

Advanced Mile Plan

For runners who can currently run comfortably for 60 minutes, five or six times per week.

HI: High intensity (difficult pace)

MI: Moderate intensity (challenging pace)

LI: Low intensity (easy pace)

XT: Cross-training

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	Rest or XT	Speed Play Run 40 min @ LI w/ 10 x 20 sec @ HI	Easy Run 40 min @ LI	Easy Run 40 min @ LI	Tempo Run 10 min @ LI 15 min @ MI 10 min @ LI	Easy Run 40 min @ LI	Easy Run 60 min @ LI
Week 2	Rest or XT	Speed Play Run 40 min @ LI w/ 10 x 30 sec @ HI	Easy Run 40 min @ LI	Easy Run 40 min @ LI	Tempo Run 10 min @ LI 20 min @ MI 10 min @ LI	Easy Run 40 min @ LI	Easy Run 60 min @ LI
Week 3	Rest or XT	Speed Play Run 40 min @ LI w/ 12 x 20 sec @ HI	Easy Run 40 min @ LI	Easy Run 40 min @ LI	Tempo Run 10 min @ LI 25 min @ MI 10 min @ LI	Easy Run 40 min @ LI	Easy Run 60 min @ LI
Week 4	Rest or XT	Speed Play Run 40 min @ LI w/ 12 x 20 sec @ HI	Easy Run 35 min @ LI	Easy Run 35 min @ LI	Tempo Run 10 min @ LI 15 min @ MI 10 min @ LI	Easy Run 35 min @ LI	Practice Mile 10 min @ LI 1 mile Time Trial 10 min @ LI
Week 5	Rest or XT	Interval Run 1 mile @ LI 10 x (300m @ HI + 400m @ LI) 1 mile @ LI	Easy Run 40 min @ LI	Easy Run 45 min @ LI	Interval Run 1 mile @ LI 6 x (800m @ HI + 400m @ LI) 1 mile @ LI	Easy Run 40 min @ LI	Fast Finish Run 50 min @ LI 10 min @ MI
Week 6	Rest or XT	Interval Run 1 mile @ LI 10 x (400m @ HI + 400m @ LI) 1 mile @ LI	Easy Run 45 min @ LI	Easy Run 45 min @ LI	Interval Run 1 mile @ LI 6 x (1000m @ HI + 400m @ LI) 1 mile @ LI	Easy Run 45 min @ LI	Fast Finish Run 45 min @ LI 15 min @ MI
Week 7	Rest or XT	Interval Run 1 mile @ LI 10x (500m @ HI + 400m @ LI) 1 mile @ LI	Easy Run 45 min @ LI	Easy Run 45 min @ LI	Interval Run 1 mile @ LI 6 x (1200m @ HI + 400m @ LI) 1 mile @ LI	Easy Run 45 min @ LI	Fast Finish Run 40 min @ LI 20 min @ MI
Week 8	Rest or XT	Interval Run 1 mile @ LI 8 x (300m @ HI + 400m @ LI) 1 mile @ LI	Easy Run 40 min @ LI	Fast Finish Run 30 min @ LI 10min @ MI	Speed Play Run 20 min @ LI w/ 5 x 20 sec @ HI	1-MILE RACE	