

# BETTER YOUR MILE



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	<p><b>TIME TRIAL</b> 1 mi at best current pace</p>	<p><b>SPEED:</b> <b>PRACTICE GOAL PACE</b> 3-4 sets of 4 x 200m w/ 200m jog recovery @ goal mile pace 3 min rest between sets</p>	<p>OFF or X-TRAIN</p>	<p><b>FARTLEK</b> 4-5 x 30 sec, 60 sec, 90 sec</p>	<p><b>EASY RUN</b> 30-40 min</p>	<p><b>LONG RUN</b> 40-60 min at easy pace</p>	<p>REST</p>
2	<p><b>EASY RUN</b> 35 min at easy pace</p>	<p><b>SPEED</b> 5-6 x 800m @ long interval pace w/ 2 min recovery</p>	<p>OFF or X-TRAIN</p>	<p><b>FARTLEK</b> 4-5 x 60 sec, 90 sec, 2 min</p>	<p><b>EASY RUN</b> 35 min + strides</p>	<p><b>LONG RUN</b> 45-65 min at easy pace</p>	<p>REST</p>
3	<p><b>EASY RUN</b> 35 min at easy pace 4-6 x 15-20 sec strides @ fast, controlled effort</p>	<p><b>SPEED</b> 800m @ mile pace w/ 800m jog rest 4 x 400m @ faster than goal Mile pace w/ 200m jog rest 3 x 200m @ best pace w/ 90 sec recovery</p>	<p>OFF or X-TRAIN</p>	<p><b>HILLS</b> Find a 60 sec hill 10 x 60 sec hill @ Fartlek effort Jog the downhills</p>	<p><b>EASY RUN</b> 35-40 min + strides</p>	<p><b>LONG RUN</b> 50-70 min w/ final 10 min fast kick finish</p>	<p>REST</p>
4	<p><b>EASY RUN</b> 35 min at easy pace 4-6 x 15-20 sec strides @ fast, controlled effort</p>	<p><b>SPEED: THE CLASSIC</b> 6-8 x 400m @ goal mile pace w/ 90 sec rest</p>	<p>OFF or X-TRAIN</p>	<p><b>TEMPO</b> 4-5 x 4 min tempo w/ 60 sec jog recovery</p>	<p><b>EASY RUN</b> 30-40 min + strides</p>	<p><b>LONG RUN</b> 55 min at easy pace</p>	<p>REST</p>

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WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5	<b>EASY RUN</b> 35-40 min 4-6 x 15-20 sec strides @ fast, controlled effort	<b>SPEED:</b> <b>PRACTICE GOAL PACE</b> 3-4 sets of 4x300m w/ 100m jog rest All @ goal mile pace w/ 3-min rest between each set	OFF or x-train	<b>TEMPO</b> 3-4 x 8-min tempo w/ 2 min jog recovery	<b>EASY RUN</b> 30-40 min + strides	<b>LONG RUN</b> 60 min at easy pace	REST
6	<b>EASY RUN</b> 35-45 min 4-6 x 15-20 sec strides @ fast, controlled effort	<b>SPEED</b> 4-6 x 800m @ long interval pace w/ 400m jog rest 3-4 x 200m @ mile pace w/ 200m jog rest	OFF or x-train	<b>TEMPO</b> 2 mile tempo 5 min fartlek 30 sec, 30 sec	<b>EASY RUN</b> 30-40 min + strides	<b>LONG RUN</b> 65 min at easy pace	REST
7	<b>EASY RUN</b> 35-45 min 4-6 x 15-20 sec strides @ fast, controlled effort	<b>SPEED</b> 800m @ mile pace w/ 800m jog rest 4 x 400m @ faster than goal mile pace w /200m jog rest 3 x 200m @ best pace w/ 90sec rest	OFF or x-train	<b>STAIRS</b> Run your city stairs workout	<b>EASY RUN</b> 30-40 min + strides	<b>LONG RUN</b> 55 min at easy pace	REST
8	<b>EASY RUN</b> 35 min	<b>SPEED: THE CLASSIC</b> 8-10 x 400m @ goal mile pace w/ 60 sec rest	OFF or x-train	<b>TEMPO</b> 3 mile tempo	<b>EASY RUN</b> 30-40 min + strides	<b>LONG RUN</b> 45 min at easy pace	REST
9	<b>EASY RUN</b> 35 min	<b>SPEED</b> 4-5 x 800m @ long interval pace w/ 2 min rest	OFF or x-train	OFF or x-train	<b>RUN THE MILE</b>	<b>WARM-UP &amp; COOL-DOWN</b> Include in each of your track, tempo, fartlek, and hill workouts with 10-15 minutes of easy running, 10-minutes of Dynamic Drills. Follow the workout with 10-25 minutes of easy running to cool-down.	

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## KEY TERMS

**Consider % effort** a scale working backwards from 100%, where 100% = an all out sprint. On this scale, 40% effort should be an easy/recovery run where you could run for a long time. Anything in between will be varying efforts used to guide your speed training.

**Fartlek:** Fartleks work on speed and strength by alternating distances and paces during a continuous run. An example of a fartlek workout structure could be one minute running easy (40-50%) followed by one minute running hard (75-85%), repeated a certain amount of times or for a set number of minutes.

**Tempo:** Tempo is a hard but controlled pace (70-80%) that can be run as long intervals or a steady run of 1-10 miles. The purpose of a Tempo Run is to build mental and physical endurance and to become comfortable with being uncomfortable.

**Hills:** Hill workouts develop speed and form. It takes extra effort to run uphill so you do not need to run as fast as you would on a flat section (think 70-80% effort, not speed). While running uphill, remain in control of your breathing. Don't lean too far forward. A light lean with the chin leading the chest is enough. Uphills are a great way to develop speed and strength with minimal pounding on the legs.

**Interval pace:** Intervals are "hard" but not all-out running by any means (80-90%). Usually at a pace that you could maintain for about 10-15 minutes in a serious race.

**Mile pace:** The pace you would run if you were to run just one mile on that day (90-100%).

**Faster than mile pace:** Our training intervals are almost always shorter than one mile. Boost your speed here and run these faster than your mile pace (90-100%), but again, not an all-out sprint.

**Goal pace:** Maybe this is not your mile pace today, but the goal mile pace you plan to run (i.e. If you are currently closer to an 8-minute mile and your goal is to run a 7:30 mile, your goal pace intervals would be at 7:30 pace). This will be run at our mile pace effort of 90%.

**Easy run:** This should feel easy and you should be able to hold a conversation comfortably (40-60%).

**Long run:** Focus on time on your feet. Aside from the longer distance, this is much like the „easy run“ and you should be able to hold a conversation comfortably (30-40%).