

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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	Time Trial: 1-mile all out	Rest or X-Training	4 x 800m @ 5K race pace w/2:00 recoveries	30:00 easy or X-training	35:00 easy + strides	Rest or X-Training	8 x 200m @ goal 1-mile race pace w/1:00 jog recoveries
2	40:00 easy	Rest or X-Training	Tempo Run: 2 miles @ 5K race pace; 2 x 400m @ 1-mile race pace w/1:00 recoveries	30:00 easy or X-training	35:00 easy + strides	Rest or X-Training	6 x 300m @ 1-mile race pace w/1:00 jog recoveries
3	45:00 easy	Rest or X-Training	Hills: 10 x 1 minute @ 5K effort w/2:00 recoveries	30:00 easy or X-training	35:00 easy + strides	Rest or X-Training	6 x 400m @ 1-mile race pace w/1:00 recoveries
4	50:00 easy	Rest or X-Training	4 x 800m @ 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

Racing Strategies from the Pros

“A track race and a road mile are very different. You have a bit more space to run on the road as it is not going to be as tightly packed or cramped. A lot of road miles will also even have the benefit of downhill portions,

which always helps a little.”
—Erik Nedeau

“On the track it is easier to judge one’s effort over distance because it is so well-marked and provides frequent splits. Whereas on the

road—especially on point-to-point miles—the quarter-mile distance has a very different perspective when stretched out straight. It makes it harder to measure how far you really have to go.”

—John Mortimer

