# Physical Fitness Test 1.5-mile Training Program for INTERMEDIATE Runners - 16 Weeks

This plan is recommended for Intermediate runners looking to improve their time in the 1.5-mile portion of the Air Force Physical Fitness Test. Training for all other portions of the test would need to be accomplished above and beyond training for the run.

**Notes:**

[1] Converstional Pace is being able to run at a pace where you could say 1-2 sentences while running with little strain in your breathing pattern. This is less accurate than using your Heart Rate to determine pace but is easier to assess while running.

[2] Using Heart Rate to determine pace is fairly accurate and is preferred. Take 220 - your age and that would be your max heart rate. Take the percentage specified and multiply it to get the heart rate range you should be training in. For example, for a 30-year-old, take 220-30 and get 190. Multiply 190 by 0.65 to get 123.5. Then multiply 190 by 0.70 to get 133. This person is looking at a range pretty close to 123-133 beats per minute.

[3] To determine 'EASY' pace, look at the chart attached.

[4] To determine 'R' pace or Repetition pace, look at the chart attached.

[5] To determine 'I' pace or Interval pace, look at the chart attached.

[6] To determine 'T' pace or Threshold pace, look at the chart attached.

[7] To determine 'F' pace or Fast pace, look at the chart attached.

| Week | PHASE | Weekly Plan (weeks start on Sunday's and end on Saturday's) | Quality Workout #1 | Quality Workout #2 |
|---|---|---|---|---|
| 1 | **Base** (aerobic conditioning that will be critical for later weeks) | **To determine how much to run (rate each factor 1 to 3):** #1 assess your fitness level: 1 is 'out-of-shape' and 3 is 'very fit'; #2 how much you've run in the last couple of weeks: 1 is 'little/none' and 3 is 'a lot'; #3 your risk for injury: 1 is 'high' and 3 is 'low'. If you score: 8-9, RUN a total of 120 minutes; 6-7, RUN a total of 90 minutes; 3-5, RUN a total of 60 minutes. **Whichever group you *start* in week 1, *stay* in that group *through* week 16.**<br>1. If you're running 60 minutes, do the following activities 3-4 days this week: a) Run 20-30 minutes, 2-3 days; intensity should be conversational[1] or 65-70% of max heart rate[2]; b) Bike/Elliptical for 45 minutes 1-2 days; intensity should be 65-70% of max heart rate[2]<br>2. If you're running 90 minutes, do the following activities 4-5 days this week: a) Run 20-35 minutes, 3-4 days; intensity should be conversational[1] or 65-70% of max heart rate[2]; b) Bike/Elliptical for 45 minutes 1-2 days; intensity should be 65-70% of max heart rate[2]<br>3. If you're running 120 minutes, do the following activities 5-6 days this week: a) Run 30-40 minutes, 3-4 days; intensity should be conversational[1] or 65-70% of max heart rate[2]; b) Bike/Elliptical for 45 minutes 1-3 days; intensity should be 65-70% of max heart rate[2] | None | None |
| 2 | **Base** (aerobic conditioning that will be critical for later weeks) | 1. Do the following activities 3-4 days this week: a) Run 20-35 minutes, 2-3 days; intensity should be conversational[1] or 65-70% of max heart rate[2]; **run a total of 63-66 minutes this week**; b) Bike/Elliptical for 45 minutes 1-2 days; intensity should be 65-70% of max heart rate[2]<br>2. Do the following activities 4-5 days this week: a) Run 20-35 minutes, 3-4 days; intensity should be conversational[1] or 65-70% of max heart rate[2]; **run a total of 95-99 minutes this week**; b) Bike/Elliptical for 45 minutes 1-2 days; intensity should be 65-70% of max heart rate[2]<br>3. Do the following activities 5-6 days this week: a) Run 30-45 minutes, 3-4 days; intensity should be conversational[1] or 65-70% of max heart rate[2]; **run a total of 127-132 minutes this week**; b) Bike/Elliptical for 45 minutes 1-3 days; intensity should be 65-70% of max heart rate[2] | None | None |
| 3 | **Base** (aerobic conditioning that will be critical for later weeks) | 1. Do the following activities 3-4 days this week: a) Run 20-40 minutes, 2-3 days; intensity should be conversational[1] or 65-70% of max heart rate[2]; **run a total of 70-73 minutes this week**; b) Bike/Elliptical for 45 minutes 1-2 days; intensity should be 65-70% of max heart rate[2]<br>2. Do the following activities 4-5 days this week: a) Run 25-40 minutes, 3-4 days; intensity should be conversational[1] or 65-70% of max heart rate[2]; **run a total of 105-109 minutes this week**; b) Bike/Elliptical for 45 minutes 1-2 days; intensity should be 65-70% of max heart rate[2]<br>3. Do the following activities 5-6 days this week: a) Run 25-40 minutes, 4-5 days; intensity should be conversational[1] or 65-70% of max heart rate[2]; **run a total of 140-145 minutes this week**; b) Bike/Elliptical for 45 minutes 1-3 days; intensity should be 65-70% of max heart rate[2] | None | None |
| 4 | **Base** (aerobic conditioning that will be critical for later weeks) | 1. Do the following activities 3-4 days this week: a) Run 20-40 minutes, 2-3 days; intensity should be conversational[1] or 65-70% of max heart rate[2]; **run a total of 76-80 minutes this week**; b) Bike/Elliptical for 45 minutes 1-2 days; intensity should be 65-70% of max heart rate[2]<br>2. Do the following activities 4-5 days this week: a) Run 30-40 minutes, 2-3 days; intensity should be conversational[1] or 65-70% of max heart rate[2]; **run a total of 115-120 minutes this week**; b) Bike/Elliptical for 45 minutes 1-2 days; intensity should be 65-70% of max heart rate[2]<br>3. Do the following activities 5-6 days this week: a) Run 30-40 minutes, 3-4 days; intensity should be conversational[1] or 65-70% of max heart rate[2]; **run a total of 155-160 minutes this week**; b) Bike/Elliptical for 45 minutes 1-3 days; intensity should be 65-70% of max heart rate[2] | None | None |
| 5 | **Base** (aerobic conditioning that will be critical for later weeks) | 1. Do the following activities 3-4 days this week: A. Run 20-40 minutes, 2-3 days; intensity should be conversational[1] or 65-70% of max heart rate[2]; **run a total of 65-68 minutes this week**; B. Bike/Elliptical for 45 minutes 1-2 days; intensity should be 65-70% of max heart rate[2]<br>2. Do the following activities 4-5 days this week: A. Run 20-40 minutes, 3-4 days; intensity should be conversational[1] or 65-70% of max heart rate[2]; **run a total of 97-102 minutes this week**; B. Bike/Elliptical for 45 minutes 1-2 days; intensity should be 65-70% of max heart rate[2]<br>3. Do the following activities 5-6 days this week: A. Run 20-40 minutes, 4-5 days; intensity should be conversational[1] or 65-70% of max heart rate[2]; **run a total of 131-136 minutes this week**; B. Bike/Elliptical for 45 minutes 1-3 days; intensity should be 65-70% of max heart rate[2] | For one of your runs this week, do a 1-mile Time Trial as fast as you can on a track or flat road (ensure the distance is accurate), if possible. This will be used to determine your fitness level for future workouts. After you complete the 1-mile Time Trial, look at the pace chart attached and identify the specific level you will be working from based on your time. All workouts from now until the next time trial will be run at this level. Do 10 minutes before and after. | None |
| 6 | **Repetition** (begin incorporating quality running in preparation for the next phase) | **All Groups: On Monday or Tuesday, do *Quality Workout #1*. On Thursday, Friday or Saturday, do *Quality Workout #2*.**<br>1. **Run a total of 84-94 minutes this week.** On days other than *Quality Workouts*, do: a) Bike/Elliptical 1-2 days for 45 minutes (65-70% of max heart rate[2] intensity); b) 15-30 minute run (EASY[3] intensity) to fulfull any remaining minutes.<br>2. **Run a total of 127-132 minutes this week.** On days other than *Quality Workouts*, do: a) 40 minute run (EASY[3] intensity); b) Bike/Elliptical 1-2 additional days for 45 minutes (65-70% of max heart rate[2] intensity); c) 15-35 minute run (EASY[3] intensity) to fulfull any remaining minutes.<br>3. **Run a total of 171-176 minutes this week.** On days other than *Quality Workouts*, do: a) 45 minute run (EASY[3] intensity); b) Bike/Elliptical 0-2 additional days for 45 minutes (65-70% of max heart rate[2] intensity); c) 2-3 20-35 minute runs (EASY[3] intensity) to fulfull any remaining minutes. | On track or flat, accurately measured road, do:<br>10 minutes of easy running<br>Group 1 & 2 do 3, Group 3 do 4 sets of:<br>1. 200m at 'R' pace[4] with 200m jog recovery<br>2. 400m at 'R' pace[4] with 400m jog recovery<br>10 minutes of easy running<br>**30-40 minutes of total running** | On track or flat, accurately measured road, do:<br>8-10 minutes of easy running<br>Group 1 & 2:<br>6 x 400m at 'I' pace[5] with 1 min jog recovery<br>Group 3:<br>7 x 400m at 'I' pace[5] with 1 min jog recovery<br>7-10 minutes of easy running<br>**30-40 minutes of total running** |

Prepared by: Jason Zarb-Cousin

Reference: Daniel's Running Formula, 2nd Edition

# Physical Fitness Test 1.5-mile Training Program for INTERMEDIATE Runners - 16 Weeks

This plan is recommended for Intermediate runners looking to improve their time in the 1.5-mile portion of the Air Force Physical Fitness Test. Training for all other portions of the test would need to be accomplished above and beyond training for the run.

**Notes:**

[1] Converstional Pace is being able to run at a pace where you could say 1-2 sentences while running with little strain in your breathing pattern. This is less accurate than using your Heart Rate to determine pace but is easier to assess while running.

[2] Using Heart Rate to determine pace is fairly accurate and is preferred. Take 220 - your age and that would be your max heart rate. Take the percentage specified and multiply it to get the heart rate range you should be training in. For example, for a 30-year-old, take 220-30 and get 190. Multiply 190 by 0.65 to get 123.5. Then multiply 190 by 0.70 to get 133. This person is looking at a range pretty close to 123-133 beats per minute.

[3] To determine 'EASY' pace, look at the chart attached.

[4] To determine 'R' pace or Repetition pace, look at the chart attached.

[5] To determine 'I' pace or Interval pace, look at the chart attached.

[6] To determine 'T' pace or Threshold pace, look at the chart attached.

[7] To determine 'F' pace or Fast pace, look at the chart attached.

| Week | PHASE | Weekly Plan (weeks start on Sunday's and end on Saturday's) | Quality Workout #1 | Quality Workout #2 |
|---|---|---|---|---|
| 7 | **Repetition** (begin incorporating quality running in preparation for the next phase) | **All Groups: On Monday or Tuesday, do *Quality Workout #1*. On Thursday, Friday or Saturday, do *Quality Workout #2*.**<br>1. **Run a total of 93-103 minutes this week.** On days other than *Quality Workouts*, do: a) Bike/Elliptical 1-2 days for 45 minutes (65-70% of max heart rate[2] intensity); b) 15-35 minute run (EASY[3] intensity) to fulfull any remaining minutes.<br>2. **Run a total of 140-145 minutes this week.** On days other than *Quality Workouts*, do: a) 45 minute run (EASY[3] intensity); b) Bike/Elliptical 1-2 additional days for 45 minutes (65-70% of max heart rate[2] intensity); c) 1-2 20-40 minute run (EASY[3] intensity) to fulfull any remaining minutes.<br>3. **Run a total of 189-194 minutes this week.** On days other than *Quality Workouts*, do: a) 50 minute run (EASY[3] intensity); b) Bike/Elliptical 0-2 additional days for 45 minutes (65-70% of max heart rate[2] intensity); c) 2-3 20-40 minute runs (EASY[3] intensity) to fulfull any remaining minutes. | On track or flat, accurately measured road, do:<br>10 minutes of easy running<br>Group 1 & 2 do 3, Group 3 do 4 sets of:<br>1. 200m at 'R' pace[4] with 200m jog recovery<br>2. 400m at 'R' pace[4] with 400m jog recovery<br>10 minutes of easy running<br>**30-40 minutes of total running** | On track or flat, accurately measured road, do:<br>8-10 minutes of easy running<br>3 miles at 'T' pace[6] with 3 minutes rest<br>2 x 200m at 'R' pace[4] with 200m jog recovery<br>7-10 minutes of easy running<br>**35-45 minutes of total running** |
| 8 | **Repetition** (begin incorporating quality running in preparation for the next phase) | **All Groups: On Monday or Tuesday, do *Quality Workout #1*. On Thursday, Friday or Saturday, do *Quality Workout #2*.**<br>1. **Run a total of 103-113 minutes this week.** On days other than *Quality Workouts*, do: a) Bike/Elliptical 1-2 days for 45 minutes (65-70% of max heart rate[2] intensity); b) 20-40 minute run (EASY[3] intensity) to fulfull any remaining minutes.<br>2. **Run a total of 155-160 minutes this week.** On days other than *Quality Workouts*, do: a) 50 minute run (EASY[3] intensity); b) Bike/Elliptical 1-2 additional days for 45 minutes (65-70% of max heart rate[2] intensity); c) 1-2 20-40 minute run (EASY[3] intensity) to fulfull any remaining minutes.<br>3. **Run a total of 208-213 minutes this week.** On days other than *Quality Workouts*, do: a) 55 minute run (EASY[3] intensity); b) Bike/Elliptical 0-2 additional days for 45 minutes (65-70% of max heart rate[2] intensity); c) 2-3 20-40 minute runs (EASY[3] intensity) to fulfull any remaining minutes. | On track or flat, accurately measured road, do:<br>8-10 minutes of easy running<br>4 x 800m at 'I' pace[5] with 2 min jog recovery<br>7-10 minutes of easy running<br>**35-45 minutes of total running** | Do a 1-mile Time Trial as fast as you can on a track or flat road (ensure the distance is accurate), if possible. This will be used to determine your fitness level for future workouts. After you complete the 1-mile Time Trial, look at the pace chart attached and identify the specific level you will be working from based on your time. All workouts from now until the next time trial will be run at this level. If you improve from Novice to Intermediate or Intermediate to Advanced, you can begin doing those workouts now.<br>**30-40 minutes of total running with warm-up and cooldown** |
| 9 | **Repetition** (begin incorporating quality running in preparation for the next phase) | **All Groups: On Monday or Tuesday, do *Quality Workout #1*. On Thursday, Friday or Saturday, do *Quality Workout #2*.**<br>1. **Run a total of 113-123 minutes this week.** On days other than *Quality Workouts*, do: a) Bike/Elliptical 1-2 days for 45 minutes (65-70% of max heart rate[2] intensity); b) 30-45 minute run (EASY[3] intensity) to fulfull any remaining minutes.<br>2. **Run a total of 171-176 minutes this week.** On days other than *Quality Workouts*, do: a) 50 minute run (EASY[3] intensity); b) Bike/Elliptical 1-2 additional days for 45 minutes (65-70% of max heart rate[2] intensity); c) 1-2 20-40 minute run (EASY[3] intensity) to fulfull any remaining minutes.<br>3. **Run a total of 229-234 minutes this week.** On days other than *Quality Workouts*, do: a) 55 minute run (EASY[3] intensity); b) Bike/Elliptical 0-2 additional days for 45 minutes (65-70% of max heart rate[2] intensity); c) 2-3 25-40 minute runs (EASY[3] intensity) to fulfull any remaining minutes. | On track or flat, accurately measured road, do:<br>8-10 minutes of easy running<br>3 sets of:<br>1. 200m at 'R' pace[4] with 200m jog recovery<br>2. 200m at 'R' pace[4] with 200m jog recovery<br>3. 400m at 'R' pace[4] with 400m jog recovery<br>7-10 minutes of easy running<br>**35-45 minutes of total running** | On track or flat, accurately measured road, do:<br>8 minutes of easy running<br>3 x 1600m at 'T' pace[6] with 1 min jog recovery<br>7 minutes of easy running<br>**40-45 minutes of total running** |
| 10 | **Interval** (the most important and toughest phase; this is what will make you faster!) | **All Groups: On Monday or Tuesday, do *Quality Workout #1*. On Thursday, Friday or Saturday, do *Quality Workout #2*.**<br>1. **Run a total of 98-108 minutes this week.** On days other than *Quality Workouts*, do: a) Bike/Elliptical 1-2 days for 45 minutes (65-70% of max heart rate[2] intensity); b) 15-30 minute run (EASY[3] intensity) to fulfull any remaining minutes.<br>2. **Run a total of 145-150 minutes this week.** On days other than *Quality Workouts*, do: a) 40 minute run (EASY[3] intensity); b) Bike/Elliptical 1-2 additional days for 45 minutes (65-70% of max heart rate[2] intensity); c) 20-35 minute run (EASY[3] intensity) to fulfull any remaining minutes.<br>3. **Run a total of 194-199 minutes this week.** On days other than *Quality Workouts*, do: a) 50 minute run (EASY[3] intensity); b) Bike/Elliptical 0-2 additional days for 45 minutes (65-70% of max heart rate[2] intensity); c) 1-2 25-40 minute runs (EASY[3] intensity) to fulfull any remaining minutes. | On track or flat, accurately measured road, do:<br>8-10 minutes of easy running<br>4 x 800m at 'I' pace[5] with 2 min jog recovery<br>7-10 minutes of easy running<br>**35-45 minutes of total running** | On track or flat, accurately measured road, do:<br>8 minutes of easy running<br>3 x 1600m at 'T' pace[6] with 1 min rest<br>2 x 200m at 'R' pace[4] with 200m jog recovery<br>7 minutes of easy running<br>**40-45 minutes of total running** |
| 11 | **Interval** (the most important and toughest phase; this is what will make you faster!) | **All Groups: On Monday or Tuesday, do *Quality Workout #1*. On Thursday, Friday or Saturday, do *Quality Workout #2*.**<br>1. **Run a total of 125-135 minutes this week.** On days other than *Quality Workouts*, do: a) Bike/Elliptical 1-2 days for 45 minutes (65-70% of max heart rate[2] intensity); b) 35-50 minute run (EASY[3] intensity) to fulfull any remaining minutes.<br>2. **Run a total of 189-194 minutes this week.** On days other than *Quality Workouts*, do: a) 55 minute run (EASY[3] intensity); b) Bike/Elliptical 1-2 additional days for 45 minutes (65-70% of max heart rate[2] intensity); c) 2 20-40 minute run (EASY[3] intensity) to fulfull any remaining minutes.<br>3. **Run a total of 242-247 minutes this week.** On days other than *Quality Workouts*, do: a) 60 minute run (EASY[3] intensity); b) Bike/Elliptical 0-2 additional days for 45 minutes (65-70% of max heart rate[2] intensity); c) 2-3 25-50 minute runs (EASY[3] intensity) to fulfull any remaining minutes. | On track or flat, accurately measured road, do:<br>8-10 minutes of easy running<br>4 x 1000m at 'I' pace[5] with 2 min jog recovery<br>7-10 minutes of easy running<br>**40-45 minutes of total running** | On track or flat, accurately measured road, do:<br>8-10 minutes of easy running<br>6 x 400m at 'R' pace[4] with 400m jog recovery<br>4 x 200m at 'F' pace[7] with 200m jog recovery<br>7-10 minutes of easy running<br>**40-45 minutes of total running** |

Prepared by: Jason Zarb-Cousin

Reference: Daniel's Running Formula, 2nd Edition

# Physical Fitness Test 1.5-mile Training Program for INTERMEDIATE Runners - 16 Weeks

This plan is recommended for Intermediate runners looking to improve their time in the 1.5-mile portion of the Air Force Physical Fitness Test. Training for all other portions of the test would need to be accomplished above and beyond training for the run.

**Notes:**

[1] Converstional Pace is being able to run at a pace where you could say 1-2 sentences while running with little strain in your breathing pattern. This is less accurate than using your Heart Rate to determine pace but is easier to assess while running.

[2] Using Heart Rate to determine pace is fairly accurate and is preferred. Take 220 - your age and that would be your max heart rate. Take the percentage specified and multiply it to get the heart rate range you should be training in. For example, for a 30-year-old, take 220-30 and get 190. Multiply 190 by 0.65 to get 123.5. Then multiply 190 by 0.70 to get 133. This person is looking at a range pretty close to 123-133 beats per minute.

[3] To determine 'EASY' pace, look at the chart attached.

[4] To determine 'R' pace or Repetition pace, look at the chart attached.

[5] To determine 'I' pace or Interval pace, look at the chart attached.

[6] To determine 'T' pace or Threshold pace, look at the chart attached.

[7] To determine 'F' pace or Fast pace, look at the chart attached.

| Week | PHASE | Weekly Plan (weeks start on Sunday's and end on Saturday's) | Quality Workout #1 | Quality Workout #2 |
|---|---|---|---|---|
| 12 | **Interval** (the most important and toughest phase; this is what will make you faster!) | **All Groups: On Monday or Tuesday, do *Quality Workout #1*. On Thursday, Friday or Saturday, do *Quality Workout #2*.**<br>1. **Run a total of 138-148 minutes this week.** On days other than *Quality Workouts*, do: a) Bike/Elliptical 1-2 days for 45 minutes (65-70% of max heart rate[2] intensity); b) 2 20-40 minute run (EASY[3] intensity) to fulfull any remaining minutes.<br>2. **Run a total of 208-213 minutes this week.** On days other than *Quality Workouts*, do: a) 60 minute run (EASY[3] intensity); b) Bike/Elliptical 1-2 additional days for 45 minutes (65-70% of max heart rate[2] intensity); c) 2-3 20-40 minute run (EASY[3] intensity) to fulfull any remaining minutes.<br>3. **Run a total of 255-260 minutes this week.** On days other than *Quality Workouts*, do: a) 65 minute run (EASY[3] intensity); b) Bike/Elliptical 0-2 additional days for 45 minutes (65-70% of max heart rate[2] intensity); c) 3 25-45 minute runs (EASY[3] intensity) to fulfull any remaining minutes. | On track or flat, accurately measured road, do:<br>10 minutes of easy running<br>7 x 400m at 'R' pace[4] with 1 min rest<br>10 minutes of easy running<br>**35-40 minutes of total running** | On track or flat, accurately measured road, do:<br>8 minutes of easy running<br>3 x 1600m at 'T' pace[6] with 1 min rest<br>2 x 200m at 'R' pace[4] with 200m jog recovery<br>7 minutes of easy running<br>**40-45 minutes of total running** |
| 13 | **Interval** (the most important and toughest phase; this is what will make you faster!) | **All Groups: On Monday or Tuesday, do *Quality Workout #1*. On Thursday, Friday or Saturday, do *Quality Workout #2*.**<br>1. **Run a total of 152-162 minutes this week.** On days other than *Quality Workouts*, do: a) Bike/Elliptical 1-2 days for 45 minutes (65-70% of max heart rate[2] intensity); b) 2 20-40 minute run (EASY[3] intensity) to fulfull any remaining minutes.<br>2. **Run a total of 229-234 minutes this week.** On days other than *Quality Workouts*, do: a) 65 minute run (EASY[3] intensity); b) Bike/Elliptical 1-2 additional days for 45 minutes (65-70% of max heart rate[2] intensity); c) 2-3 20-40 minute run (EASY[3] intensity) to fulfull any remaining minutes.<br>3. **Run a total of 265-270 minutes this week.** On days other than *Quality Workouts*, do: a) 70 minute run (EASY[3] intensity); b) Bike/Elliptical 0-2 additional days for 45 minutes (65-70% of max heart rate[2] intensity); c) 3 25-45 minute runs (EASY[3] intensity) to fulfull any remaining minutes. | On track or flat, accurately measured road, do:<br>8-10 minutes of easy running<br>4 x 1000m at 'I' pace[5] with 2 min jog recovery<br>7-10 minutes of easy running<br>**40-45 minutes of total running** | On track or flat, accurately measured road, do:<br>8-10 minutes of easy running<br>6 x 400m at 'R' pace[4] with 400m jog recovery<br>4 x 200m at 'F' pace[7] with 200m jog recovery<br>7-10 minutes of easy running<br>**40-45 minutes of total running** |
| 14 | **Interval** (the most important and toughest phase; this is what will make you faster!) | **All Groups: On Monday or Tuesday, do *Quality Workout #1*. On Thursday, Friday or Saturday, do *Quality Workout #2*.**<br>1. **Run a total of 125-135 minutes this week.** On days other than *Quality Workouts*, do: a) Bike/Elliptical 1-2 days for 45 minutes (65-70% of max heart rate[2] intensity); b) 35-50 minute run (EASY[3] intensity) to fulfull any remaining minutes.<br>2. **Run a total of 189-194 minutes this week.** On days other than *Quality Workouts*, do: a) 55 minute run (EASY[3] intensity); b) Bike/Elliptical 1-2 additional days for 45 minutes (65-70% of max heart rate[2] intensity); c) 2 20-40 minute run (EASY[3] intensity) to fulfull any remaining minutes.<br>3. **Run a total of 242-247 minutes this week.** On days other than *Quality Workouts*, do: a) 60 minute run (EASY[3] intensity); b) Bike/Elliptical 0-2 additional days for 45 minutes (65-70% of max heart rate[2] intensity); c) 2-3 25-50 minute runs (EASY[3] intensity) to fulfull any remaining minutes. | On track or flat, accurately measured road, do:<br>8-10 minutes of easy running<br>4 x 1000m at 'I' pace[5] with 2 min jog recovery<br>7-10 minutes of easy running<br>**40-45 minutes of total running** | Do a 1-mile Time Trial as fast as you can on a track or flat road (ensure the distance is accurate), if possible. This will be used to determine your fitness level for future workouts. After you complete the 1-mile Time Trial, look at the pace chart attached and identify the specific level you will be working from based on your time. All workouts from now until the next time trial will be run at this level. If you improve from Novice to Intermediate or Intermediate to Advanced, you can begin doing those workouts now.<br>**40-45 minutes of total running with warm-up and cooldown** |
| 15 | **Taper** (rest and recovery from previous phase, quality workouts with less volume) | **All Groups: On Monday or Tuesday, do *Quality Workout #1*. On Thursday, Friday or Saturday, do *Quality Workout #2*.**<br>1. **Run a total of 100-110 minutes this week.** On days other than *Quality Workouts*, do: a) Bike/Elliptical 1-2 days for 45 minutes (65-70% of max heart rate[2] intensity); b) 20-40 minute run (EASY[3] intensity) to fulfull any remaining minutes.<br>2. **Run a total of 145-150 minutes this week.** On days other than *Quality Workouts*, do: a) 50 minute run (EASY[3] intensity); b) Bike/Elliptical 1-2 additional days for 45 minutes (65-70% of max heart rate[2] intensity); c) 2 20-40 minute run (EASY[3] intensity) to fulfull any remaining minutes.<br>3. **Run a total of 195-200 minutes this week.** On days other than *Quality Workouts*, do: a) 60 minute run (EASY[3] intensity); b) Bike/Elliptical 0-2 additional days for 45 minutes (65-70% of max heart rate[2] intensity); c) 2-3 25-40 minute runs (EASY[3] intensity) to fulfull any remaining minutes. | On track or flat, accurately measured road, do:<br>8-10 minutes of easy running<br>2 sets of:<br>200m at 'R' pace[4] with 200m jog recovery<br>200m at 'R' pace[4] with 200m jog recovery<br>400m at 'R' pace[4] with 400m jog recovery<br>200m at 'F' pace[7] with 800m jog recovery<br>7-10 minutes of easy running<br>**30-35 minutes of total running** | On track or flat, accurately measured road, do:<br>8-10 minutes of easy running<br>2 sets of:<br>200m at 'F' pace[7] with 400m jog recovery<br>200m at 'F' pace[7] with 400m jog recovery<br>400m at 'F' pace[7] with 800m jog recovery<br>7-10 minutes of easy running<br>**30-35 minutes of total running** |
| 16 | **Taper** (rest and recovery from previous phase, quality workouts with less volume) | **All Groups:**<br>**Physical Fitness Test Week! You are ready to run FAST!**<br>Sunday:<br>1. Do quality workout #1 (Take total time of running to include interval, recovery, running before/after workout, and apply to total minutes for week)<br>Monday through Thursday or until Physical Fitness Test:<br>1. Run 30 minutes; Your intensity should be 'EASY'[3]<br>OR<br>2. Bike/Elliptical for 40 minutes; Your intensity should be 65-70% of max heart rate[2] | On track or flat, accurately measured road, do:<br>8-10 minutes of easy running<br>3 sets of:<br>1. 1000m at 'T' pace[6] with 200m jog rec.<br>2. 200m at 'R' pace[4] with 200m jog recovery<br>3. 200m at 'F' pace[7] with 800m jog recovery<br>7-10 minutes of easy running | **1.5 Mile Physical Fitness Test** |

Prepared by: Jason Zarb-Cousin

Reference: Daniel's Running Formula, 2nd Edition