



Pre-Training Program: I want to get faster

www.teamworldvision.org

This program will help experienced runners prepare for official training and help them get faster. Jump in where you can...you don't need to start at week 1 if you feel comfortable at a later week.

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
1	1 mile warmup 4x400s 1 mile cool down	strength and cross training	4 miles easy	3 mile tempo run	strength and cross training	30 min run at goal race pace	Rest
2	1 mile warmup 6x400s 1 mile cool down	strength and cross training	4 miles easy	3 mile tempo run	strength and cross training	30 min run at goal race pace	Rest
3	1 mile warmup 8x400s 1 mile cool down	strength and cross training	4 miles easy	3 mile tempo run	strength and cross training	35 min run at goal race pace	Rest
4	1 mile warmup 4x800s 1 mile cool down	strength and cross training	4 miles easy	4 mile tempo run	strength and cross training	40 min run at goal race pace	Rest
5	1 mile warmup 6x800s 1 mile cool down	strength and cross training	5 miles easy	4 mile tempo run	strength and cross training	50 min run 30-60 sec slower than race pace	Rest
6	1 mile warmup 8x800s 1 mile cool down	strength and cross training	5 miles easy	4 mile tempo run	strength and cross training	55 min run 30-60 sec slower than race pace	Rest
7	2 mile warmup 10x800s 1 mile cool down	strength and cross training	6 miles easy	5 mile tempo run	strength and cross training	60 min run 30-60 sec slower than race pace	Rest
8	2 mile warmup 2x1 mile 1 mile cool down	strength and cross training	3 miles easy	5 mile tempo run	strength and cross training	5k test	Rest

NOTE: Consult your physician before beginning any exercise program.

*For the 5k test, run at an even pace throughout to help prepare you for the race.