

BETTER YOUR MILE

BYM
2024

WEEK	TRACK TUESDAY 7:00PM @ CATHOLIC UNIVERSITY	TEMPO/HILL THURSDAY 6:30AM @ NAT'L GALLERY OF ART	SATURDAY LONG RUN 8AM @ VARIOUS LOCATIONS*
Week 0 (4/29-5/5)	**Run your base mile**	**Run your base mile**	**Run your base mile**
Week 1 (5/6-5/12)	16 x 400m @ 5K pace [60" rest]	TEMPO + HILLS 15' tempo [3' rest] 10-14 x 60" hill repeats @ 75% effort	MILES FOR MELANOMA 5K @ Yards Park (SE)
Week 2 (5/13-5/19)	6 x (600m @ 10K pace, 400m @ 5K pace, 200m @ mile pace) [60" rest between reps, 90" rest between sets]	TEMPO 4-mile progression tempo	6 MILES + TEMPO @ Any Day Now
Week 3 (5/20-5/26)	1 mile @ 5K pace, 1200m @ 5K pace, 800m @ mile pace, 400m @ fast [90" rest]	TEMPO 2' @ 5K pace; 3' @ 10K pace; 4' @ HM pace; 4' @ HM pace; 3' @ 10K pace; 2' @ 5K pace [equivalent easy recovery between each]	8 MILES @ Dua DC
Week 4 (5/27-6/2)	5 X 1000m @ 5K pace [90" rest between reps, 3 min recovery] 6 x 400m @ mile pace [60" rest between reps]	TEMPO + HILLS 15' tempo [3' rest] 10-14 x 60" hill repeats @ 75% effort	7 MILES + TEMPO @ Ebenezers Coffeehouse
Week 5 (6/3-6/9)	2 x (2,000m @ 10K pace, 1,000m @ 5K pace, 400m @ mile pace) [90" rest between reps, 3' rest between sets] 1 mile @ 10K pace	TEMPO 8' @ HM pace; 2' easy; 8' @ 10K pace; 2' easy; 8' @ 5K pace	9 MILES @ as you are. NETC 4 YR ANNIVERSARY
Week 6 (6/10-6/16)	14 x 400m @ progression (5K to mile to faster pace) [60" rest between each] [2' rest] 8* 600m @ HM pace [90" rest]	TEMPO + HILLS 15' tempo [3' rest] 10-14 x 60" hill repeats @ 75% effort	8 MILES + TEMPO @ Tryst
Week 7 (6/17-6/23)	3 x 1,000m @ 10K, 5K, mile pace [60" rest] [4' rest] 6 x 800m @ 10k pace [90" rest]	FARTLEK 10-15 x (1' @ 5K pace, 1' easy)	7 MILES @ The Potter's House
Week 8 (6/24-6/30)	3 x (800m @ 5K pace, 400m @ mile pace) [90" rest between reps, 3' rest between sets]	REST	TRACK PROM

*Subject to change

FASTER THAN MILE PACE: This is a pace slightly faster than your BYM goal mile pace.

FARTLEK: Fartleks work on speed and strength by alternating distances and paces during a continuous run, running hard, repeated for a certain amount of minutes or alternating distances.

HALF MARATHON PACE: YES we are still using this in mile training. A comfortable push pace you can hold for a half marathon race.

HILLS: Hill workouts develop speed and form. While running uphill, remain in control of your breathing. Don't lean too far forward. A slight lean with the chin leading the chest is ample. Hills are a great way to develop speed and strength with minimal pounding on the legs and feet.

LONG RUN: Focus on time on your feet. This should feel easy and you should be able to hold a conversation comfortably. For long runs that include tempo, target a pace that is slightly faster than your half marathon pace.

MILE PACE: This is your GOAL mile pace.

TEMPO: Tempo is a hard but controlled pace that can be run as long intervals or a steady run of 1-10 miles - target a pace that is slightly faster than half marathon pace. The purpose of a Tempo Run is to build mental and physical endurance and to become comfortable with being uncomfortable.

NORTHEAST TRACK CLUB