

1 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	Time Trial: 1-mile all out	Rest or X-Training	4x800m@5K race pace w/2:00 recoveries	30:00 easy or X-training	35:00 easy + strides	Rest or X-Training	8x200m@ goal 1-mile race pace w/1:00 jog recoveries
2	40:00easy	Rest or X-Training	Tempo Run: 2 miles @ 5K race pace;2x400m @ 1-mile race pace w/1:00 recoveries	30:00 easy or X-training	35:00 easy + strides	Rest or X-Training	6x300m @ 1-mile race pace w/1:00 jog recoveries
3	45:00 easy	Rest or X-Training	Hills:10x1 minute @ 5K effort w/2:00 recoveries	30:00 easy or X-training	35:00 easy + strides	Rest or X-Training	6x400m@ 1-mile race pace w/1:00 recoveries
4	50:00easy	Rest or X-Training	4x800m@5K race pace w/2:00 recoveries; 4 x 200m @ 1-mile race pace w/1:00 recoveries	30:00 easy or X-training	35:00 easy + strides	Rest or X-Training	5K Race
5	55:00easy	Rest or X-Training	Hills:6x1:00@ 5K effort w/2:00 recoveries; 6 x 30 seconds @ 1-mile race effort w/1:00 recoveries	30:00 easy or X-training	35:00 easy + strides	Rest or X-Training	2x[5x200m @ 1-mile race pace w/1:00 recoveries] 3:00 recovery between sets
6	60:00 easy	Rest or X-Training	2 x 800m @ 1-mile race pace w/2:00 recoveries; 2 x 400m @ 1-mile race pace w/1:00 recoveries; 2 x 200m @ faster than 1-mile race pace w/1:00 recoveries	30:00 easy or X-training	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	60:00 easy	Rest or X-Training	800m@goal 1-mile race pace w/1-minute recovery; 2 x 400m @ 1-mile race pace w/30 sec recoveries	30:00 easy or X-training	35:00 easy + strides	Rest or X-Training	3x1K@5Krace pace w/2:00 recoveries;4x 200m @ 1-mile race pace w/1:00 recoveries
8	45:00 easy	Rest or X-Training	2x400m@ 1-mile race pacew/2:00 recoveries; 4 x 200m @ 1-mile race pace w/1:00 recoveries	30:00 easy or X-training	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.

HILLS: These sessions will build strength and stamina. Find a moderate incline that forces you to get up on your toes. A four to six percent grade on a treadmill will suffice as well. Walk or jog down the hill between repeats for recovery.

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.