



HARLEM
ONE-MILER

8 Week Training Plan

Before beginning this eight-week training program, you should be running regularly three to four times a week and be able to run for half an hour comfortably without stopping.

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Monday Night run with Harlem Run	Rest or X-Training	30 Minutes, easy	Speedwork with Harlem Run	35:00 easy + strides	Rest or X-Training	8x200m@ goal 1-mile race pace w/1:00 jog recoveries
2	Monday Night run with Harlem Run	Rest or X-Training	30 Minutes, easy	Speedwork with Harlem Run 1 Mile Time Trial	35:00 easy + strides	Rest or X-Training	3x300m @ 1-mile race pace w/1:00 jog recoveries
3	Monday Night run with Harlem Run	Rest or X-Training	30 Minutes, easy	Speedwork with Harlem Run	35:00 easy + strides	Rest or X-Training	6x400m@ 1-mile race pace w/1:00 recoveries
4	Monday Night run with Harlem Run	Rest or X-Training	30 Minutes, easy	Speedwork with Harlem Run	35:00 easy + strides	Rest or X-Training	5K Race (if you can find one)
5	Monday Night run with Harlem Run	Rest or X-Training	30 Minutes, easy	Speedwork with Harlem Run	35:00 easy + strides	Rest or X-Training	2x[5x200m @ 1-mile race pace w/1:00 recoveries] 3:00 recovery between sets
6	Monday Night run with Harlem Run	Rest or X-Training	30 Minutes, easy	Speedwork with Harlem Run	35:00 easy + strides	Rest or X-Training	Tempo Run: 2 miles @ 5K race pace, 3:00 recovery, 4 x 200m @ faster than 1-mile race pace w/1:30 recoveries
7	Monday Night run with Harlem Run	Rest or X-Training	30 Minutes, easy	Speedwork with Harlem Run 1 Mile Time Trial	35:00 easy + strides	Rest or X-Training	3x1K@5K race pace w/2:00 recoveries; 4x 200m @ 1-mile race pace w/1:00 recoveries
8	Monday Night run with Harlem Run	Rest or X-Training	30 Minutes, easy	Speedwork with Harlem Run Shake Out Run	35:00 easy + strides	Rest or X-Training	RACE DAY!

STRIDES: This set of six short accelerations should be performed after an easy run and as part of your warm-up for key workouts as a way to maintain turnover and improve efficiency. Accelerate for five seconds, run at your fastest sustainable speed for 10 seconds, and then decelerate for the final five seconds. Take a minute between strides to get your breath back.

X-TRAINING: Complete alternative aerobic exercise in the form of cycling, pool running, swimming or the elliptical machine. These are scheduled before or after your key workouts for the week. Cross-training for 30 to 60 minutes on your non-running days is a good way to get in extra volume without beating your body up.

Monday Night Runs & Speedwork with Harlem Run: Monday night runs and Thursday speedwork by Coach Rachel will be designed to support training for the Harlem 1 Miler. There are runners of all fitness levels and variations will be given to accommodate runners of varying speeds (including run-walkers!)

WARM-UPS AND COOL-DOWNS: Precede each of your key hill workouts, tempo runs and interval sessions with 10 to 15 minutes of easy running and a set of strides to warm up. Follow the workout with 10 to 15 minutes of easy running to cool down.