



# CLASSIC MILE

## 10 Week Training Plan

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>WEEK 1</b>	50-60 min easy run <i>Note: easy runs should be run very comfortably. A good guide is that if you can't carry on a conversation while running, you are running too fast.</i>	Rest day choice: a) 30 min easy run b) cross train c) off <i>Note: Every Monday, Wednesday and Friday there is a choice between an easy run, cross training and compete rest. Which you choose depend on how you are feeling that day and the amount of mileage you are used to running.</i>	5 min warm-up jog 30 min tempo 5 min cool-down <i>Note: a 30 min tempo run should be run at approximately 90% 5k effort. So if you are in 24:00 min 5k shape try to keep this around 8:20-8:30 per mile.</i>	Rest day choice: a) 30min easy run b) cross train c) off	30 min easy run 4x(30-40-30) drill <i>Note: A 30-40-30 drill is designed to help improve top end speed. It is basically a 100 meter stride using the first 30 meters to accelerate up to full speed. The second 40 meters is run at top end speed and over the last 30 meters you gradually slow down. The key during this drill is to concentrate on your running form.</i>	Rest day choice: a) 30min easy run b) cross train c) off	Intervals: 5 min warm-up jog easy stretching and strides 5x800 with equal rest. 5 min cool-down <i>Note: These should be run at 5k pace or a little faster. So if you are currently in 24 min 5k shape try to run these 800s in 3:40-3:50. For the rest interval walk around or jog very easy for approximately the same time as the 800m you just ran.</i>



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<b>WEEK 2</b>	55-65 min easy run	Rest day choice: a) 30min easy run b) cross train c) off	5 min warm-up jog 30min fartlek (1 min hard x 2 min easy 5 min cool-down <i>Note: Fartlek is a Swedish term which means "speed play"</i> <i>It combines interval training with continues running. In this fartlek session aim to run the 1 minute hard sessions at current 5k pace and the 2 minute easy portions at "conversation" pace.</i>	Rest day choice: a) 30min easy run b) cross train c) off	5 min warm-up jog easy stretching and strides 6x300 cut-downs with 100m walk in between 5 min cool-down. <i>Note: This is the first time we will run anything at mile pace or faster (besides the 30-40-30 drill).</i> <i>Run the first 2 at 90% of mile goal pace, the second 2 at 95% goal pace and the last 2 at 100% goal pace. So if your goal is to run 6:45 for the mile run the first 2 300s in 85, the second 2 in 80 and the last 2 in 76.</i>	Rest day choice: a) 30min easy run b) cross train c) off	Intervals: (Ladder) 5 min warm-up jog easy stretching and strides 2 sets of (800m, 600m, 400m, 200m) with equal rest between intervals and 10 minute break between sets 5 min cool-down <i>Note: For this interval session we are doing 2 sets of the exact same thing with a 10 min break in between sets. Aim to run the 800s at 90% mile goal pace. So if your goal is to run 6:45 for the Classic Mile, run the 800 in around 3:45. Aim to run the 600m at 95% mile goal pace. Aim to run the 400m right at your mile goal pace and the 200m a touch faster than goal pace.</i>



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<b>WEEK 3</b>	50-60 min easy run	Rest day choice: a) 30min easy run b) cross train c) off	5 min warm-up jog 6x45 second hill 6x30 second hill 5 min cool-down <i>Note: When running hills concentrate on lifting your knees and pumping your arms. After each hill walk down to the bottom and then start next hill.</i>	Rest day choice: a) 30min easy run b) cross train c) off	30 min easy run 6x(30-40-30) drill	Rest day choice: a) 30min easy run b) cross train c) off	Intervals: 5 min warm-up jog easy stretching and strides 3x1200 at current 5k pace with equal rest between intervals. 4x200 at mile goal pace with 200m walk in between. Take a 10min break between the set of 1200s and 200s. <i>Note: Again, when I write equal rest that means that whatever you ran the last interval in take the same amount of rest before you run the next one</i>



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<b>WEEK 4</b>	60-70 min easy run	Rest day choice: a) 30min easy run b) cross train c) off	Threshold run: 5 min warm-up jog 2x12 min tempo 5 min cool-down <i>Note: for this tempo, run at approximately 93% of your current 5k shape. So if you are currently in 24:00 min 5k shape run the 2x 12 min in the 8:10-8:20 per mile pace. In between each 12 minute tempo take a 5 minute walking break.</i>	Rest day choice: a) 30min easy run b) cross train c) off	5 min warm-up jog easy stretching and strides 8x200 at 1mile goal pace with 200m walk in between 5 min cool-down	Rest day choice: a) 30min easy run b) cross train c) off	Intervals: (Ladder) 5 min warm-up jog easy stretching and strides 1 set of (600,500, 400,300, 200,100) 5 min cool-down <i>Note: On this ladder workout, run the 600,500 and 400m at 1 mile goal pace. On the 300,200 and 100m run slightly faster, but don't sprint. Between each interval take equal rest.</i>



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<b>WEEK 5</b>	45-55 min easy run	Rest day choice: a) 30min easy run b) cross train c) off	5 min warm-up 6x45 sec hill 6x30 sec hill 5 min cool-down	Rest day choice: a) 30min easy run b) cross train c) off	30 min easy run 6x(30-40-30) drill	Rest day choice: a) 30min easy run b) cross train c) off	5 min warm-up jog easy stretching and strides 1x1000m at 1 mile goal pace. 10 min rest 3x400m with 3 min rest in between. <i>Note: On the 400m repeats, do the first one at 1 mile goal pace, the second one 2 seconds faster and the last 4 seconds faster.</i>



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<b>WEEK 6</b>	55-65 min easy run	Rest day choice: a) 30min easy run b) cross train c) off	5 min warm-up jog 30 min fartlek (1 min hard x 1 min easy 5 min cool-down) <i>Note: run hard session of this at current 5k pace and the easy session at conversation pace.</i>	Rest day choice: a) 30min easy run b) cross train c) off	5 min warm-up jog easy stretching and strides 6x300m cut-downs with 100m walk in between 5 min cool-down <i>Note: run the first 2 300s at 95% of goal 1 mile time, the second 2 at goal mile pace and the third 2 at 105% goal mile time. So if your goal is to run a 6:45 mile run the first 2 in 80, the second 2 in 76 and the last 2 in 72.</i>	Rest day choice: a) 30min easy run b) cross train c) off	Intervals: (Ladder) 5 min warm-up jog easy stretching and strides 2x (800,600,400,200) 5 min cool-down. <i>Note: this is the same workout as in week 2. For the first set, run the same times prescribed as in week 2. For the second set try to run 4 seconds faster on the 800m, 3 seconds faster on the 600m, 2 seconds faster on the 400 and 1second faster on the 200.</i>



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<b>WEEK 7</b>	50-60 min easy run	Rest day choice: a) 30min easy run b) cross train c) off	Threshold run: 5 min warm-up jog 15 min tempo 10 min rest 6x200 with 200m walk in between 5 min cool-down <i>Note: Run this tempo at 93% of your current 5k pace (same pace as week 4 tempo). For the 200s, run the first 3 at mile goal pace and the second 3 at 105% of goal pace.</i>	Rest day choice: a) 30min easy run b) cross train c) off	30 min easy run 6x(30-40-30) drill	Rest day choice: a) 30min easy run b) cross train c) off	Intervals: 5 min warm-up jog easy stretching and strides 2x800 (goal pace) 2x200 5 min cool-down <i>Note: try to run both of these 800s at your goal pace for the mile. Take a 10 minute rest after each. On the 200s run a bit faster than goal pace (105-110%)</i>



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<b>WEEK 8</b>	40-50 min easy run	Rest day choice: a) 30min easy run b) cross train c) off	Threshold run: 5 min warm-up jog 15 min tempo 10min rest 4x(30-40-30) drill 5 min cool-down <i>Note: Run this tempo at 93% of current 5k pace.</i>	Rest day choice: a) 30min easy run b) cross train c) off	5 min warm-up jog easy stretching and strides 4x200 with 200m walk in between 5 min cool-down <i>Note: run these 200s at 105-110% of mile goal pace. So if your goal is to run a 6:45 mile you should run these in the 46-48 second range.</i>	Rest day choice: a) 30min easy run b) cross train c) off	Intervals: 5 min warm-up jog easy stretching and strides 3x600 3x200 5 min cool-down <i>Note: Run the first 2 600s at mile goal pace and the 3rd 2 or 3 seconds faster. Take 8 min rest after each 600m. For the 200s run 100-105% mile goal pace.</i>





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<b>WEEK 9</b>	45-55 min easy run	Rest day choice: a) 30min easy run b) cross train c) off	Intervals: 5 min warm-up easy stretching and strides 6x400 with 2 minutes rest 5 min cool- down <i>Note: try to run these 400s at mile goal pace</i>	Rest day choice: a) 30min easy run b) cross train c) off	30 min easy run 6x(30-40-30) drill	Rest day choice: a) 30min easy run b) cross train c) off	Intervals: (Ladder) 5 min warm-up jog easy stretching and strides 1x (600,400,200) 5 min cool-down Note: try to run all of these faster than goal 1 mile pace. <i>Run the 600m around 103% mile goal pace, the 400m at 105% and the 200m at 110%. Take 8 minutes of rest between each.</i>



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<b>WEEK 10</b>	35-45 min easy run	Rest day choice: a) 30min easy run b) cross train c) off	Intervals: 5 min warmup jog 6x200 with 200m walk in between 5 min cool-down <i>Note: try to run these 200s at around 105% mile goal pace.</i>	Rest day choice: a) 30min easy run b) cross train c) off	15 min easy run 2x(30-40-30) drill	Rest day choice: a) 30min easy run b) cross train c) off	Race 1 mile <i>Note: Proper warmup is essential to running your best mile time, Unlike running a 5k or 10k you start off at a fairly fast tempo and don't have time to "warm-up" during the race. I recommend starting to warm up 30-45 minutes before the start of your race. Start with 10-15 minutes of easy jogging followed by 10-15 minutes of light stretching and strides. 5 minutes before the gun goes off try to do 1 or 2 20-30 meter strides at race pace.</i>