

# Mile Training Plan

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>1</b>	PT / Strength Focused Lift	30 min + 4 x 20 sec strides or OFF	6-10 x 400m @ HM-10K w/ 400m jog recovery	PT / Endurance Focused Lift	30 min run or 45 - 60 min cross-train	8 x 200 @ 5K - Mile w/ 200m jog recovery	45 min
<b>2</b>	PT / Strength Focused Lift	30 min + 4 x 20 sec strides or OFF	4 x 5 min @ HM w/ 1:30 min recovery	PT / Endurance Focused Lift	30 min run or 45 - 60 min cross-train	8 -10 x 30 sec hill w/ jog down recovery	45 min
<b>3</b>	PT / Strength Focused Lift	30 min + 4 x 20 sec strides or OFF	3-4 x 1 mile @ HM w/ 1 min walk recovery	PT / Endurance Focused Lift	30 min run or 45 - 60 min cross-train	500, 400, 300, 200 @ Mile w/ previous distance jog recovery (i.e. 500 @ Mile, 500 recovery, 400m @ Mile, 400m recovery)	45 - 60 min
<b>4</b>	PT / Strength Focused Lift	30 min + 4 x 20 sec strides or OFF	45 min run	PT / Endurance Focused Lift	30 min run or 45 - 60 min cross-train	4 x 800/300 @ 5K/ Mile w/ 100m/400m jog recovery (i.e. 800 @ 5K, 100m jog, 300 @ Mile, 400m jog)	6
<b>5</b>	PT / Strength Focused Lift	30 min + 4 x 20 sec strides or OFF	2 x 10 min @ HM w/ 1:30 min recovery + 4 x 1 min @ 5K-Mile w/ 2 min jog recovery	PT / Power Focused Lift	30-40 min Run or 45 - 60 min cross-train	8 -10 x 30 sec hill w/ jog down recovery	8
<b>6</b>	PT / Strength Focused Lift	30 min + 4 x 20 sec strides or OFF	6-8 x 400m @ 10K-5K w/ 400m jog recovery	PT / Power Focused Lift	30-40 min Run or 45 - 60 min cross-train	8 x 200 @ 5K - Mile w/ 200m jog recovery	6
<b>7</b>	PT / Strength Focused Lift	30 min + 4 x 20 sec strides or OFF	45 min run	PT / Power Focused Lift	30-45 min Run or 45 - 60 min cross-train	1000m @ Mile, 5 min jog recovery, 2 x 300m cut down (100 @ 5K, 100 @ Mile, 100 @ Faster)	45 - 60 min
<b>8</b>	PT / Strength Focused Lift	30 min + 4 x 20 sec strides or OFF	400, 300, 200 @ Mile w/ previous distance jog recovery (i.e. 400 @ Mile, 400 recovery, 300m @ Mile, 300m recovery)	PT / Power Focused Lift	30 min + 4 x 100m strides @ Mile for rhythm	<b>MILE</b>	30 min