



# 8K / 5 Mile Training Schedule

	<b>Tuesday Workout #1 (Speed Work)</b>	<b>Thursday Workout #2 (Tempo Run)</b>	<b>Weekend Workout #3 (Long Run)</b>
<b>Week 1</b>	<b>30 Min Run Mile Test</b>	<b>35 Min Run</b>	<b>2.5 Miles</b>
<b>Week 2</b>	<b>30 Min Run</b>	<b>35 Min Run</b>	<b>3 Miles</b>
<b>Week 3</b>	<b>30 Min Run</b>	<b>35 Min Run</b>	<b>3.5 Miles</b>
<b>Week 4</b>	<b>30 Min Run Mile Test</b>	<b>35 Min Run</b>	<b>3 Miles</b>

<b>Week 5</b>	<b>30 Min Run</b>	<b>35 Min Run</b>	<b>4 Miles</b>
<b>Week 6</b>	<b>30 Min Run</b>	<b>35 Min Run</b>	<b>4.5 Miles</b>
<b>Week 7</b>	<b>30 Min Run Mile Test</b>	<b>35 Min Run</b>	<b>5 Miles</b>
<b>Week 8</b>	<b>30 Min Run</b>	<b>35 Min Run</b>	<b>5.5 Miles</b>
<b>Week 9</b>	<b>30 Min Run Mile Test</b>	<b>35 Min Run</b>	<b>4 Miles</b>
<b>Week 10</b> Race Week	<b>30 Min Run</b>	<b>35 Min Run</b>	<b>5 Miles</b> <b>*8k - Bungalow</b> <b>Race Day</b>

<b>Week 11</b>	<b>30 Min Run</b>	<b>35 Min Run</b>	<b>6.5 Miles</b>
<b>Week 12</b>	<b>30 Min Run Mile Test</b>	<b>35 Min Run</b>	<b>4 Miles</b>
<b>Week 13</b> Race Week	<b>30 Min Run Mile Test</b>	<b>35 Min Run</b>	<b>6.2 Miles 10k Race Day!</b>

**\*Tuesday Speed Days:** 5-10 minute warm-up followed by 400 or 800 meter repeats. After each repeat, take an equal rest before starting the next. (Example) After completing the 400 meters in 2 minutes and 30 seconds, take a 2-min and 30-sec rest before starting your next set—the same for your 800-meter repeats.

Conclude each speed day with a 5-minute cool-down.

**Thursday Tempo Runs:** 5-minute warm-up followed by a 10-minute high tempo run. 5-minute easy run followed by 10-minute high tempo run. Cool down for 5 minutes.

**\*Terminology:** 400's equals a quarter mile/ 400 meters. This would represent one time around the inside lane of any track. An 800 equals a half mile/ 2 times around the inside lane of a track. If a track is not available to

you, just use the GPS on your running app. Sec means how many seconds to rest.

I ALWAYS recommend using a track for quarter-mile repeats. You can also use the GPS to track your meters using the Nike Run Club app set to SPEED.

**\*\*Special Note:** Although Tuesdays are considered speed workouts, for the beginner who will be implementing the run, walk, run, you can consider this endurance training. If you can clear a quarter mile without stopping, then 30 seconds of running will be a breeze. However, you can also use your run, walk ratios to complete these workouts.

I challenge you, to challenge yourself to complete this non-stop.

You are the captain of your own running ship.

## HOW TO SET UP SPEED WORKOUT USING NIKE RUN CLUB APP

Phone App: <https://youtu.be/MQIsUgbG8L8>

Apple Watch: <https://youtu.be/j6sIWnWDQQc>

### Unlock Your Fastest Mile: The Key to a Stronger 8k - 5-Miler

Whether you're a beginner looking to build speed or a seasoned runner aiming for a new personal best, the mile test is a powerful tool in your training. One of the best ways to measure your progress is by completing the Keep Calm Mile test. This structured approach helps determine your ideal pace, whether you're following a run-walk-run strategy or pushing for a faster time.

#### How to Find Your Keep Calm Mile

Set Up Your Tracking App – Use Nike Run Club or any other tracking app and set your workout distance to 1 mile.

Warm Up – Start with a slow half-mile jog to get your body ready.

Acceleration-Gliders – Perform two rounds of:

10 seconds fast walking

10 seconds jogging

10 seconds at a faster jogging pace

Cadence Drills – Do two sets of:

30 seconds jogging fast, counting how many times your right foot touches the ground

30 seconds walking before repeating

End Your Warm-Up – Stop your workout and set up a new workout for exactly 1 mile.

Shake It Out – Walk for about 3 minutes, doing leg swings and shoulder rolls to loosen up.

Run Your 1-Mile Test

Pace yourself evenly across each quarter-mile (4 laps on a standard track).

**Experienced runners:** Run the full mile without stopping and record your best time.

**Beginners:** Jog as much as possible before taking a walk break. Walk when needed but aim to complete the mile at your best effort.

Record Your Results – Stop your workout immediately after finishing your mile. Take a screenshot and send it via Messenger, text, or email.

### **How Your Keep Calm Mile Helps Your Training**

Your mile test helps determine where you fall on the run-walk-run pace chart. To adjust for natural fatigue over longer distances, add 30 seconds to your mile time. For example, if you run a 9:30 mile, your estimated 5K pace would be 10:00 per mile, meaning a run-walk-run ratio of 90 seconds running, 30 seconds walking.

### **Make This a Regular Benchmark**

For experienced runners aiming to improve, take this test at least once per month. You can also integrate it into a long run by:

Warming up

Running the 1-mile test

Walking for 5 minutes

Completing the rest of your scheduled mileage at a slow, steady pace

If this is a standalone test, simply cool down with a 5-minute walk, and you're done!

By regularly testing your Keep Calm Mile, you'll gain insight into your progress and refine your training for a stronger, faster 5K.

Would you like to join group training or semi-private sessions text "RUN/WALK" to 609-418-9488