



SO YOU WANT TO RACE A MILE?

// MILE TRAINING PLAN //

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My favorite event in track and field: the mile. So much so I even wrote a blog on it!

The mile distance often gets lost among the hype of longer races, but it's a goodie. It may favor the more speed-oriented distance runners, but the mile is also the most tangible distance to finish if you are just starting out, or coming back from an injury or running hiatus.

Whether you are a beginner or a pro, everyone can wrap their head around a mile.

TWO APPROACHES TO FIGURE OUT YOUR GOAL MILE TIME:

Long distance runners/marathoners: What pace do you run for a marathon or half marathon? Goal mile time should be, depending on the person, about 1-2 minutes faster for the mile than your marathon pace. For example, if you can run a marathon at 9:00 pace, an appropriate goal could be about 7:30. For the half marathon, I would take closer to 75 seconds off of the time.

No previous running experience: This is a little bit more of a guessing game. Pick a time that seems appropriate for you. A good gauge could be going out to run 2 laps on the track, or a half mile stretch, and see how fast you can run that distance. With some practice and training I would bet you can turn that into your mile pace!

Milers aspiring to come back: You know what you are doing. Pick a time that seems appropriate, and add 20 seconds ;)

There are 3 plans I have created—each 4 weeks— that you can self-sort into, including an “easy” plan at 15-20 miles/week, an “intermediate” plan at 30 miles/week, and an “advanced” plan at 40-45 miles/week.

The mileage can be adjusted to be more or less by shifting around the easy and off days. The days of primary focus are the workouts. Many of the workouts are written to be done on a track, but if a track isn't available, either use a GPS watch for the distance, or estimate to the best of your ability using time. After all, it's the effort that counts!

It would be a good idea to implement at least some core work 2-3 times per week. The Oiselle training page has “The Dozen Core Exercises,” which should do the trick.



Rebecca Mehra // Oiselle Haute Volée Athlete



TIPS. TRICKS. AND DICTION.

WUP = Warmup run

CDOWN = Cool down run

STRIDES: About 100 meters in length- a pace that is about your mile race pace or slightly faster. Pick up your knees and use good form. This is not a sprint!

DRILLS: A walk, A skips, B walk, B skips, high knees, butt kicks. If you are unfamiliar with these drills, there are many great examples on YouTube.

“EASY” JOG: This is a pace that feels very comfortable - you can have a full conversation running at this pace.

TRAINING RUN PACE: This is a pace that feels mostly comfortable, but just pushes the boundaries of what an easy run is. You should still be in the aerobic zone of your heart rate, if you know that info. This run can be easily swapped out for an easy jog, depending on how you are feeling.

CROSS TRAIN: Some form of aerobic exercise that isn't running. Good examples include the bike, elliptical, or swimming/aqua jogging.

TEMPO PACE: A pace you can sustain without stopping for about 20-30 minutes. You should be able to speak in short sentences when running tempo pace. www.oiselle.com/pages/running-concepts

PACE CHART:

www.asklaurenfleshman.com/2015/01/pace-chart-for-workouts/

MILE TRAINING PLAN

4 WEEK "EASY" PLAN // 15-20 MILES PER WEEK

	MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK 1	3 MILE RUN + 4 X 100 METER STRIDES	DAY OFF	30-35 MIN EASY	DAY OFF	TRACK: 2 MILE WUP + 8 X 200 REPEATS W/ 2 MIN REST STARTING SLOWER THAN MILE PACE AND FINISHING AT MILE PACE, 4:00 REST, 600 @ MILE PACE + 1 MI CDOWN	DAY OFF OR CROSS TRAIN	45 MIN EASY
WEEK 2	3 MILE RUN + 6 X 30 SEC STRIDES UP HILL	DAY OFF	35 MIN EASY	DAY OFF	TRACK: 2 MILE WUP + 6 X 400 REPEATS W/ 2-2:30 MIN REST STARTING SLOWER THAN MILE PACE AND FINISHING AT MILE PACE, 4:00 REST, 800 @ MILE PACE + 1 MI CDOWN	DAY OFF OR CROSS TRAIN	45-50 MIN EASY
WEEK 3	3 MILE RUN + 8 X 100 METER STRIDES PROGRESSIVELY FASTER	DAY OFF	35-40 MIN EASY	DAY OFF	TRACK: 2 MILE WUP + 4 X 200 REPEATS W/ 2 MIN REST AT MILE PACE, 4:00 MIN REST, 1000 AT MILE PACE, 5:00 REST, 2 X 200 FASTER THAN MILE PACE, + 1 MI CDOWN	DAY OFF OR CROSS TRAIN	50 MIN EASY
WEEK 4	3 MILE RUN + 6 X 30 SEC STRIDES UP HILL	DAY OFF	TRACK: 2 MILE WUP + 3X (400, 200) @ MILE PACE, WITH 1:00 BETWEEN 400/200, 2:30 BETWEEN SETS + 1 MI CDOWN	DAY OFF	EASY 2 MILES + 4 STRIDES (OPTIONAL)	MILE RACE	CELEBRATE!

MILE TRAINING PLAN

4 WEEK "INTERMEDIATE" PLAN // 30 MILES PER WEEK

	MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK 1	OFF OR EASY 30-40 MIN RUN	5-6 MILE TRAINING RUN + DRILLS AND 6-8 STRIDES (AROUND MILE PACE)	TRACK: 2 MI WUP + 8X400 W/ 2 MIN REST BETWEEN STARTING SLOWER THAN MILE PACE AND WORKING TO MILE PACE BY #4 + 1 MI CDOWN	DAY OFF	EASY 30-40 MIN RUN	2 MI WUP + 2 X 10 MIN TEMPO RUN W/ 2 MIN REST BETWEEN + 6-8 STRIDES + 1 MI CDOWN	60-70 MIN EASY
WEEK 2	OFF OR EASY 30-40 MIN RUN	5-6 MILE TRAINING RUN + DRILLS AND 6-8 STRIDES AT MILE PACE	TRACK: 2 MI WUP + 3 SETS OF 500/300/200 STARTING SLOWER THAN MILE PACE, AND LAST SET AT MILE RACE PACE. RECOVERING BETWEEN IS LENGTH OF NEXT INTERVAL + 1 MI CDOWN	DAY OFF	EASY 30-40 MIN RUN	2 MI WUP + 3-4 SETS OF 3:00-2:00-1:00 HARD W/ 90 SEC BETWEEN EACH. 6-8 STRIDES AT THE END + 1 MI CDOWN	60-70 MIN EASY
WEEK 3	OFF OR EASY 30-40 MIN RUN	5-6 MILE TRAINING RUN + 6-8 STRIDES AT MILE RACE PACE	TRACK: 2 MI WUP + 2X400 SLOWER THAN MILE PACE W/2 MIN REST BETWEEN, LAP JOG, 800M @ MILE PACE, 5 MIN EASY JOG, 6X200 @ MILE PACE + 1 MI CDOWN	DAY OFF	EASY 30-40 MIN RUN (+ 4 STRIDES IF YOU WANT TO)	2 MI WUP + 3X MILE @ TEMPO PACE W/ 90 SEC REST BETWEEN EACH ONE + 1 MI CDOWN	60-70 MIN EASY
WEEK 4	OFF OR EASY 30-40 MIN RUN	5 MILE TRAIN- ING RUN + 6-8 STRIDES AT MILE PACE	TRACK: 2 MI WUP + 4 X 400 @ MILE PACE WITH 2:00 REST BTW, LAP JOG, 4X200 AT MILE PACE AND FASTER THAN MILE PACE + 1 MI CDOWN	DAY OFF	30 MIN RUN + 4-6 FLOATING STRIDES	MILE RACE	CELEBRATE!

MILE TRAINING PLAN

4 WEEK "ADVANCED" PLAN // 40-45 MILES PER WEEK

	MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK 1	OFF OR EASY 30 MIN RUN	6-7 MILES AT TRAINING RUN PACE + DRILLS AND 6 STRIDES AT MILE PACE	2 MI WUP + 1000 @ TEMPO PACE, LAP JOG, 3 SETS OF 500/300/200 @ SLOWER THAN MILE PACE, MILE PACE, AND FASTER THAN MILE PACE W/ RECOVERY AS LENGTH OF NEXT INTERVAL, LAP JOG, 1000 @ FASTER THAN TEMPO PACE + 2 MI CDOWN	40 MIN EASY JOG	6-7 MILES AT TRAINING RUN PACE + DRILLS AND 6 STRIDES AT MILE PACE	2 MI WUP + 20 MIN RUN @ TEMPO PACE + 6-8X30 SEC HILLS W/ WALK DOWN RECOVERY + 2 MI CDOWN	75-80 MIN EASY
WEEK 2	OFF	6-7 MILES AT TRAINING RUN PACE + DRILLS AND 6 STRIDES AT MILE PACE	2 MI WUP + 2X400 AT TEMPO W/ 1 MIN BETWEEN, 8X400 @ MILE PACE W/ 90 SEC REST + 2 MI CDOWN	40-45 MIN EASY JOG	6-7 MILES AT TRAINING RUN PACE + DRILLS AND 6 STRIDES AT MILE PACE	2 MI WUP + 3X3X300: 1ST SET @ MILE PACE W/ 1:00 BTW 2ND SET @ FASTER THAN MILE PACE W/ 2:00 BTW 3RD SET @ FAST W/ 3:00 BTW + 2 MI CDOWN	75-80 MIN WITH SECOND HALF FASTER, LAST 2 MILES CLOSE TO TEMPO PACE
WEEK 3	OFF OR EASY 30 MIN RUN	6-7 MILES AT TRAINING RUN PACE + DRILLS AND 6 STRIDES AT MILE PACE	2 MI WUP + 1000M @ MILE PACE, 5:00 EASY JOG, 6X200 FASTER THAN MILE PACE W/ 200 JOG BETWEEN + 2 MI CDOWN	40-45 MIN EASY JOG	6-7 MILES AT TRAINING RUN PACE + DRILLS AND 6 STRIDES AT MILE PACE	2 MI WUP + 4 MILE PROGRESSIVE TEMPO (GETTING FASTER) + 4X150 @ MILE PACE + 2 MI CDOWN	75-80 MIN EASY
WEEK 4	OFF	6-7 MILES AT TRAINING RUN PACE + DRILLS AND 6 STRIDES AT MILE PACE	2 MI WUP + 2 SETS OF 800, 30 SEC REST, 200 W/ 4:00 BETWEEN SETS 1ST SET: 800 @ 3K PACE, 200 AT MILE PACE 2ND SET: 800 @ MILE PACE, 200 @ FASTER THAN MILE PACE + 1 MI CDOWN	30-40 MIN EASY	20-25 MIN JOG + 4 STRIDES (OPTIONAL)	MILE RACE	CELEBRATE!