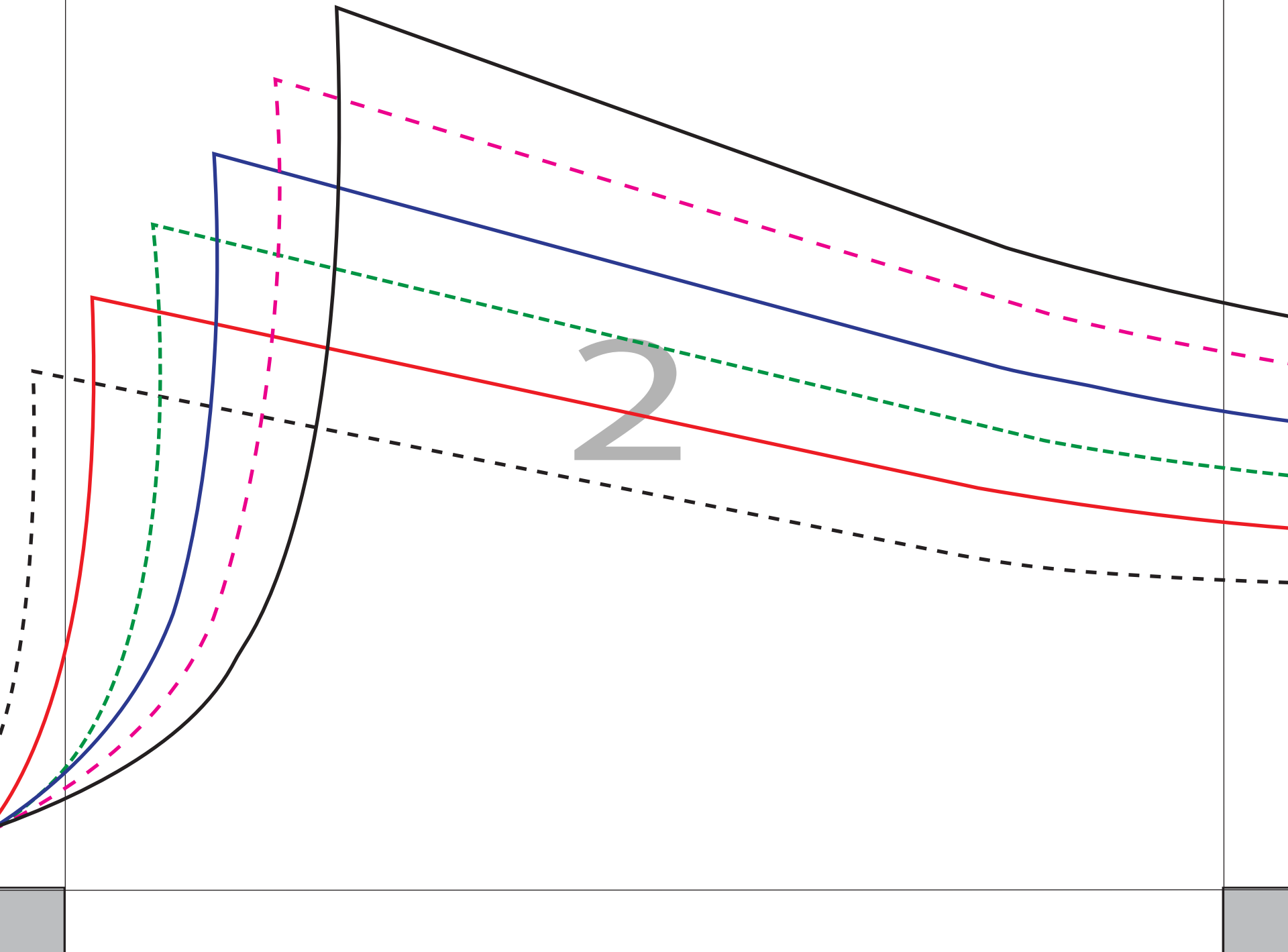
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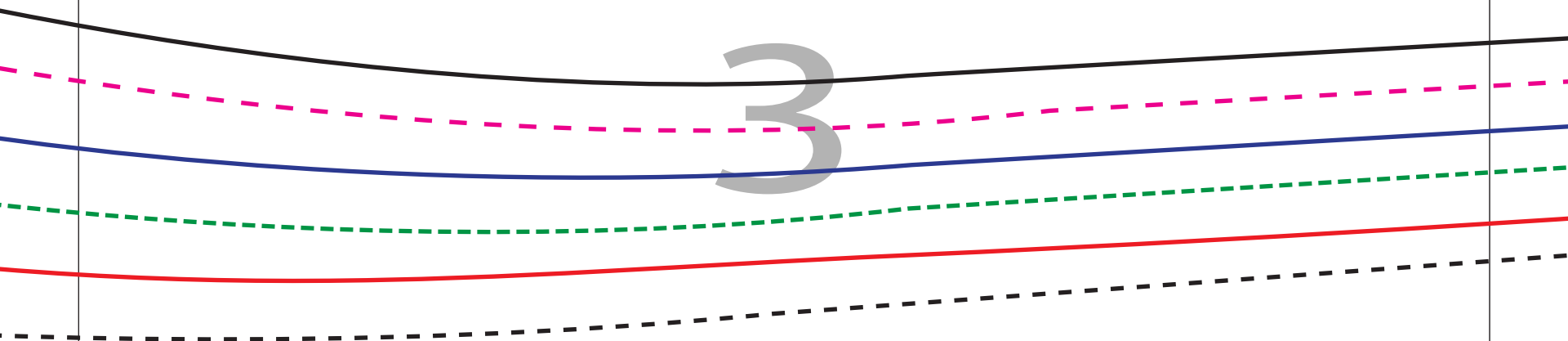
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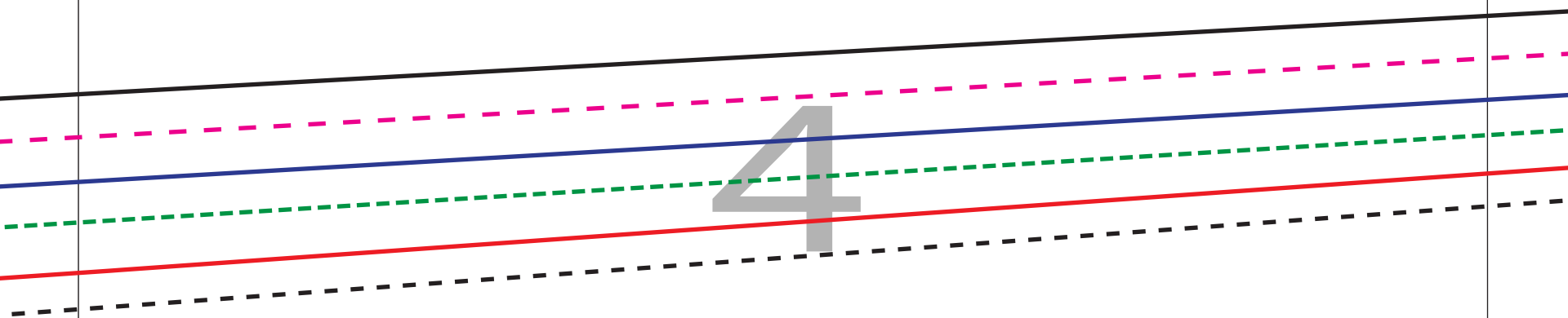
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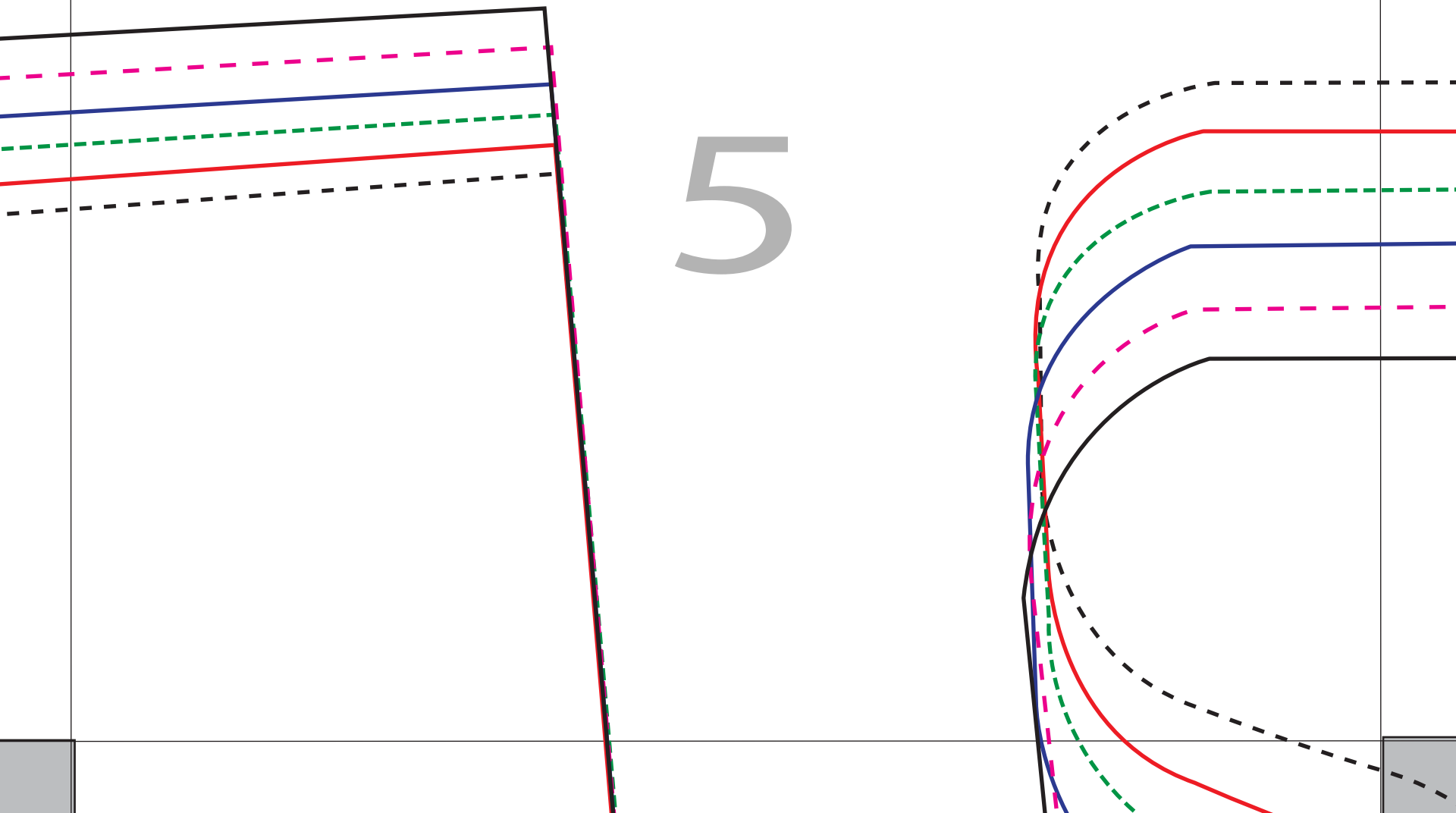






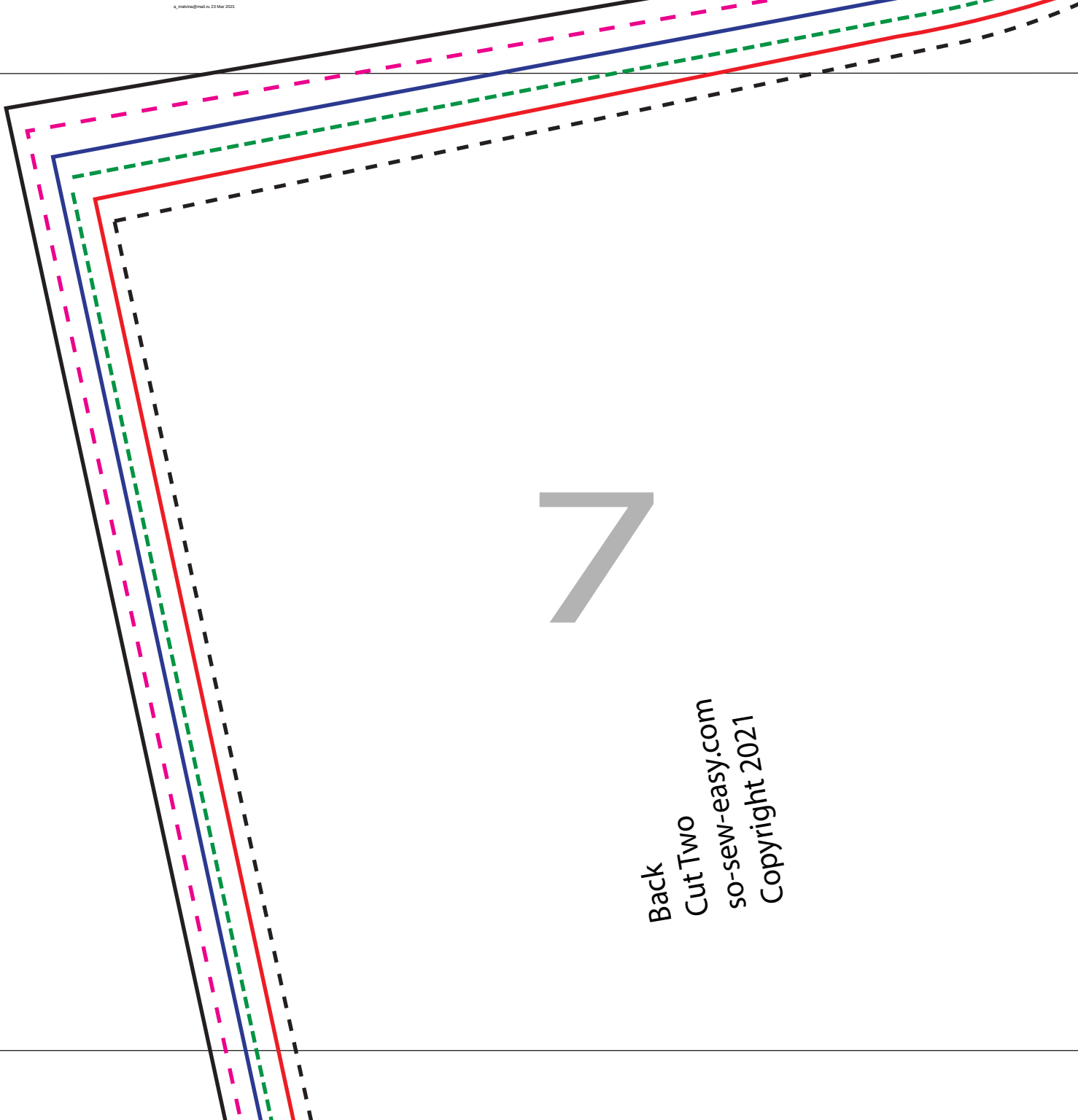


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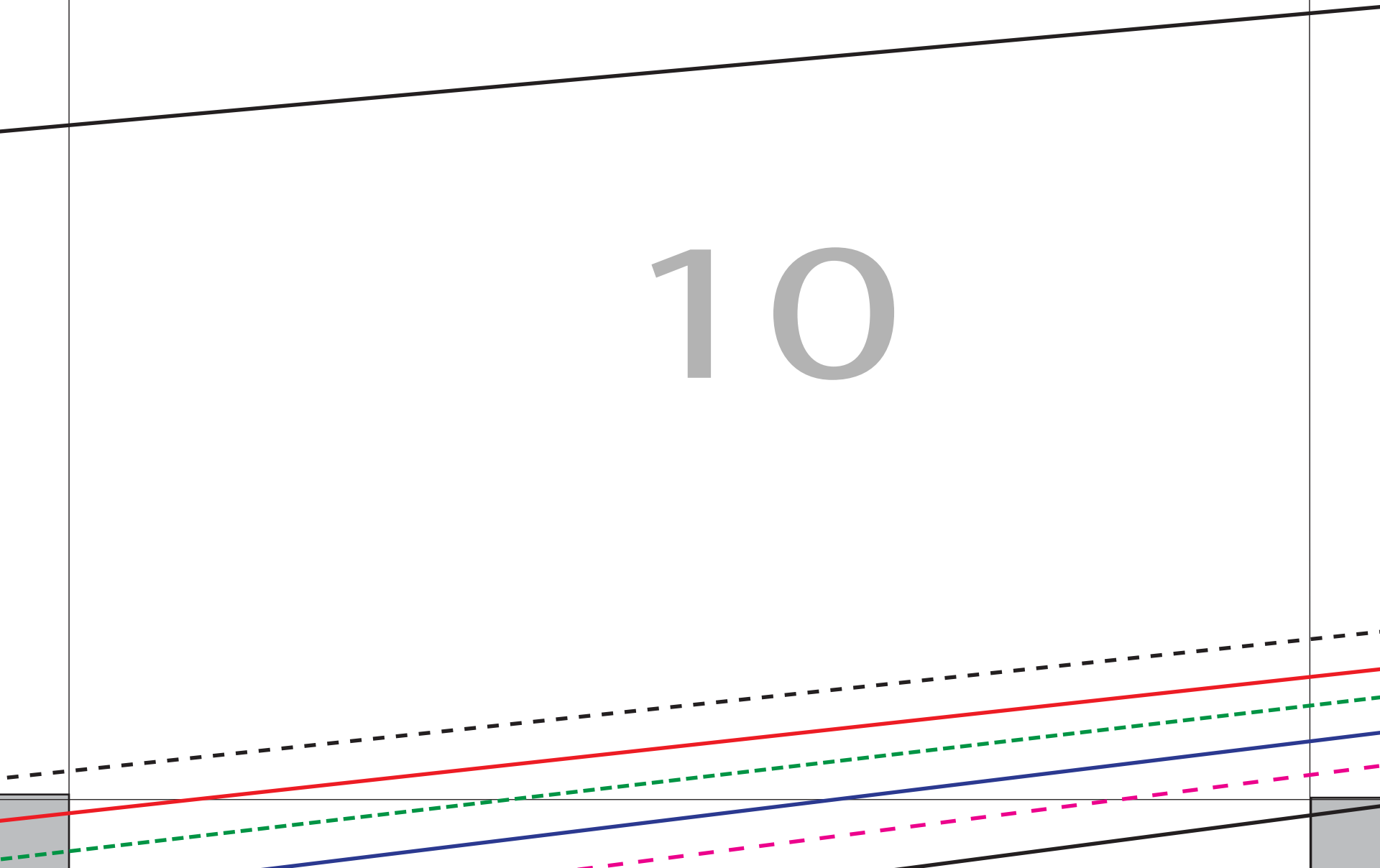
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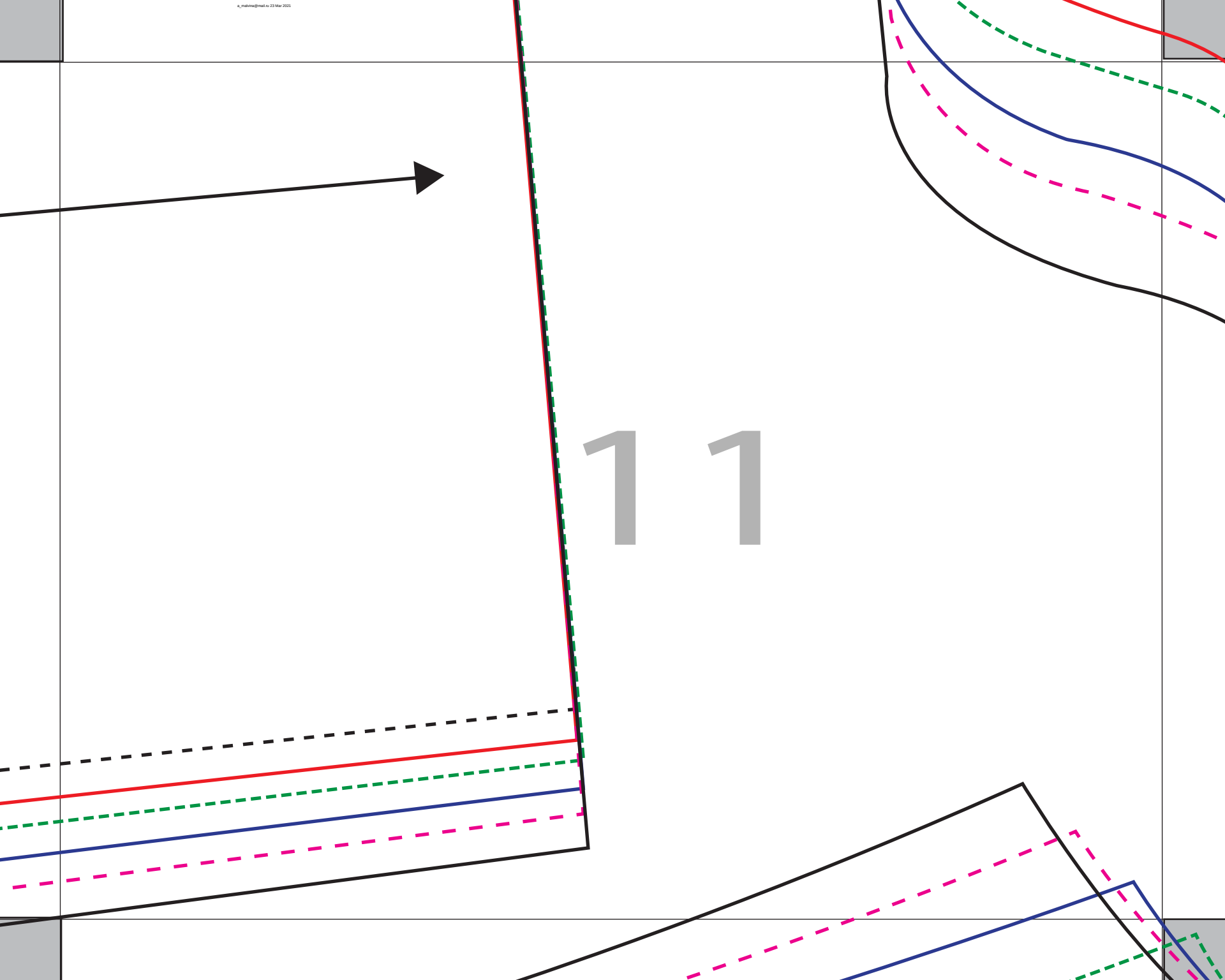


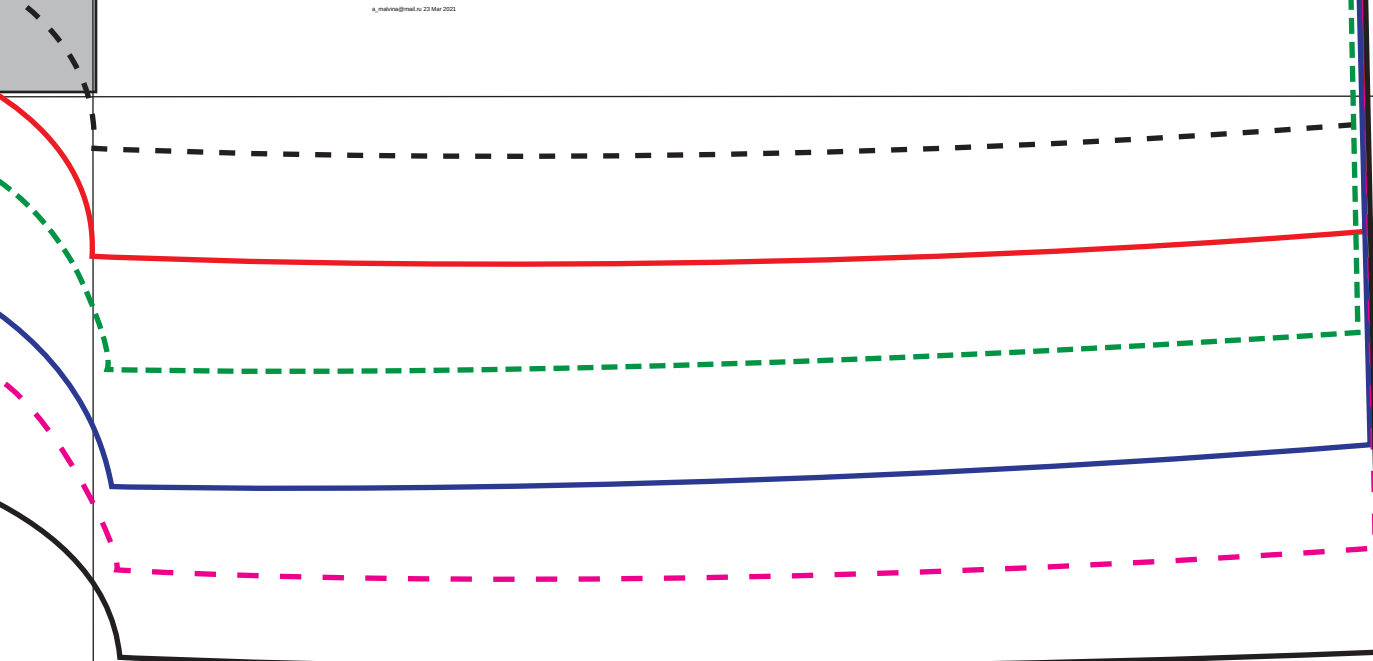
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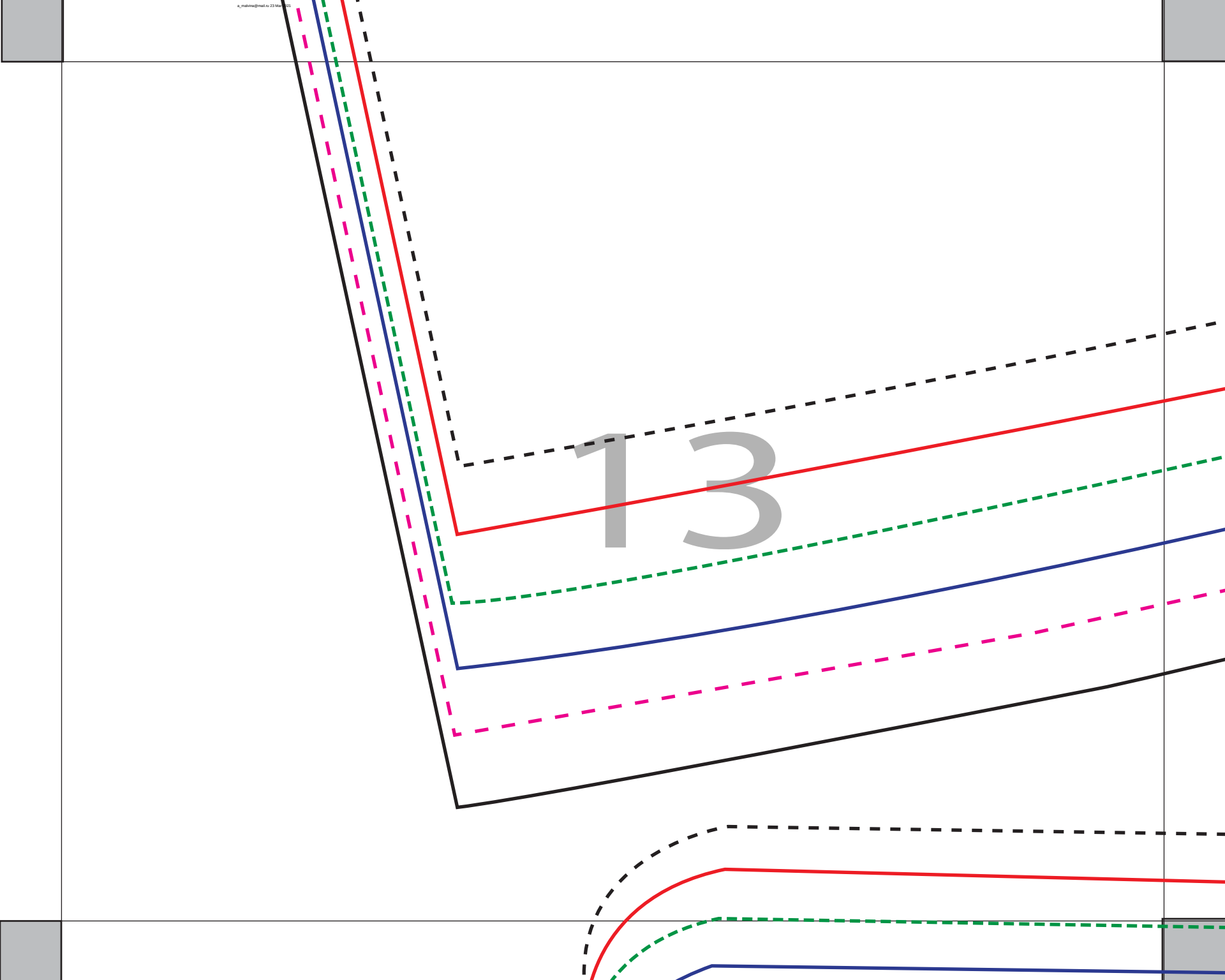


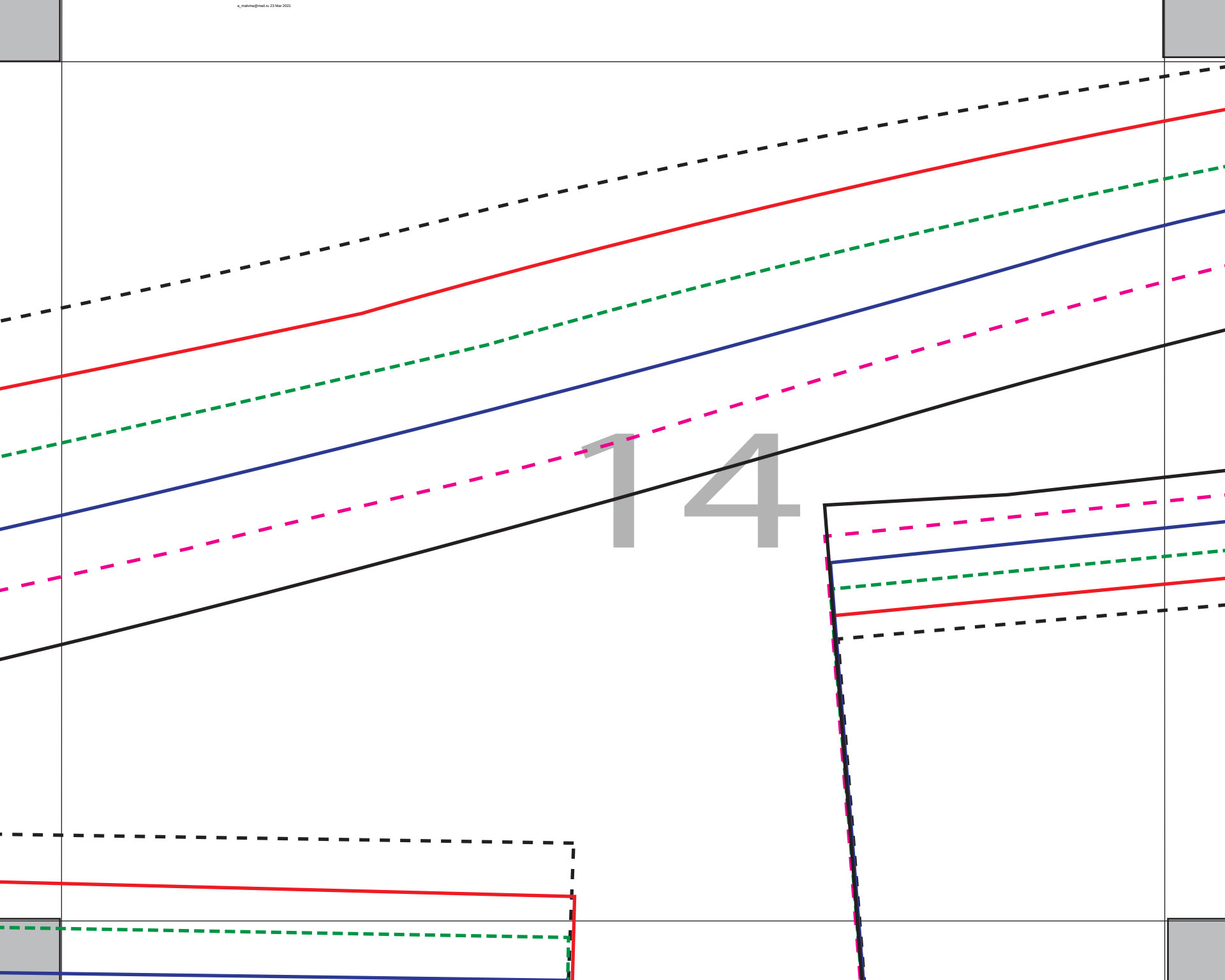


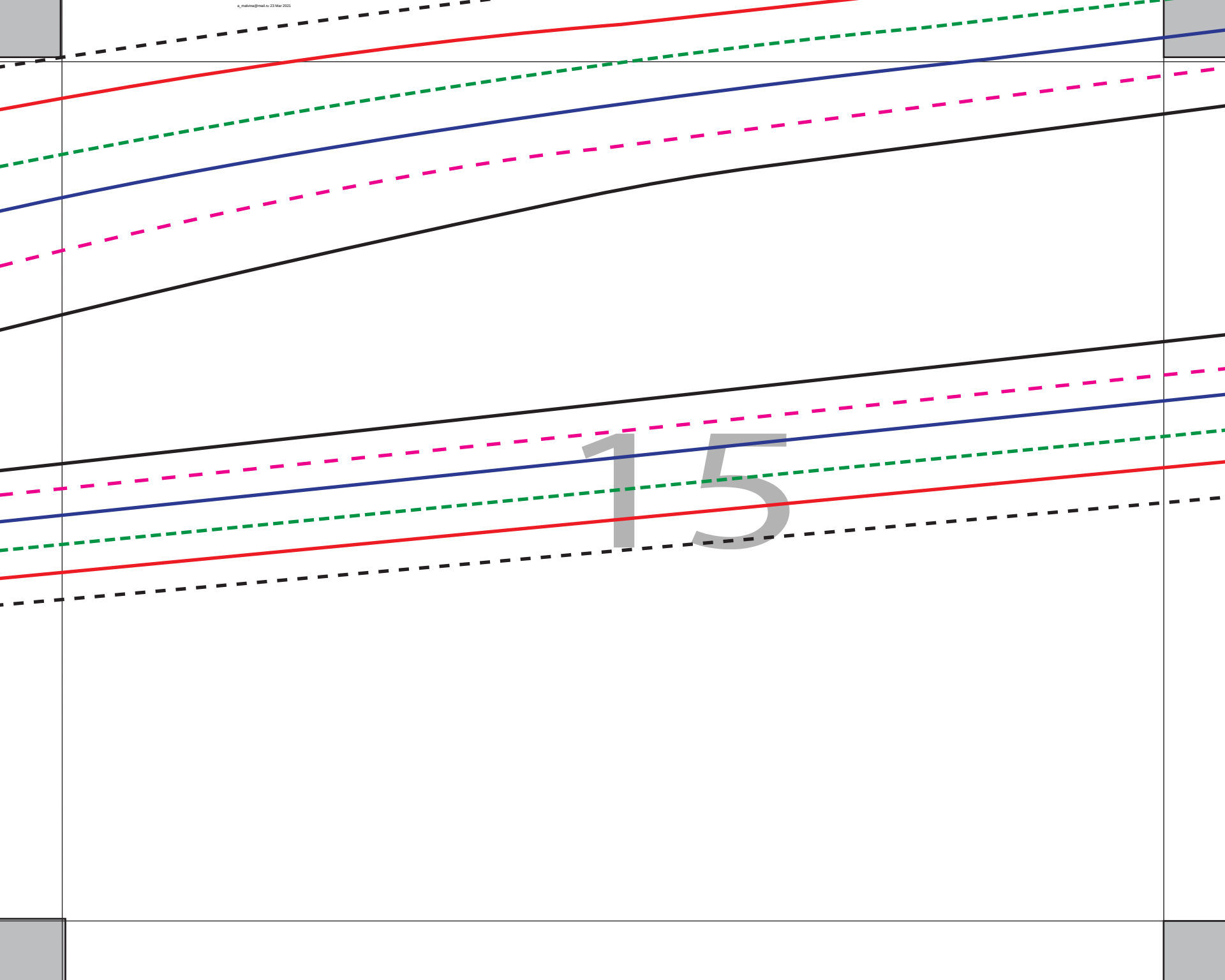


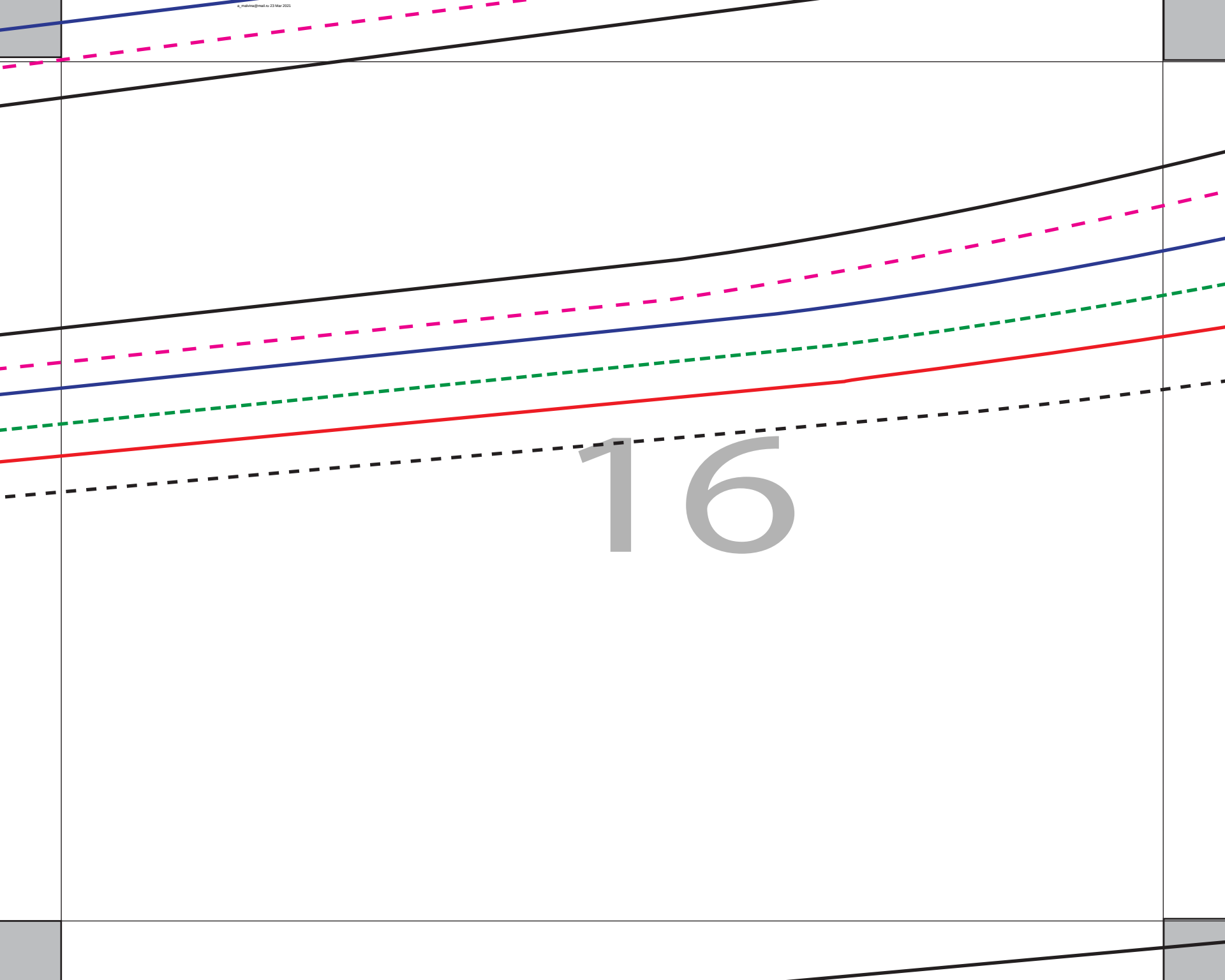
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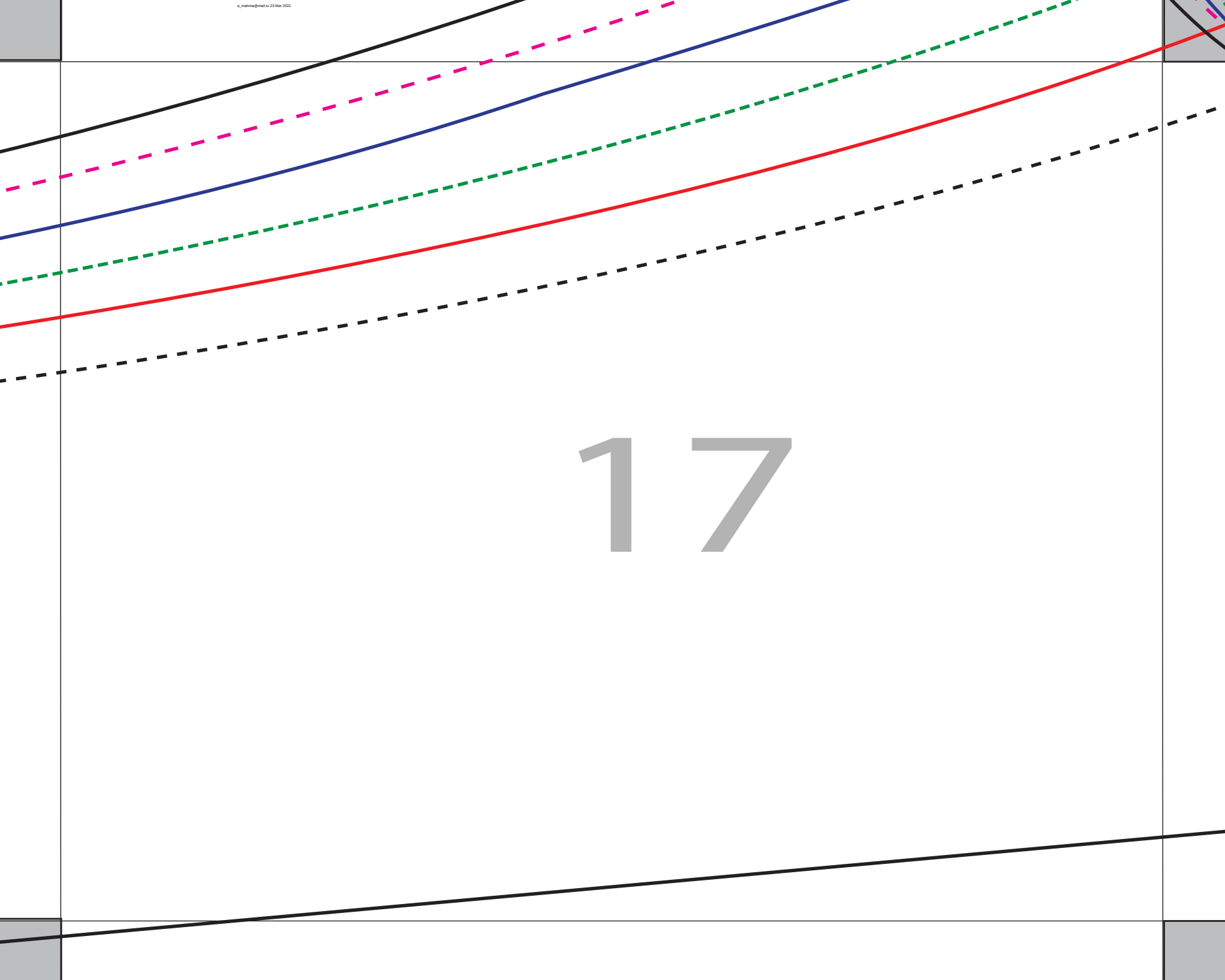
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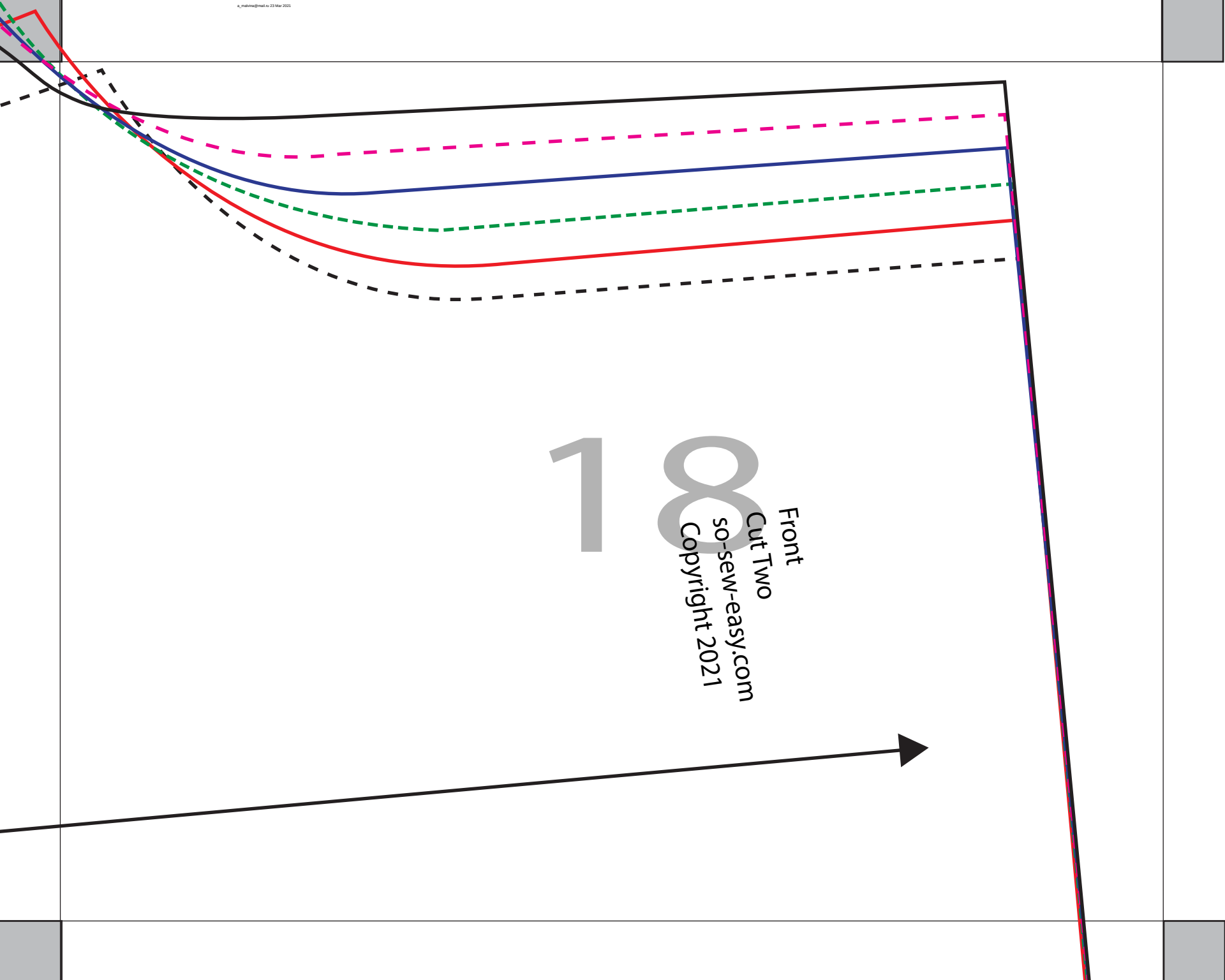




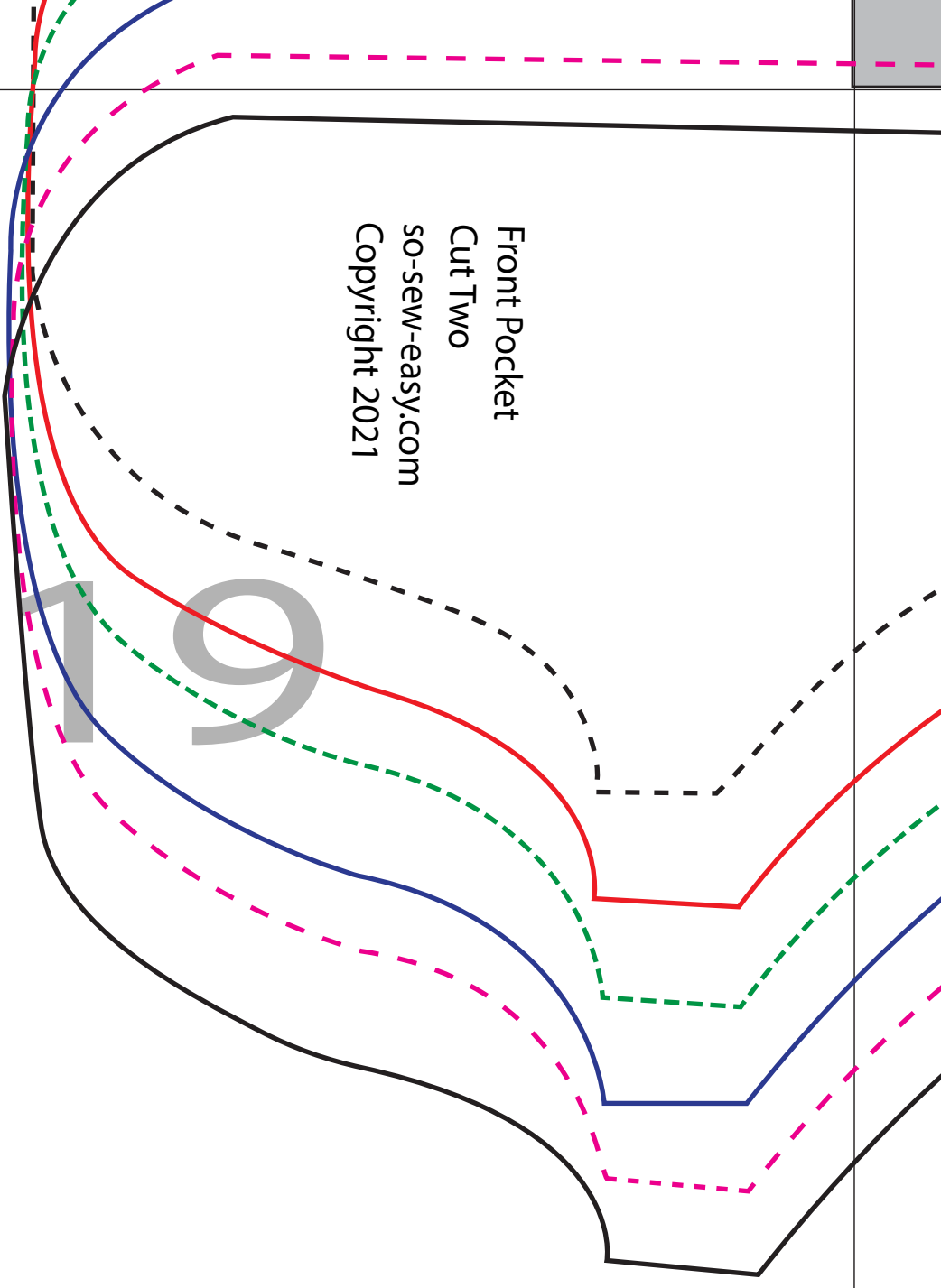


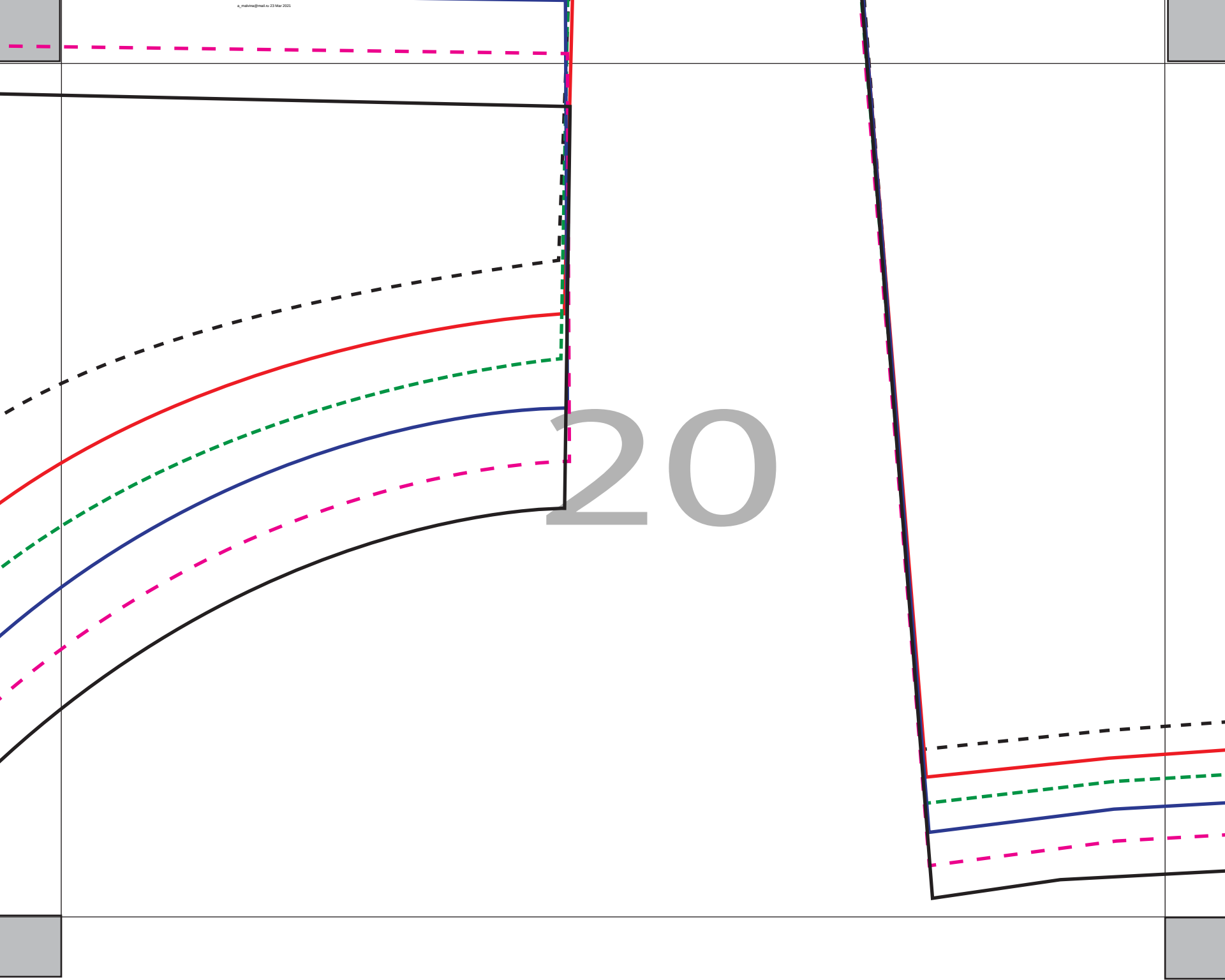


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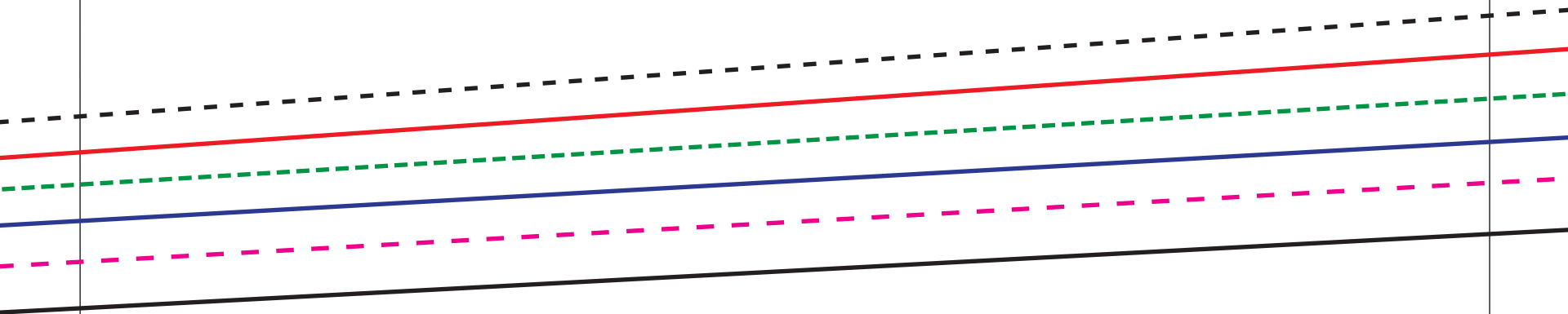
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