

8-Week Training Plan for 1 Mile

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Time Trial: 1 mile all out race pace	8x200m all out sprints w/ 1 min jog recoveries	35 min easy	Rest or Core/Hip Strength Training	4x800m @ 5K race pace w/ 2 min recovery	30 min easy	35 minutes easy + 8x50m sprints w/ 1min recovery
2	Rest or Full Body Strength Training	6x400m @ 1 mile race pace w/ 1 min recovery	40 min easy	Rest or Core/Hip Strength Training	Tempo Run: 2 miles @ 5K race pace; 2x400m @ 1 mile race pace w/ 1 min recovery	30 min easy	35 minutes easy + 8x50m sprints w/ 1min recovery
3	Rest or Full Body Strength Training	4x800m @ 5K race pace w/ 2 min recovery	45 min easy	Rest or Core/Hip Strength Training	Hills: 12x1 min @5k race pace w/ 2 min recovery	30 min easy	35 minutes easy + 8x50m sprints w/ 1min recovery
4	Rest or Full Body Strength Training	4x800m @ 5k race pace w/ 2 min recovery; 4x200m all out sprints w/ 1 min recovery	50 min easy	Rest or Core/Hip Strength Training	Tempo Run: 5k at race pace; 2x400m @ 1-mile race pace w/ 1 min recovery	30 min easy	35 minutes easy + 8x50m sprints w/ 1min recovery

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5	Rest or Full Body Strength Training	2 sets of 5x200m @ 1 mile race pace w/ 1 min recovery. 3 min recovery between sets	55 min easy	Rest or Core/Hip Strength Training	Hills: 8x 1 min @ 5k race pace w/ 2 min recovery; 8x 30 seconds @ 1 mile race pace w/ 1 min recovery	30 min easy	35 minutes easy + 8x50m sprints w/ 1min recovery
6	Rest or Full Body Strength Training	2x800m @ 1-mile race pace w/ 2 min recovery; 2x400m @ 1-mile race pace w/ 1 min recovery; 2x200m all out sprints w/ 1 min recovery	60 min easy	Rest or Core/Hip Strength Training	Tempo Run: 2 miles @ 5K race pace w/ 3 min recovery; 4x400m faster than 1-mile race pace w/ 1:30 min recovery	30 min easy	35 minutes easy + 8x50m sprints w/ 1min recovery
7	Rest or Full Body Strength Training	800m faster than 1-mile race pace w/ 1 min recovery; 2x400m faster than 1-mile race pace w/ 30 sec recovery	60 min easy	Rest or Core/Hip Strength Training	3x1200m @ 5k race pace w/ 3 min recovery; 4x200m all out sprints w/ 1 min recovery	30 min easy	35 minutes easy + 8x50m sprints w/ 1min recovery
8	Rest or Full Body Strength Training	2x400m faster than 1-mile race pace w/ 2min recovery; 4x200m all out sprints w/ 1min recovery	45 min easy	Rest or Core/Hip Strength Training	Time Trial: 1 mile all out race pace w/ 3min recovery; 8x50m sprints with 1min recovery	30 min easy	35 minutes easy + 8x50m sprints w/ 1min recovery

Warm Up

When you warm up for the mile you have to be ready to go all out when the race starts. You won't have time to warm during the race because it's such a short race. About half an hour before the race, loosen up your legs with 10 to 15 minutes of easy jogging, followed by a set of four to six 20-second strides to get your wheels spinning and your heart rate up. Work on your warm-up before your key workouts so that when race day comes you do exactly the same thing before the race. This will help give you confidence and you'll know your ready to race.