



BANK OF AMERICA  
**SHAMROCK  
SHUFFLE** 2017



APRIL 2, 2017  
8-WEEK TRAINING PROGRAM



# T H E G O A L

OF THIS PLAN ISN'T TO GET YOU ACROSS  
THE FINISH LINE, IT'S TO GET

T H E B E S T  
V E R S I O N O F  
Y O U

ACROSS THE FINISH LINE.



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THIS 8-WEEK  
TRAINING PLAN  
COMBINES  
SPEED,  
ENDURANCE  
AND  
RECOVERY

TO GET YOU READY TO  
TACKLE THE 2017  
BANK OF AMERICA  
SHAMROCK SHUFFLE 8K.

**BEFORE DIVING STRAIGHT INTO THE TRAINING PLAN, READ ALL OF THE MATERIAL TO ENSURE YOU GET THE MOST OUT OF IT.**

This plan is built to adapt to your experience level, but it's also uniquely flexible to your needs. Here's what you should know to get the most out of the Nike+ Run Club Training Plan:

### **IT'S NOT JUST ABOUT DISTANCE**

This training plan is built to help you to maximize your efforts on race day through Speed, Endurance and Recovery.

### **THIS PLAN WORKS FOR YOU**

Your schedule varies. So does the weather and how you feel, but here are a few things to keep in mind as you modify this plan to your needs:

- Speed and Endurance Runs are essential parts of the plan to maximize your training.
- You have at least four Recovery Runs – use them to break up your Speed and Endurance Runs. Avoid doing Speed and Endurance runs on back-to-back days.
- Use Recovery days as you choose. You can run a few miles, cross train or take a rest. We recommend running on at least two of your four Recovery days.
- Stay within the recommended distance ranges during Endurance and Recovery Day runs.

### **TRAINING STARTS WHEN YOU START**

This plan was designed around an 8-week schedule for maximum results. It was built to adapt to your experience level and intended to be uniquely flexible to your needs as you prepare to tackle a 10K. Whether you're eight or five weeks from race day, you can jump into this program whenever it suits you. You're in control of what you put into the program.

### **TOOLS TO TAKE YOU FARTHER**

- You ran those miles. Now claim them. Share your progress with the Nike+ Running App to get cheers, motivation and encouragement from your friends.
- The N+TC App is a great way to add cross-training to your schedule.

# WEEKLY WORKOUTS



This plan includes three types of workout activities each week. All three are important to get the fittest, strongest and fastest version of you to the finish line.

## SPEED

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Building strength and confidence through speed training is important as you prepare for the race. Besides, running fast is fun! Throughout this plan you'll be introduced to a variety of speed workouts and drills that will make you faster.

## ENDURANCE

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You need endurance training to help prepare your body and mind to go the distance on race day. You will work on endurance with weekly Long Runs.

## RECOVERY

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Recovering from your workout days is just as important as the workouts themselves. Use these days to recover based on how you feel. Either take the day off, try a NTC workout or go for a few Recovery miles.

# **HOW TO USE** **THE PACE CHART**

Throughout the plan, you will see references to different paces you should aim to maintain during specific workouts. Over the course of your training, you will run using different pace targets. Knowing your pace targets will make your speed work easier.

Treat each pace target as the middle of a range. You may train slightly above or below these paces. They are not exact paces and you are not a robot.

The chart on page 08 will help you understand which pace you should aim to run during each session.

## **FIND YOUR STARTING PACE**

To get started, you'll need to identify the row of pace targets that is right for you.

You can base your pace on any of the following:

You could use a recent 5K, 10K, Half Marathon or Marathon time, if you have run one. By “recent” we mean in the last month or two.

You could use the Nike+ Run Club App and go on a few relaxed runs to determine your average pace. This will be your Recovery day pace.

If you already run often, you could make an educated guess based on your current fitness.

Whichever one you use, this will be your starting point to find the row of pace targets you will need on the Pace Chart.

## FOR EXAMPLE

If your last race was a 27:00 minute 5K, find the row with 27:00 minutes under the 5K column on the Pace Chart and slide across the row left or right to find your other pace targets. In this case, the pace targets would be as follows:

MILE BEST	5K BEST / AVG MILE PACE	10K BEST / AVG MILE PACE	TEMPO AVG MILE PACE	HALF MARATHON BEST / AVG MILE PACE	MARATHON BEST / AVG MILE PACE	RECOVERY DAY PACE
8:00	27:00 / 8:40	55:50 / 9:00	9:25	2:05:00 / 9:30	4:15:00 / 9:45	10:30

Start with your 5k Best /  
Avg Mile Pace and read  
left or right.

## ANOTHER EXAMPLE

If your Mile Best time is 9:30, find that Mile Best time on the Pace Chart and slide across to see your other average mile pace targets.

Here, your pace targets would be as follows:

MILE BEST	5K BEST / AVG MILE PACE	10K BEST / AVG MILE PACE	TEMPO AVG MILE PACE	HALF MARATHON BEST / AVG MILE PACE	MARATHON BEST / AVG MILE PACE	RECOVERY DAY PACE
9:30	31:45 / 10:15	66:00 / 10:35	11:00	2:25:00 / 11:05	5:00:00 / 11:25	12:10

Start with your Mile  
Best and read right for  
your other pace targets.

## THINGS TO KNOW

When you have your range of pace targets, it helps to understand a few things about how you will use them:

During your training there will be days you may be a little ahead of pace, and other days a little behind. Remember that the paces are only to be used as a guide. You will have good days and bad days so be flexible with your expectations. Hopefully, you will be increasing your fitness each week and your paces will increase in speed as you go.

When this plan is over and you head out for race day be confident in all the work you have done. It is that work that will take you to new fitness levels, faster paces, this starting line and the all the ones beyond.

# PACE CHART



MILE BEST	5K BEST / AVG MILE PACE	10K BEST / AVG MILE PACE	TEMPO AVG MILE PACE	HALF MARATHON BEST / AVG MILE PACE	MARATHON BEST / AVG MILE PACE	RECOVERY DAY PACE
5:00	17:05 / 5:30	35:45 / 5:45	6:05	1:18:00 / 6:00	2:44:00 / 6:15	7:00
5:30	18:45 / 6:00	39:00 / 6:15	6:35	1:25:00 / 6:30	3:00:00 / 6:50	7:35
6:00	20:15 / 6:30	42:00 / 6:45	7:05	1:35:00 / 7:15	3:15:00 / 7:25	8:10
6:30	22:00 / 7:05	45:45 / 7:20	7:40	1:40:00 / 7:35	3:30:00 / 8:00	8:45
7:00	23:45 / 7:40	49:00 / 7:55	8:15	1:50:00 / 8:20	3:45:00 / 8:35	9:20
7:30	25:15 / 8:05	52:30 / 8:25	8:50	1:55:00 / 8:45	4:00:00 / 9:10	9:55
8:00	27:00 / 8:40	55:50 / 9:00	9:25	2:05:00 / 9:30	4:15:00 / 9:45	10:30
8:30	28:30 / 9:10	59:00 / 9:30	9:55	2:10:00 / 9:55	4:30:00 / 10:15	11:00
9:00	30:00 / 9:40	62:30 / 10:00	10:30	2:20:00 / 10:40	4:45:00 / 10:50	11:35
9:30	31:45 / 10:15	66:00 / 10:35	11:00	2:25:00 / 11:05	5:00:00 / 11:25	12:10
10:00	33:00 / 10:40	69:00 / 11:05	11:35	2:35:00 / 11:45	5:15:00 / 12:00	12:45
10:30	35:00 / 11:15	72:00 / 11:35	12:00	2:40:00 / 12:10	5:30:00 / 12:35	13:20
11:00	36:15 / 11:40	75:00 / 12:00	12:35	2:50:00 / 12:55	5:40:00 / 13:00	13:45
11:30	38:00 / 12:15	78:30 / 12:35	13:00	2:55:00 / 13:15	5:50:00 / 13:20	14:05
12:00	39:30 / 12:40	81:30 / 13:05	13:35	3:05:00 / 14:05	6:00:00 / 13:45	14:30



# GLOSSARY



This glossary elaborates on the running-specific terms you'll see referenced throughout this plan. It's important to understand the different types of runs that this plan includes in order to get the most out of the full training journey.

## WORKOUTS

### SPEED

The best way to improve your fastest pace is to work on it for brief periods in a series of speed intervals. They can be the same length and pace with the same amount of recovery time, or can involve various distances, paces and recovery periods. Long intervals, Fartlek, Tempo and Hill Runs are all Speed workouts. See Types of Runs below for definitions of these.

### ENDURANCE

Your weekly Endurance Run is a long distance run at a comfortable pace. It is an essential part of your training that helps the body and mind adapt to increased distances. It also helps you get familiar with the physical and mental challenges that you might face during a race. This run should be run as a Progression Run. See Types of Runs for a definition of Progression Run.

### RECOVERY

Recovery is just as important as your hard workouts. Listen to what your body needs on Recovery days, whether that means taking the day off completely, cross-training with the NTC App or running a few Recovery miles. Ideally, at least two of your Recovery days should be spent running. Recovery Runs increase your stamina and help you recover at the highest quality possible after intense training. They should be run as Progression Runs. See Types of Runs below for a definition of Progression Run.

## TYPES OF RUNS

### PROGRESSION RUN

Progression Runs improve stamina and allow the body to adapt to the stress of running. Build your pace during the run by starting slower than the pace you hope to average for the run. Pick the pace up over the course of the run, finishing faster than the pace you hope to average. This progression from slower to faster allows you to naturally adjust to the effort of the run. Endurance and Recovery Runs should be run as Progression Runs.

### TRACK

Track refers to a session that includes a series of speed intervals. Ideally, this type of a workout is done on a track as the surface allows you to play with faster paces with precise measurements, but it can be done just about anywhere. You may choose to use city blocks, traffic lights or even trees as interval markers.

### STRIDES

Strides refer to very short runs that are usually done prior to a run or workout, or immediately after. A series of strides should become faster in pace-often, the first Stride will be the longest and the slowest. There should be a brief recovery between each Stride.

### FARTLEK

Fartlek works on speed and strength by alternating distances and paces during a continuous run. An example Fartlek workout structure could be one minute running easy followed by one minute running hard, repeated for a certain amount of minutes, miles or alternating every city block.

### SPLIT INTERVALS

Split Intervals refers to running two different paces in one interval. For example, running a 400-meter interval, with the first 200 meters easy and the last 200 meters fast. This effectively divides the interval into two parts.

### HILLS

Hill workouts develop speed and form. It takes extra effort to run uphill, so you don't need to run as fast as you would on a flat section. While running uphill, control your breathing. Don't lean too far forward. A light lean with the chin leading the chest is enough. Uphills are a great way to develop speed and strength with minimal pounding on the legs.

### TEMPO

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

### TURNAROUNDS

Turnarounds are practiced during short intervals. Rather than stopping at the end of an interval, run through the line and turn around as quickly and safely as you can to start the next repeat.

## TYPES OF PACES

### MILE PACE (FASTEST)

This is the pace you could race or run hard for one mile.

### 5K PACE (FASTER)

This is the pace you could race or run hard for about 3 miles.

### 10K PACE (FAST)

This is the pace you could race or run hard for about 6 miles.

### TEMPO PACE

Teaching your body to be comfortable being uncomfortable by maintaining a pace between 10k and Half-Marathon paces.

### RECOVERY PACE (EASY)

A pace easy enough that you can catch your breath while running.

# IF YOU . . .

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**EVERYONE'S TRAINING JOURNEY IS DIFFERENT. BUT THERE ARE SOME RECURRING CHALLENGES AND QUESTIONS THAT MANY RUNNERS ENCOUNTER ALONG THE WAY. HERE'S HOW TO UNDERSTAND AND OVERCOME THESE COMMON HURDLES ON YOUR ROAD TO RACE DAY.**

## **IF YOUR SCHEDULE DOES NOT MATCH THE TRAINING SCHEDULE,**

Then adjust the training schedule to your needs. For best results, each week should include the three key workouts—Speed, Endurance and Recovery. Prioritize Speed and Endurance workouts and make sure you recover intelligently.

## **IF YOU DON'T KNOW HOW TO FIGURE OUT YOUR PACE,**

Then experiment until you find it. When you're out running, you run on feel. You have different gears whether you realize it or not. Be patient, pay attention and have fun experimenting with your comfort level while running at different speeds across different distances. Use the Nike+ Running App while you run to keep track your paces, and use at our Pace Chart guidelines on page 06 to find your pace targets.

## **IF YOU'RE TIRED,**

Figure out why. Feeling fatigued is normal as your training progresses, but make sure you're supporting yourself in all other aspects of your life: get enough sleep, eat right, hydrate properly, respect Recovery days and wear the proper shoes. Sometimes the best training is to focus on recovery and rest.

## **IF YOU LACK MOTIVATION,**

Look for inspiration. Even where you don't expect to find it—like on a run that you don't want to do. Go out for ten minutes and if you don't feel like running anymore then come back. Just make sure you come back running.

## **IF YOU HAVE A TERRIBLE RUN,**

Move on to the next one. Some runs are just terrible—sometimes there's no reason, sometimes there is. Take a moment to see if there's a reason and learn something about yourself if there is. Being comfortable with a bad run is just as important as the joy of a great run.

## **IF YOU'RE HURT,**

Stop running. There is a difference between hurting and being hurt. It's essential to listen to and learn from your body throughout your training. Sometimes missing miles in the present lets you run better miles in the future.

## **IF YOU ARE GOING TO RACE,**

Give yourself time to recover—beforehand and afterwards. You may want to back off in terms of distance or pace a few days prior to the race. Be sure to give yourself a few days of recovery after it's over too (regardless of whether or not you consider it a successful race).

# 8K WEEK-BY-WEEK OVERVIEW



This 8-week training plan combines Endurance, Strength and Speed to get you ready to tackle the 2017 Bank of America Shamrock Shuffle 8K. This plan is built for you to adapt to your experience level. You'll schedule rest days and NTC workouts into your routine as well

## 8 WEEKS TO GO A STARTING LINE



This week you will begin your 8-week journey with a series of Recovery Runs and light workouts that will introduce you to the training plan.

## 7 WEEKS TO GO SET GOOD HABITS



Time to develop new habits. This week draws special attention to the how and why of the training. Work on building stamina and proper pacing on workout days.

## 6 WEEKS TO GO DEVELOP CONSISTENCY



In your third week of training, you will now begin to feel a rhythm to your running. The secret to running well is consistency.

## 5 WEEKS TO GO WARM UP



You are hitting your stride. Some days you will feel great. Other days you will feel tired. Both types of days will show you that you are putting in the work and are on track to get where you need to be.

## 4 WEEKS TO GO TIME TO EVOLVE



You are a different athlete now than you were when this started. It's time to do the work to become stronger, faster and better.

## 3 WEEKS TO GO READY TO RUN



You are fit, strong and ready to take on any workout on any day. The miles will start to pass by more quickly. Make sure you appreciate what you have done and what you are still doing.

## 2 WEEKS TO GO SHARPEN EVERY STEP



You don't taper. You sharpen. This week the speed picks up but the recovery picks up even more. It's quality running and quality recovery from now on.

## 1 WEEK TO GO THE STARTING LINE



You've made it. Run strong and confidently this week. Use what you have learned and the progress you have made. You are ready to take the line.

# TRAINING PLAN BREAKDOWN



Below is a sample weekly breakdown of the plan. If your schedule doesn't match the training schedule, adjust the training schedule to your needs. For best results, each week should include these key workouts – Speed, Endurance and Recovery, but prioritize Speed and Endurance if you don't have time to do everything. Use this as a visual guide and get ready to tackle the 2017 Bank of America Shamrock Shuffle 8K.

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEKS TO GO	8	2-3 MILES	TRACK	RECOVERY	TRACK	2-3 MILES	3-4 MILES	RECOVERY
	7	2-4 MILES	TRACK	RECOVERY	FARTLEK	2-4 MILES	3-4 MILES	RECOVERY
	6	2-5 MILES	TRACK	RECOVERY	FARTLEK	2-5 MILES	4-5 MILES	RECOVERY
	5	2-5 MILES	TRACK	RECOVERY	TEMPO	2-5 MILES	5-6 MILES	RECOVERY
	4	2-5 MILES	TRACK	RECOVERY	PROGRESSION	2-5 MILES	5-7 MILES	RECOVERY
	3	2-5 MILES	TRACK	RECOVERY	HILLS	2-5 MILES	6-8 MILES	RECOVERY
	2	2-5 MILES	TRACK	RECOVERY	TRACK	2-5 MILES	5-6 MILES	RECOVERY
	1	2-5 MILES	TRACK	RECOVERY	TRACK	RECOVERY	2-3 MILES	RACE DAY

8 WEEKS TO GO

# A STARTING LINE

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This week you will begin your journey with a series of runs and light workouts that will introduce you to the training plan. You can modify the following sequence to suit your week, but don't do Speed and Endurance runs back-to-back and stick to the recommended miles. To round out your training, add NTC workouts into your routine to get fit, fast.

## RECOVERY

We recommend recovering with a 2-3 mile Progression Run. Start slow and quicken your pace over the course of your run.

## SPEED

## TRACK

(2x) 200 meters at **Mile** pace  
800 meters at **10k** pace  
(2x) 200 meters at **Mile** pace  
800 meters at **10k** pace

2-minute recovery after each interval

## RECOVERY

The purpose of today's 2-3 mile run is to recover after your last workout. Gradually build up speed so your last mile is your fastest.

## ENDURANCE

## 3-4 MILES

This is your longest run of the week. Run this distance consistently to build your endurance for race day.

Remember to pay more attention to the quality of your pace over the course of your runs. Try to maintain a pace that is **60-90 seconds** slower than your goal pace for race day.

## RECOVERY

Easy does it. Run a few Recovery miles, do a NTC workout or take the whole day off.

## RECOVERY

Go for a few Recovery miles, do a NTC workout or take the whole day off. Give your body whatever it craves today.

## RECOVERY

Today is about recovering. Give your body what it craves by running a few Recovery miles, doing a NTC workout or take the day off.

7 WEEKS TO GO

# SET GOOD HABITS

////

Time to develop new habits. This week draws special attention to the how and why of the training. Work on building stamina and proper pacing on workout days. You can modify the following sequence to suit your week, but don't do Speed and Endurance runs back-to-back and stick to the recommended distance. To round out your training, add NTC workouts into your routine to get fit, fast.

## RECOVERY

Recovery miles are as important as your Speed and Endurance Runs. Try running 2-4 miles progressively today. Start slow and gradually build your speed so your last mile is faster than your first.

## RECOVERY

Today is about recovering. Give your body what it craves by running a few Recovery miles, doing a NTC workout or take the day off.

## SPEED

### TRACK

400 meters at 10k pace  
(2x) 400 meters at 5k pace  
400 meters at Mile pace

2-minute recovery between each interval.  
Repeat series 2x.

## RECOVERY

Use today's 2-4 mile run to recover as efficiently as possible. Build your speed gradually so your first mile is your slowest and your last is your fastest.

## ENDURANCE

### 3-4 MILES

Get ready to go the distance on race day with your week's longest run.

Remember to pay more attention to the quality of your pace over the course of your runs. Try to maintain a pace that is 60-90 seconds slower than your goal pace for race day.

## RECOVERY

Go for a few Progression miles, do a NTC workout or take the whole day off. Give your body what it craves today.

## SPEED

### FARTLEK

1-min at a hard pace, 30-sec easy pace  
2-min hard pace, 1-min easy pace  
3-min hard pace, 1:30-min easy pace  
3-min hard pace, 1:30-min easy pace  
2-min hard pace, 1-min easy pace  
1-min at a hard pace, 30-sec easy pace

6 WEEKS TO GO

# DEVELOP CONSISTENCY

////

In your third week of training, you will now begin to feel a rhythm to your running. The secret to running well is consistency. You can modify the following sequence to suit your week, but don't do Speed and Endurance runs back-to-back and stick to the recommended distance. To round out your training, add NTC workouts into your routine to get fit, fast.

## RECOVERY

Recover from your last effort with a 2-5 mile Progression Run. Start slow and quicken your pace over the course of your run.

## RECOVERY

Today is about recovering. Give your body what it craves by running a few Recovery miles, doing a NTC workout or take the day off.

## SPEED

### TRACK

800 meters at	5k pace	45-sec recovery
200 meters at	Mile pace	2-min recovery
600 meters at	5k pace	45-sec recovery
200 meters at	Mile pace	2-min recovery
400 meters at	5k pace	45-sec recovery
200 meters at	Mile pace	2-min recovery

## RECOVERY

Focus on control as you recover from your last workout. Recover with 2-5 Progression miles. Gradually build speed from your first mile to your last.

## ENDURANCE

### 4-5 MILES

Running this distance consistently will help prepare the body and mind to go the distance on race day.

You're almost there! For the last six weeks of training, monitor your average pace over the course of your runs. The mix of pace and distance will serve as an important ingredient to your success on race day.

## RECOVERY

Give your body what it craves today by running a few easy miles, doing a NTC workout or take the day off.

## SPEED

### FARTLEK

1000 meters at	10k pace
1000 meters at	Tempo pace
1000 meters at	10k pace
1000 meters at	Tempo pace
1000 meters at	10k pace
1000 meters at	Tempo pace
100-meter Strides	

2-minute rest between each interval.  
30 seconds between Strides.

5 WEEKS TO GO

# WARM UP

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You are hitting your stride. Some days you will feel great. Other days you will feel tired. Both types of days will show you that you are putting in the work and are on track to get where you need to be. You can modify the following sequence to suit your week, but don't do Speed and Endurance runs back-to-back and stick to the recommended distance. To round out your training, add NTC workouts into your routine to get fit, fast.

## RECOVERY

We recommend recovering with a 2-5 mile Progression Run. Start slow and quicken your pace over the course of your run.

## RECOVERY

Easy does it. Run a few Recovery miles, do a NTC workout or take the whole day off.

## SPEED

### TRACK

300 meters at	Mile pace	45-sec	recovery
400 meters at	5k pace	2-min	recovery
500 meters at	5k pace	2-min	recovery
600 meters at	10k pace	2-min	recovery
500 meters at	5k pace	2-min	recovery
400 meters at	5k pace	2-min	recovery
300 meters at	Mile pace	45-sec	recovery

## RECOVERY

The purpose of today's 2-5 mile run is to recover after your last workout. Gradually build up speed so your last mile is your fastest.

## ENDURANCE

### 5 - 6 MILES

Get ready to go the distance on race day with your week's longest run.

For the last five weeks of training, monitor your average pace over the course of your runs. The mix of pace and distance will serve as an important ingredient to your success on race day.

## RECOVERY

Go for a few Recovery miles, do a NTC workout or take the whole day off. Give your body whatever it craves today.

## SPEED

### TEMPO

3 mile Progression Run averaging at your **Tempo** pace.

(8x) 100-meter Strides



4 WEEKS TO GO

# TIME TO EVOLVE



You are a different athlete now than you were when this started. It's time to do the work to become stronger, faster and better. You can modify the following sequence to suit your week, but don't do Speed and Endurance runs back-to-back and stick to the recommended distance. To round out your training, add NTC workouts into your routine to get fit, fast.

## RECOVERY

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Recovery miles are as important as your Speed and Endurance Runs. Try running 2-5 miles progressively today. Start slow and gradually build your speed so your last mile is faster than your first.

## RECOVERY

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Today is about recovering. Give your body what it craves by running a few Recovery miles, doing a NTC workout or take the day off.

## SPEED — TRACK

Start out your session with a **2-mile** time-trial running at your goal **8k** pace.

Follow with:

<b>200</b> meters at	<b>10k</b> pace
<b>200</b> meters at	<b>5k</b> pace
<b>200</b> meters at	<b>Mile</b> pace
<b>200</b> meters at	<b>10k</b> pace
<b>200</b> meters at	<b>5k</b> pace
<b>200</b> meters at	<b>Mile</b> pace

**10-minute** easy cool down recovery after **2 miles**  
**60-seconds** recovery between  
**200 meter** intervals

## RECOVERY

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Use today's 2-5 mile run to recover as efficiently as possible. Build your speed gradually so your first mile is your slowest and your last is your fastest.

## ENDURANCE — 5-7 MILES

Running this distance consistently will help prepare the body and mind to go the distance on race day.

You're almost there! For the last four weeks of training, monitor your average pace over the course of your runs. The mix of pace and distance will serve as an important ingredient to your success on race day.

## RECOVERY

---

Give your body what it craves today by running a few easy miles, doing a NTC workout or take the day off.

## SPEED — PROGRESSION

**Run 4 miles** as a Progression Run. Your pace should drop so the last **2 miles** are run at a **Tempo** pace.

3 WEEKS TO GO

# READY TO RUN

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You are fit, strong and ready to take on any workout on any day. The miles will start to pass by more quickly. Make sure you appreciate what you have done and what you are doing. You can modify the following sequence to suit your week, but don't do Speed and Endurance runs back-to-back and stick to the recommended distance. To round out your training, add NTC workouts into your routine to get fit, fast.

## RECOVERY

Recover from your last effort with a 2-5 mile Progression Run. Start slow and quicken your pace over the course of your run.

## RECOVERY

Today is about recovering. Give your body what it craves by running a few Recovery miles, doing a NTC workout or take the day off.

## SPEED

### TRACK

Run **1 Mile**: Alternate running **200** meters at **Recovery Run** pace then **200** meters at **Mile** pace for **1 Mile**.

Follow with **4-minute** recovery.

Split **400m**: the first **200m** at **Tempo** pace the last **200m** at **Mile** pace. **2-minute** recovery.

Split **400m**: the first **200m** at **Tempo** pace the last **200m** at **Mile** pace.

## RECOVERY

Focus on control as you recover from your last workout. Recover with 2-5 Progression miles. Gradually build speed from your first mile to your last.

## ENDURANCE

### 6-8 MILES

Get ready to go the distance on race day with your week's longest run.

For the last three weeks of training, monitor your average pace over the course of your runs. The mix of pace and distance will serve as an important ingredient to your success on race day.

## RECOVERY

Go for a few Progression miles, do a NTC workout or take the whole day off. Give your body what it craves today.

## SPEED

### HILLS

Run uphill for **2 minutes**—preferably **90 seconds** up and **30 seconds** over a crest. Repeat **6x**.

If you don't have a hill, do a **2-minute** Progression Run that builds from a **10k** to a **Mile** pace and repeat **6x**.

Whether on a hill or flat, allow for a full recovery between intervals.

2 WEEKS TO GO

# SHARPEN EVERY STEP

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You don't taper. You sharpen. This week the speed picks up but the recovery picks up even more. It's quality running and quality recovery from now on. You can modify the following sequence to suit your week, but don't do Speed and Endurance runs back-to-back and stick to the recommended distance. To round out your training, add NTC workouts into your routine to get fit, fast.

## RECOVERY

We recommend recovering with a 2-5 mile Progression Run. Start slow and quicken your pace over the course of your run.

## RECOVERY

Easy does it. Run a few Recovery miles, do a NTC workout or take the whole day off.

## SPEED

### TRACK

(2x) 200 meters at **Mile** pace  
400 meters at **10k** pace  
(4x) 200 meters at **5k** pace  
400 meters at **10k** pace  
(2x) 200 meters at **Mile** pace

60-second recovery between each interval.

## RECOVERY

The purpose of today's 2-5 mile run is to recover after your last workout. Gradually build up speed so your last mile is your fastest.

## ENDURANCE

### 5-6 MILES

Running this distance consistently will help prepare the body and mind to go the distance on race day.

For the last two weeks of training, monitor your average pace over the course of your runs. The mix of pace and distance will serve as an important ingredient to your success on race day.

## RECOVERY

Go for a few Recovery miles, do a NTC workout or take the whole day off. Give your body whatever it craves today.

## SPEED

### TRACK

1 mile Recovery Run  
2 minutes recovery  
3 miles Tempo Run  
2 minutes recovery  
1 mile Recovery Run

1 WEEK TO GO

# THE STARTING LINE

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You've made it. This week, run strong and confident. Use what you have learned and the progress you have made. You are ready to take the line. You can modify the following sequence to suit your week, but don't do Speed and Endurance runs back-to-back and stick to the recommended distance. To round out your training, add NTC workouts into your routine to get fit, fast.

## RECOVERY

Recovery miles are as important as your Speed and Endurance Runs. Try running 2-5 miles progressively today. Start slow and gradually build your speed so your last mile is faster than your first.

## RECOVERY

Today is about recovering. Give your body what it craves by running a few Recovery miles, doing a NTC workout or take the day off.

## SPEED

### TRACK

(2x) 200 meters at	Mile pace
400 meters at	5k pace
800 meters at	10k pace
400 meters at	Marathon pace
200 meters at	Mile pace

2-minute recovery between each interval.

## RECOVERY

Use today's 2-5 mile run to recover as efficiently as possible. Build your speed gradually so your first mile is your slowest and your last is your fastest.

## RACE DAY

BANK OF AMERICA  
**SHAMROCK  
SHUFFLE** 2017  
8<sup>k</sup>

You've made it. Run strong and confidently this week. Use what you have learned and the progress you have made. You are ready to take the line.

## SPEED

### TRACK

2 mile Recovery Run

(8x) 100-meter Strides

1 mile Recovery Run

## RECOVERY

Go for a few Progression miles, do a NTC workout or take the whole day off. Give your body what it craves today.