

Power Mile Training Plan (Beginner - Intermediate)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 0	7/15	7/16	7/17	7/18	7/19	7/20	7/21
See NOTES below	R	S	R	T	M	R	L
Week 1	7/22	7/23	7/24	7/25	7/26	7/27	7/28
	R 15-40 min walk/run/bike relaxed; casual	S 1-2 miles (wu) 4-8x200m hard 200m jog/walk recovery 1-2 miles (cd)	R 15-40 min walk/run/bike relaxed; casual	T 1-2 miles (wu) 3-6x800m comfortably hard; 30-60s walk/jog rec. 1-2 miles (cd)	M 15-40 min run easy but steady	R - OFF Stretch/Roll out	L 30-60 min run. Try to keep the pace steady after the first 15 min.
Week 2	7/29	7/30	7/31	8/1	8/2	8/3	8/4
	R 15-40 min walk/run/bike relaxed; casual	S 1-2 miles (wu) 2-4x400m hard 400m jog/walk recovery 1-2 miles (cd)	R 15-40 min walk/run/bike relaxed; casual	T 1-2 miles (wu) 2-4x1200m comfortably hard; 60-90s walk/jog rec. 1-2 miles (cd)	M 15-40 min run easy but steady	R - OFF Stretch/Roll out	L 30-60 min run. Try to keep the pace steady after the first 15 min.

Week 3	8/5	8/6	8/7	8/8	8/9	8/10	8/11
	R 15-40 min walk/run/bike relaxed; casual	S 1-2 miles (wu) 1- 3x600m hard 600m jog/walk recovery 1-2 miles (cd)	R 15-40 min walk/run/bike relaxed; casual	C 800m Time Trial Usual wu and cd.	M 15-40 min run easy but steady	R - OFF Stretch/Roll out	L 30-60 min run. After 15 min, slowly increase pace over the rest of the run.
Week 4	8/12	8/13	8/14	8/15	8/16	8/17	8/18
	R 15-40 min walk/run/bike relaxed; casual	S 1-2 miles (wu) 4- 8x200m hard 200m jog/walk recovery 1-2 miles (cd)	R 15-40 min walk/run/bike relaxed; casual	T 1-2 miles (wu) 3-5x1000m comfortably hard; 60-90s walk/jog rec. 1-2 miles (cd)	M 15-40 min run easy but steady	R - OFF Stretch/Roll out	L 30-60 min run. After 15 min, slowly increase pace over the rest of the run.
Week 5	8/19	8/20	8/21	8/22	8/23	8/24	8/25
	R 15-40 min walk/run/bike relaxed; casual	S 1-2 miles (wu) 2- 4x400m hard 400m jog/walk recovery 1-2 miles (cd)	R 15-40 min walk/run/bike relaxed; casual	T 1-2 miles (wu) 3-6x800m comfortably hard; 30-60s walk/jog rec. 1-2 miles (cd)	M 15-40 min run easy but steady	R - OFF Stretch/Roll out	L 30-60 min run. After 15 min, slowly increase pace over the rest of the run.

Week 6	8/26	8/27	8/28	8/29	8/30	8/31	9/1
	R 15-40 min walk/run/bike relaxed; casual	S 1-2 miles (wu) 1- 3x600m hard 600m jog/walk recovery 1-2 miles (cd)	R 15-40 min walk/run/bike relaxed; casual	T 1-2 miles (wu) 2-4x1200m comfortably hard; 60-90s walk/jog rec. 1-2 miles (cd)	M 15-40 min run easy but steady	R - OFF Stretch/Roll out	L 30-60 min run. After 15 min, slowly increase pace over the rest of the run.
Week 7	9/2	9/3	9/4	9/5	9/6	9/7	9/8
	R 15-40 min walk/run/bike relaxed; casual	S 1-2 miles (wu) 4- 8x200m hard 200m jog/walk recovery 1-2 miles (cd)	R 15-40 min walk/run/bike relaxed; casual	S 1-2 miles (wu) 6-10x100m strong but relaxed; 300m walk/jog 1-2 miles (cd)	M 15-40 min run easy but steady	R - OFF Stretch/Roll out	L 30-60 min run. After 15 min, pick up 3 min, ease back 1 min (3-8 times), easy jog to end.
Week 8	9/9	9/10	9/11	9/12	9/13	9/14	9/15
	R 15-40 min walk/run/bike relaxed; casual	S 1-2 miles (wu) 2- 4x400m hard 400m jog/walk recovery 1-2 miles (cd)	R 15-40 min walk/run/bike relaxed; casual	S 1-2 miles (wu) 6-8x100m strong but relaxed; 300m walk/jog 1-2 miles (cd)	M 15-40 min run easy but steady	R - OFF Stretch/Roll out	L 30-60 min run. After 15 min, pick up 3 min, ease back 1 min (3-8 times), easy jog to end.

Week 9	9/16	9/17	9/18	9/19	9/20	9/21	9/22
	R 15-40 min walk/run/bike relaxed; casual	S 1-2 miles (wu) 4- 8x200m hard 200m jog/walk recovery 1-2 miles (cd)	R 15-40 min walk/run/bike relaxed; casual	S 1-2 miles (wu) 6x100m strong but relaxed; 300m walk/jog 1-2 miles (cd)	M 15-40 min run easy but steady	C 1-mile Race Usual wu and cd.	

NOTES:

Week 0: July 15-21

- 4-5 days of exercise
- 15-40 minutes of running, biking, or walking depending on experience level
- Goal: To simulate the body in preparation for future training efforts

Basic Weekly Structure for Weeks 1-9:

- 1 day of "hard" shorter reps **S** with longer rest intervals between each
- 1 day of "moderate" longer repetitions **T** with shorter rest intervals between each
- 1 day of "easy" but steady, consistent running **M** over a moderate distance
- 1 day of a long run with "pick-ups" **L** relative to overall mileage for the week
- 3 days of easy walking, running, or biking **R** to recover from other days OR off
- Saturdays and Sundays can be reversed to accommodate life schedules

Training Calendar Key:

- **S** = speed day
- **T** = tempo day
- **M** = easy mileage day
- **L** = long run day
- **R** = recovery day
- **C** = competition day
- wu = warm up (run/walk)
- cd = cool down (run/walk)