



5 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>Long Run 5 miles</p> <p>Throughout your miles you will start to feel warm yet still be able to talk or easily sing along to your iPod.</p>	<p>Run 2 miles</p> <p>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>Run 3 miles</p> <p>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</p> <p>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>Run 4 miles</p> <p>You will be running hard enough to know you are exercising, but you can still have an active conversation.</p>	16
2	<p>Long Run 5.5 miles</p> <p>Throughout your miles you will start to feel warm yet still be able to talk or easily sing along to your iPod.</p>	<p>Hill Run 4 miles</p> <p>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>Run 3 miles</p> <p>You will be running hard enough to know you are exercising, but you can still have an active conversation.</p>	<p>Interval run 2.5 miles</p> <p>Warm up at an easy jog for 10 minutes. Now run at a hard pace for 2 min. Recover by slowing pace and jog for 45 sec. Repeat 10 times. Cool down for 10 min.</p>	Rest	<p>Run 4 miles</p> <p>Your pace will be hard enough where sweating and heart rate are apparent. Sentences will be shorter but still conversational.</p>	19
3	<p>Long Run 5 miles</p> <p>You should feel like you could go on forever at this RPE and carry on a completely normal conversation.</p>	<p>Run 3.5 miles</p> <p>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>Run 3.5 miles</p> <p>Your pace will be hard enough where sweating and heart rate are apparent. Sentences will be shorter but still conversational.</p>	<p>Interval 1.25 miles</p> <p>Warm up at an easy jog for 10 min. Now run at a hard pace for 1 min. Recover by slowing pace and jog for 45 sec. Repeat 10 times. Cool down for 10 min.</p>	Rest	<p>Run 4.5 miles</p> <p>Your pace will be hard enough where sweating and heart rate are apparent. Sentences will be shorter but still conversational.</p>	17.75

4	<p>Long Run 6 miles You should feel like you could go on forever and carry on a completely normal conversation.</p>	<p>Hill Run 4.5 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>Run 3.5 miles Your pace will be hard enough where sweating and heart rate are apparent. Sentences will be shorter but still conversational.</p>	<p>Interval 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 45 seconds. Repeat 6 times. Cool down for 10 minutes.</p>	Rest	<p>Run 4.5 miles Your pace will be hard enough where sweating and heart rate are apparent. Sentences will be shorter but still conversational.</p>	21.25
5	<p>Long Run 7 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>	<p>Run 4.5 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>Run 4 miles Your pace will be difficult enough that you will be breathing hard and 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>Run 5 miles Your pace will be difficult enough that you will be breathing hard and will not want to talk much.</p>	22.5
6	<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>	<p>Run 5 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>Run 4 miles Your pace will be difficult enough that you will be breathing hard and will not want to talk much.</p>	<p>Interval 1.25 miles Warm up at an easy jog for 10 minutes. Now run at a hard pace for 1 minute. Recover by slowing pace and jog for 45 seconds. Repeat 10 times. Cool down for 10 minutes.</p>	Rest	<p>Run 5 miles Your pace will be difficult enough that you will be breathing hard and will not want to talk much.</p>	23.25

7	<p>Long run 7 miles</p> <p>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>	<p>Hill Run 4 miles</p> <p>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>Run 5 miles</p> <p>Your pace will be difficult enough that you will be breathing hard and will not want to talk much.</p>	<p>Interval 2.5 miles</p> <p>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 45 seconds. Repeat 5 times. Cool down for 10 minutes.</p>	Rest	<p>Run 6 miles</p> <p>Your pace will be difficult enough that you will be breathing hard and will not want to talk much.</p>	24.5
8	<p>Long run 4 miles</p> <p>You should feel like you could go on forever and carry on a completely normal conversation.</p>	<p>Run 3 miles</p> <p>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>Run 3 miles</p> <p>Your pace will be hard enough where sweating and heart rate are apparent. Sentences will be shorter but still conversational.</p>	<p>Easy run 2 miles</p> <p>Throughout your miles you will start to feel warm yet still be able to talk or easily sing along to your iPod.</p>	Rest	<p>Race Day! 7.46 miles</p>	19.46

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