MARCH 21, 2021
8-WEEK TRAINING PROGRAM
The goal of this plan isn’t to get you across the finish line, it’s to get the best version of you across the finish line.
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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 an 8K. 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 Run Club app to get cheers, motivation and encouragement from your friends.

- The Nike Training Club 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

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

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

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.
FIND YOUR STARTING PACE

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:

<table>
<thead>
<tr>
<th>MILE BEST</th>
<th>5K BEST / AVG MILE PACE</th>
<th>10K BEST / AVG MILE PACE</th>
<th>TEMPO AVG MILE PACE</th>
<th>HALF MARATHON BEST / AVG MILE PACE</th>
<th>MARATHON BEST / AVG MILE PACE</th>
<th>RECOVERY DAY PACE</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00</td>
<td>27:00 / 8:40</td>
<td>55:50 / 9:00</td>
<td>9:25</td>
<td>2:05:00 / 9:30</td>
<td>4:15:00 / 9:45</td>
<td>16:30</td>
</tr>
</tbody>
</table>

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:

<table>
<thead>
<tr>
<th>MILE BEST</th>
<th>5K BEST / AVG MILE PACE</th>
<th>10K BEST / AVG MILE PACE</th>
<th>TEMPO AVG MILE PACE</th>
<th>HALF MARATHON BEST / AVG MILE PACE</th>
<th>MARATHON BEST / AVG MILE PACE</th>
<th>RECOVERY DAY PACE</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:30</td>
<td>31:45 / 10:15</td>
<td>66:00 / 10:35</td>
<td>11:00</td>
<td>2:25:00 / 11:05</td>
<td>5:00:00 / 11:25</td>
<td>12:10</td>
</tr>
</tbody>
</table>

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

**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.

**TRACK**
Track refers to a session that includes a series of speed intervals. Ideally, this type of 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.

**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.

**TURNDOWNS**
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**

<table>
<thead>
<tr>
<th>MILE PACE (FASTEST)</th>
<th>5K PACE (FASTER)</th>
<th>10K PACE (FAST)</th>
<th>TEMPO PACE</th>
<th>RECOVERY PACE (EASY)</th>
</tr>
</thead>
<tbody>
<tr>
<td>This is the pace you could race or run hard for one mile.</td>
<td>This is the pace you could race or run hard for about 3 miles.</td>
<td>This is the pace you could race or run hard for about 6 miles.</td>
<td>Teaching your body to be comfortable by maintaining a pace between 10k and Half-Marathon paces.</td>
<td>A pace easy enough that you can catch your breath while running.</td>
</tr>
</tbody>
</table>
IF YOU...

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 Run Club 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 2020 Bank of America Shamrock Shuffle. 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.

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 2021 Bank of America Shamrock Shuffle.

<table>
<thead>
<tr>
<th>WEEKS</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2-3 MILES</td>
<td>TRACK</td>
<td>RECOVERY</td>
<td>RECOVERY</td>
<td>2-3 MILES</td>
<td>3-4 MILES</td>
<td>RECOVERY</td>
</tr>
<tr>
<td>2</td>
<td>2-4 MILES</td>
<td>TRACK</td>
<td>RECOVERY</td>
<td>FARTLEK</td>
<td>2-4 MILES</td>
<td>3-4 MILES</td>
<td>RECOVERY</td>
</tr>
<tr>
<td>3</td>
<td>2-5 MILES</td>
<td>TRACK</td>
<td>RECOVERY</td>
<td>FARTLEK</td>
<td>2-5 MILES</td>
<td>4-5 MILES</td>
<td>RECOVERY</td>
</tr>
<tr>
<td>4</td>
<td>2-5 MILES</td>
<td>TRACK</td>
<td>RECOVERY</td>
<td>TEMPO</td>
<td>2-5 MILES</td>
<td>5-6 MILES</td>
<td>RECOVERY</td>
</tr>
<tr>
<td>5</td>
<td>2-5 MILES</td>
<td>TRACK</td>
<td>RECOVERY</td>
<td>PROGRESSION</td>
<td>2-5 MILES</td>
<td>5-7 MILES</td>
<td>RECOVERY</td>
</tr>
<tr>
<td>6</td>
<td>2-5 MILES</td>
<td>TRACK</td>
<td>RECOVERY</td>
<td>HILLS</td>
<td>2-5 MILES</td>
<td>6-8 MILES</td>
<td>RECOVERY</td>
</tr>
<tr>
<td>7</td>
<td>2-5 MILES</td>
<td>TRACK</td>
<td>RECOVERY</td>
<td>TRACK</td>
<td>2-5 MILES</td>
<td>5-6 MILES</td>
<td>RECOVERY</td>
</tr>
<tr>
<td>8</td>
<td>2-5 MILES</td>
<td>TRACK</td>
<td>RECOVERY</td>
<td>TRACK</td>
<td></td>
<td>RACE WEEKEND</td>
<td></td>
</tr>
</tbody>
</table>
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.

**SPEED TRACK**

(2x) 200 meters at Mile pace
(2x) 800 meters at 10k pace
2-minute recovery after each interval

**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**

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

**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.

**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.
### A Starting Line

<table>
<thead>
<tr>
<th>DAY</th>
<th>TRAINING PLAN</th>
<th>MILES</th>
<th>NOTES</th>
</tr>
</thead>
<tbody>
<tr>
<td>MONDAY</td>
<td>2–3 MILES</td>
<td></td>
<td></td>
</tr>
<tr>
<td>TUESDAY</td>
<td>TRACK</td>
<td></td>
<td></td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td>RECOVERY</td>
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<tr>
<td>THURSDAY</td>
<td>RECOVERY</td>
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<td>FRIDAY</td>
<td>2–3 MILES</td>
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<td>SATURDAY</td>
<td>3–4 MILES</td>
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<tr>
<td>SUNDAY</td>
<td>RECOVERY</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**MILEAGE GOAL:** 8.5 MILES

**TOTAL MILES:**

**HOW I’M FEELING THIS WEEK (CIRCLE ONE):**

- 🙁
- 😐
- 😊

**NEXT WEEK’S GOALS**


**MY MANTRA**
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.

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.

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.

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

RECOVERY

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.

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.

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.

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

<table>
<thead>
<tr>
<th>DAY</th>
<th>TRAINING PLAN</th>
<th>MILES</th>
<th>NOTES</th>
</tr>
</thead>
<tbody>
<tr>
<td>MONDAY</td>
<td>2-4 MILES</td>
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**MILEAGE GOAL: 11 MILES**

**TOTAL MILES**

**HOW I’M FEELING THIS WEEK (CIRCLE ONE)**

![Sad Face](image)

![Neutral Face](image)

![Happy Face](image)

**NEXT WEEK’S GOALS**

_________________________

_________________________

**MOTIVATIONAL QUOTE**

_________________________
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.

### 6 WEEKS TO GO

#### DEVELOP CONSISTENCY

<table>
<thead>
<tr>
<th>Speed - Track</th>
<th>Speed - Fartlek</th>
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<tr>
<td>800 meters at 5k pace</td>
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<tr>
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<td>400 meters at 5k pace</td>
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<tr>
<td>200 meters at 5k pace</td>
<td>1000 meters at Tempo pace</td>
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**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

- **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**
  - 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.

- **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.

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

2-minute rest between each interval. 30 seconds between Strides.
# DEVELOP CONSISTENCY

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**MILEAGE GOAL:** 13.5 MILES

**TOTAL MILES**

**HOW I’M FEELING THIS WEEK** (CIRCLE ONE)

- 😞 😐 😊

**NEXT WEEK’S GOALS**

- [ ]

**FAVORITE SONG OF THE WEEK**
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.

**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**

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

**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.

**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
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**MILEAGE GOAL:** 14.5 MILES

**TOTAL MILES**

**HOW I’M FEELING THIS WEEK** (CIRCLE ONE)

**NEXT WEEK’S GOALS**

**SOMEONE WHO HAS INSPIRED ME THIS WEEK**
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.

**SPEED TRACK**

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

- 200 meters at 10k pace
- 200 meters at 5k pace
- 200 meters at Mile pace
- 200 meters at 10k pace
- 200 meters at 5k pace
- 200 meters at Mile pace

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

**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**

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**

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.

**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.

**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.
# TIME TO EVOLVE

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**MILEAGE GOAL: 16.75 MILES**

**TOTAL MILES**

**NEXT WEEK’S GOALS**

**FAVORITE RUN THIS WEEK**

**HOW I’M FEELING THIS WEEK (CIRCLE ONE)**

- 😞
- 😐
- 😊
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 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.

---

**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.

---

**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.

---

**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.

---

**RECOVERY**

**6-8 MILES**

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.

---

**RECOVERY**

**3 WEEKS TO GO**

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.

---

**RECOVERY**

**3 WEEKS TO GO**

Go for a few Progression miles, do a NTC workout or take the whole day off. Give your body what it craves today.
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MILEAGE GOAL: 13.2 MILES

TOTAL MILES

HOW I’M FEELING THIS WEEK (CIRCLE ONE)

NEGATIVE 🙁
POSITIVE 🙂
SOMEBODY WHO HAS SUPPORTED ME THIS WEEK

NEXT WEEK’S GOALS

_________________________________________________________________
_________________________________________________________________

SOMEONE WHO HAS SUPPORTED ME THIS WEEK

_________________________________________________________________
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. 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.

**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.

**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**

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

**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.

**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.

**SPEED**

**TRACK**

1 mile Recovery Run
2 minutes recovery
3 miles Tempo Run
2 minutes recovery
1 mile Recovery Run
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**MILEAGE GOAL:** 16 MILES

**TOTAL MILES**

**NEXT WEEK’S GOALS**

**NAME WHAT YOU ARE EXCITED FOR NEXT WEEK**

**HOW I’M FEELING THIS WEEK (CIRCLE ONE)**
1 WEEK TO GO

THE STARTING LINE

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 at the Bank of America Shamrock Shuffle. 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.

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 2-3 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.

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.

RACE DAY

You’ve made it. Run strong and confidently. Use what you have learned and the progress you have made. You are ready to take the line.
# THE STARTING LINE

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**MILEAGE GOAL: 7 MILES**

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**HOW I’M FEELING THIS WEEK (CIRCLE ONE)**

- 😞
- 😐
- 😊

**THIS YEAR’S GOALS**

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