



5 Days per Week, 8-Week, *Expert 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 Throughout your run you will feel warm yet still able to talk easily or sing along to your iPod.</p> | <p>Run 3 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>Slow run 5 miles You should feel like you could go on forever at this pace and still keep on a completely normal conversation.</p> | Rest | <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> | <p>Run 3 miles Throughout your run you will feel warm yet still able to talk easily or sing along to your iPod.</p> | 16 |
| 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. Run hard up the hill with a recovery jog down the hill. Repeat at least 3 times, or include at least two hills in the run with three hill sprints.</p> | Rest | <p>Slow run 6 miles Your pace will be hard enough where sweating and heart rate are apparent. Sentences will be shorter but you can still sing along with your iPod.</p> | Rest | <p>Interval run 2.5 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 5 times. Cool down for 10 minutes.</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> | 19.5 |
| 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>Run 3.5 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>Slow run 6 miles Your pace will be hard enough where sweating and heart rate are apparent. Sentences will be shorter but you can still sing along with your iPod.</p> | Rest | <p>Interval run 2 miles Warm up at an easy jog for 10 min. 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> | <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> | 19.5 |

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| 4 | <p>Run 5 miles You are working hard enough to maybe feel the burning sensation in your legs, increased breathing rate, and you feel like you can't go for very long, but if you quit recovery is quick.</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 3 times, or include at least two hills in the run with three hill sprints.</p> | Rest | <p>Run 8 miles Your pace will be difficult enough that you will be breathing hard and you will not want to talk much. You can say sentences, but they will be shorter and big breaths between.</p> | Rest | <p>Interval Run 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 30 seconds. Repeat 10 times. Cool down for 10 minutes.</p> | <p>Run 4.5 miles You are working hard enough to maybe feel the burning sensation in your legs, increased breathing rate, and you feel like you can't go for very long, but if you quit recovery is quick.</p> | 22.75 |
| 5 | <p>Run 5 miles You are working hard enough to maybe feel the burning sensation in your legs, increased breathing rate, and you feel like you can't go for very long, but if you quit recovery is quick.</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>Run 8 miles This will be your expected race pace on the level and down hills. You are working hard enough to maybe feel the burning sensation in your legs, increased heart rate, and you feel like you can't go for very long</p> | Rest | <p>Interval Run 2.5 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 10 times. Cool down for 10 minutes.</p> | <p>Run 5 miles You are working hard enough to maybe feel the burning sensation in your legs, increased breathing rate, and you feel like you can't go for very long, but if you quit recovery is quick.</p> | 24.5 |
| 6 | <p>Run 5 miles You are running at your fastest pace possible for 5 miles. Reasonable high intensity, fatigue sensations are apparent. You will feel "very 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 3 times, or include at least two hills in the run.</p> | Rest | <p>Run 8 miles This will be your expected race pace on the level and down hills. You are working hard enough to maybe feel the burning sensation in your legs and increased heart</p> | Rest | <p>Interval Run 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 30 seconds. Repeat 10 times. Cool down for 10 minutes.</p> | <p>Run 5 miles You are running at your fastest pace possible for 5 miles. Reasonable high intensity, fatigue sensations are apparent. You will feel "very tired" after this run.</p> | 24.25 |

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| 7 | <p>Run 5 miles You are running at your fastest pace possible for 5 miles. Reasonable high intensity, fatigue sensations are apparent. You will feel "very tired" after this run.</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>Run 8 miles This will be your expected race pace on the level and down hills. You are working hard enough to maybe feel the burning sensation in your legs, increased breathing rate, and you feel like you can't go for very long, but if you quit recover is quick.</p> | Rest | <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> | <p>Run 5 miles You are running at your fastest pace possible for 5 miles. Reasonable high intensity, fatigue sensations are apparent. You will feel "very tired" after this run.</p> | 25 |
| 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>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 3 times, or include at least two hills in the run with three hill sprints.</p> | Rest | <p>Run 4 miles Your pace will be hard enough where sweating and heart rate are apparent. Sentences will be shorter but still conversational, you can still sing along with your iPod.</p> | Rest | <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>Race Day! 7.46 miles</p> | 21.46 |

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