



4 Days per Week, 8-Week, *Advanced Runner* Bloomsday Training Schedule

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Total Miles
1	<p>Run 3 miles You will be running hard enough to know you are exercising, but you can still have an active conversation.</p>	<p>Interval run 2 miles Warm up at an easy jog for 10 minutes. Now run at a hard pace for 2 minutes. Recover by slowing pace and jog for 45 seconds. Repeat 8 times. Cool down for 10 minutes.</p>	Rest	<p>Cross-Training Pick a fun activity! Try something different-just make sure to get your heart rate up for about an hour!</p>	<p>Run 3 miles You will be running hard enough to know you are exercising, but you can still have an active conversation</p>	Rest	<p>Long run 5 miles Throughout your miles you will start to feel warm yet still be able to talk easily or sing along to your iPod.</p>	13
2	<p>Run 4 miles Your pace will be hard enough where sweating and heart rate are apparent. Sentences will be shorter but still conversational.</p>	<p>Hill run 3 miles Plan your run to include at least one hill about the middle. Run hard up the hill with a recovery jog down the hill. Repeat at least three times.</p>	Rest	<p>Cross-Training Pick a fun activity! Try something different-just make sure to get your heart rate up for about an hour!</p>	<p>Run 4 miles Your pace will be hard enough where sweating and heart rate are apparent. Sentences will be shorter but still conversational.</p>	Rest	<p>Long run 6 miles You should feel like you could go on forever and carry on a completely normal conversation.</p>	17
3	<p>Run 4 miles Your pace will be hard enough where sweating and heart rate are apparent. Sentences will be shorter but still conversational.</p>	<p>Interval run 2.5 miles Warm up at an easy jog for 10 min. Now run at a hard pace for 4 minutes. Recover by slowing pace and jog for 90 seconds. Repeat 5 times. Cool down for 10 minutes.</p>	Rest	<p>Cross-Training Pick a fun activity! Try something different-just make sure to get your heart rate up for about an hour!</p>	<p>Run 4 miles Your pace will be hard enough where sweating and heart rate are apparent. Sentences will be shorter but still conversational.</p>	Rest	<p>Long run 6 miles You should feel like you could go on forever and carry on a completely normal conversation.</p>	16.5

4	<p>Run 5 miles Your pace will be difficult enough that you will be breathing hard and you will not want to talk much.</p>	<p>Hill run 4 miles Plan your run to include at least one hill about the middle. Run hard up the hill with a recovery jog down the hill. Repeat at least three times.</p>	Rest	<p>Cross-Training Pick a fun activity! Try something different-just make sure to get your heart rate up for about an hour!</p>	<p>Run 5 miles Your pace will be difficult enough that you will be breathing hard and you will not want to talk much.</p>	Rest	<p>Long run 8 miles You should feel a little breathless. You will experience sweat and an apparent increased heart rate. Sentences will be shorter but still active conversation.</p>	22
5	<p>Run 5 miles Your pace will be difficult enough that you will be breathing hard and you will not want to talk much.</p>	<p>Interval run 2 miles Warm up at an easy jog for 10 minutes. Now run at a hard pace for 2 minutes. Recover by slowing pace and jog for 45 seconds. Repeat 8 times. Cool down for 10 minutes.</p>	Rest	<p>Cross-Training Pick a fun activity! Try something different-just make sure to get your heart rate up for about an hour!</p>	<p>Run 5 miles Your pace will be difficult enough that you will be breathing hard and you will not want to talk much.</p>	Rest	<p>Long run 8 miles Your pace will be difficult enough that you will be breathing hard and you will not want to talk much.</p>	20
6	<p>Run 5 miles You will be running at your fastest pace possible for 5 miles. Reasonably high intensity, fatigue sensations are apparent. You will feel "tired" after this run.</p>	<p>Hill run 5 miles Plan your run to include at least one hill about the middle. Run hard up the hill with a recovery jog down the hill. Repeat at least three times.</p>	Rest	<p>Cross-Training Pick a fun activity! Try something different-just make sure to get your heart rate up for about an hour!</p>	<p>Run 5 miles Your pace will be difficult enough that you will be breathing hard and you will not want to talk much.</p>	Rest	<p>Run 8 miles This will be your expected race pace on the level and down hills. Your pace will be difficult enough that you will be breathing hard and you will not want to talk much.</p>	23

7	<p>Run 5 miles You will be running at your fastest pace possible for 5 miles. Reasonably high intensity, fatigue sensations are apparent. You will feel "tired" after this run.</p>	<p>Interval run 3 miles Warm up at an easy jog for 10 minutes. Now run at a hard pace for 4 minutes. Recover by slowing pace and jog for 90 seconds. Repeat 6 times. Cool down for 10 minutes.</p>	Rest	<p>Cross-Training Pick a fun activity! Try something different-just make sure to get your heart rate up for about an hour!</p>	<p>Run 5 miles You will be running at your fastest pace possible for 5 miles. Reasonably high intensity, fatigue sensations are apparent. You will feel "tired" after this run.</p>	Rest	<p>Run 8 miles This will be your expected race pace on the level and down hills. Your pace will be difficult enough that you will be breathing hard and you will not want to talk much.</p>	21
8	<p>Run 4 miles Your pace will be hard enough where sweating and heart rate are apparent. Sentences will be shorter but still conversational.</p>	<p>Run 4 miles Throughout the run vary speeds from comfortable to fast. The intervals of fast should be short and hard (30-60 seconds), catching your breath between bursts.</p>	Rest	<p>Cross-Training Pick a fun activity! Try something different-just make sure to get your heart rate up for about an hour!</p>	<p>Run 3 miles Your pace will be hard enough where sweating and heart rate are apparent. Sentences will be shorter but still conversational.</p>	Rest	<p>Race Day! 7.46 miles</p>	17.46

For more training schedules and health and fitness resources, please visit www.stepupandgo.org!