



Military Athlete

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4-WEEK RUN IMPROVEMENT PROGRAM

PROGRAM DESCRIPTION

This 4-week training program is sport-specifically designed to improve moderate to longer distance (1–8 mile) run performance. For fit athletes, this program can be done concurrently with the Operator Sessions or another Military Athlete training program. This program can also be completed itself as a stand alone program.

The program employs individually-scaled interval run times based on your current level of ability determined by an assessment.

Only a stop watch and a track or route with known distances are required to perform this program.

PROGRAM OVERVIEW

Each week has the same general layout that is progressed - made harder - as you move through it. The layout is:

Monday: Week 1: Assessment; Weeks 2-4: 100m hill sprints and 2-mile intervals

Tuesday: 400m and 800m intervals

Wednesday: Rest

Thursday: 400m and 800m intervals

Friday: 8-mile run

Week 5 is a one session run assessment for you to measure your improvement. It is a repeat of Session 1.

RUN TRAINING AND RUN TABLE

Run Training

There are three objectives in this plan:

1. Improve Speed and Speed Endurance
2. Improve Tempo Running Endurance
3. Build Base and Improve Run Efficiency

The paces in the run table (covered below) reflect the required intensity for each objective. Not all sessions require high intensity. Mondays during Weeks 2-4 are high intensity for the 100m hill sprints, but only moderate intensity for the 2-mile intervals. Friday sessions are low intensity, designed to make you more efficient in a manner only achievable and sustainable at low intensity.

4-WEEK RUN IMPROVEMENT PROGRAM, JULY 2013

Run Table

The table is scaled to your initial assessment time and dictates the pace you need to keep for each repeat of the interval. The tables are self-explanatory and easy to figure out as you work through the training plan. Email rob@militaryathlete.com if you are having trouble.

There are three major columnar divisions in the table:

1. **Assessment Time:** where you'll reference your 5-mile assessment time to find all of your interval and run times for the program.
2. **Interval Pace Times:** where you'll find the times you should be achieving on each interval for Monday, Tuesday, and Wednesday sessions.
3. **8-mile Time:** where you'll find the time range you should run Friday's 8-mile run.

COMMON QUESTIONS

How should I implement this program if I am also completing the Operator Sessions, or another Military Athlete training program.

If you are doing the Operator Sessions, or another training program, do those sessions first, and the run sessions second. Ideally you would train in the gym in the mornings, and complete the running session in the afternoon/evening. However, if your gym-based training session includes a work capacity event with lots of running, you should skip the running portion in favor of completing your afternoon session from this plan.

What if I miss a day?

If you miss a day, make up the session you missed the next day and follow the programming as prescribed. If this happens, we recommend training on a Wednesday or Saturday to stay on schedule.

I found a hill to use, but it flattens out before 100m, is that OK?

Yes, as long as it's around 70m - it doesn't have to be exact. You can also use bleachers, though a hill is the best.

Can the hill be too steep?

Yes. You should be able to maintain a normal stride up the hill for the sprints. If you have to bring a knee around, or if you are running on your toes, the hill is too steep.

Why is the 8-mile run at a slow pace? I don't feel like I'm trying that hard.

Good. You shouldn't be trying that hard. Believe in easy when it comes to building an endurance base/forcing aerobic adaptations. We're not in the camp that says high-intensity is the only way to train. Miles at low intensity pay myriad dividends in the long term.

Why can't I make all of my 400m/800m interval times?

The intervals are pretty aggressive. In our experience, the first 1-2 times, you may not make all of the intervals. However, as you move through the program, they become more attainable, and, by the end, you'll probably be out-pacing them throughout all or most of the intervals. Much of the interval performance depends on the type of runner you are – strong athletes tend to be able to muscle through the shorter intervals, but suffer and fade away on the longer ones, for example.

What if I have more questions?

Contact rob@militaryathlete.com

Good Luck!

Rob Shaul
Military Athlete
Jackson, Wyoming

4-WEEK RUN IMPROVEMENT PROGRAM, JULY 2013

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>SESSION 1 Obj: Assessment</p> <p>Warm-up:</p> <p>3 Rounds 10x Air Squats 10x Push-ups 10x Sit-ups 200m Run (50%-75%-100%) Instep Stretch</p> <p>(1) Run 5 miles for time - record time.</p> <p>5-MILE TIME: _____:</p>	<p>SESSION 2 Obj: Speed/Speed Endurance</p> <p>(1) 6 Rounds 800m Run @ Interval Pace Time 3 min. Rest</p>	RUN REST DAY	<p>SESSION 3 Obj: Speed/Speed Endurance</p> <p>(1) 2 Rounds 400m Run @ Interval Pace Time 2 min. Rest</p> <p>(2) 5 Rounds 800m Run @ Interval Pace Time 3 min. Rest</p>	<p>SESSION 4 Obj: Base/Efficiency</p> <p>(1) 8-mile Run @ 8-Mile Time</p>

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 2	<p>SESSION 5 Obj: Speed/Tempo</p> <p>(1) 8 Rounds 100m Full Speed Sprint on hill with a moderate incline Rest 90 sec.</p> <p>(2) 3 Rounds 2-mile Run @ Interval Pace Time 5 min. Rest</p>	<p>SESSION 6 Obj: Speed/Speed Endurance</p> <p>(1) 4 Rounds 400m Run @ Interval Pace Time 2 min. Rest</p> <p>(2) 4 Rounds 800m Run @ Interval Pace Time 3 min. Rest</p>	RUN REST DAY	<p>SESSION 7 Obj: Speed/Speed Endurance</p> <p>(1) 6 Rounds 400m Run @ Interval Pace Time 2 min. Rest</p> <p>(2) 3 Rounds 800m Run @ Interval Pace Time 3 min. Rest</p>	<p>SESSION 8 Obj: Base/Efficiency</p> <p>(1) 8-mile Run @ 8-Mile Time</p>

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 3	<p>SESSION 9 Obj: Speed/Tempo</p> <p>(1) 7 Rounds 100m Full Speed Sprint on hill with a moderate incline Rest 90 sec.</p> <p>(2) 4 Rounds 2-mile Run @ Interval Pace Time 5 min. Rest</p>	<p>SESSION 10 Obj: Speed/Speed Endurance</p> <p>(1) 8 Rounds 400m Run @ Interval Pace Time 2 min. Rest</p> <p>(2) 2 Rounds 800m Run @ Interval Pace Time 3 min. Rest</p>	RUN REST DAY	<p>SESSION 11 Obj: Speed/Speed Endurance</p> <p>(1) 10 Rounds 400m Run @ Interval Pace Time 2 min. Rest</p> <p>(2) 1 Rounds 800m Run @ Interval Pace Time 3 min. Rest</p>	<p>SESSION 12 Obj: Base/Efficiency</p> <p>(1) 8-mile Run @ 8-Mile Time</p>

4-WEEK RUN IMPROVEMENT PROGRAM, JULY 2013

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 4	SESSION 13 Obj: Speed/Tempo (1) 6 Rounds 100m Full Speed Sprint on hill with a moderate incline Rest 90 sec. (2) 4 Rounds 2-mile Run @ Interval Pace Time 5 min. Rest	SESSION 14 Obj: Speed/Speed Endurance (1) 12 Rounds 400m Run @ Interval Pace Time 2 min. Rest	RUN REST DAY	SESSION 15 Obj: Speed/Speed Endurance (1) 12 Rounds 400m Run @ Interval Pace Time 2 min. Rest	SESSION 16 Obj: Base/Efficiency (1) 8-mile Run @ 8-Mile Time

	MONDAY
WEEK 5	SESSION 17 Obj: Assessment Warm-up: 3 Rounds 10x Air Squats 10x Push-ups 10x Sit-ups 200m Run (50%-75%-100%) Instep Stretch (1) Run 5 miles for time - record time. 5-MILE TIME: _____:_____

4-WEEK RUN IMPROVEMENT PROGRAM, JULY 2013

ASSESSMENT TIME	INTERVAL PACE TIMES			8-MILE TIME
5 MILE TIME (MIN:SEC)	400m (mm:ss)	800m (mm:ss)	2 mile (mm:ss)	8 mile (h:mm:ss)
30:00 - 30:09	01:15 - 01:20	02:42 - 02:46	11:24 - 11:27	0:58:40 - 1:02:24
30:10 - 30:19	01:15 - 01:20	02:43 - 02:47	11:28 - 11:31	0:58:56 - 1:02:40
30:20 - 30:29	01:16 - 01:20	02:44 - 02:48	11:32 - 11:35	0:59:12 - 1:02:56
30:30 - 30:39	01:16 - 01:21	02:45 - 02:49	11:35 - 11:39	0:59:28 - 1:03:12
30:40 - 30:49	01:16 - 01:21	02:46 - 02:50	11:39 - 11:43	0:59:44 - 1:03:28
30:50 - 30:59	01:17 - 01:22	02:47 - 02:51	11:43 - 11:46	1:00:00 - 1:03:44
31:00 - 31:09	01:17 - 01:22	02:47 - 02:52	11:47 - 11:50	1:00:16 - 1:04:00
31:10 - 31:19	01:18 - 01:23	02:48 - 02:53	11:51 - 11:54	1:00:32 - 1:04:16
31:20 - 31:29	01:18 - 01:23	02:49 - 02:54	11:54 - 11:58	1:00:48 - 1:04:32
31:30 - 31:39	01:18 - 01:24	02:50 - 02:55	11:58 - 12:02	1:01:04 - 1:04:48
31:40 - 31:49	01:19 - 01:24	02:51 - 02:56	12:02 - 12:05	1:01:20 - 1:05:04
31:50 - 31:59	01:19 - 01:24	02:52 - 02:57	12:06 - 12:09	1:01:36 - 1:05:20
32:00 - 32:09	01:20 - 01:25	02:53 - 02:57	12:10 - 12:13	1:01:52 - 1:05:36
32:10 - 32:19	01:20 - 01:25	02:54 - 02:58	12:13 - 12:17	1:02:08 - 1:05:52
32:20 - 32:29	01:21 - 01:26	02:55 - 02:59	12:17 - 12:21	1:02:24 - 1:06:08
32:30 - 32:39	01:21 - 01:26	02:56 - 03:00	12:21 - 12:24	1:02:40 - 1:06:24
32:40 - 32:49	01:21 - 01:27	02:56 - 03:01	12:25 - 12:28	1:02:56 - 1:06:40
32:50 - 32:59	01:22 - 01:27	02:57 - 03:02	12:29 - 12:32	1:03:12 - 1:06:56
33:00 - 33:09	01:22 - 01:28	02:58 - 03:03	12:32 - 12:36	1:03:28 - 1:07:12
33:10 - 33:19	01:23 - 01:28	02:59 - 03:04	12:36 - 12:40	1:03:44 - 1:07:28
33:20 - 33:29	01:23 - 01:28	03:00 - 03:05	12:40 - 12:43	1:04:00 - 1:07:44
33:30 - 33:39	01:23 - 01:29	03:01 - 03:06	12:44 - 12:47	1:04:16 - 1:08:00
33:40 - 33:49	01:24 - 01:29	03:02 - 03:07	12:48 - 12:51	1:04:32 - 1:08:16
33:50 - 33:59	01:24 - 01:30	03:03 - 03:08	12:51 - 12:55	1:04:48 - 1:08:32
34:00 - 34:09	01:25 - 01:30	03:04 - 03:09	12:55 - 12:59	1:05:04 - 1:08:48
34:10 - 34:19	01:25 - 01:31	03:05 - 03:09	12:59 - 13:02	1:05:20 - 1:09:04
34:20 - 34:29	01:25 - 01:31	03:05 - 03:10	13:03 - 13:06	1:05:36 - 1:09:20
34:30 - 34:39	01:26 - 01:31	03:06 - 03:11	13:07 - 13:10	1:05:52 - 1:09:36
34:40 - 34:49	01:26 - 01:32	03:07 - 03:12	13:10 - 13:14	1:06:08 - 1:09:52
34:50 - 34:59	01:27 - 01:32	03:08 - 03:13	13:14 - 13:18	1:06:24 - 1:10:08
35:00 - 35:09	01:27 - 01:33	03:09 - 03:14	13:18 - 13:21	1:06:40 - 1:10:24
35:10 - 35:19	01:28 - 01:33	03:10 - 03:15	13:22 - 13:25	1:06:56 - 1:10:40

4-WEEK RUN IMPROVEMENT PROGRAM, JULY 2013

ASSESSMENT TIME	INTERVAL PACE TIMES			8-MILE TIME
5 MILE TIME (MIN:SEC)	400m (mm:ss)	800m (mm:ss)	2 mile (mm:ss)	8 mile (h:mm:ss)
35:20 - 35:29	01:26 - 01:32	03:09 - 03:14	13:26 - 13:29	1:07:12 - 1:10:56
35:30 - 35:39	01:26 - 01:32	03:10 - 03:15	13:29 - 13:33	1:07:28 - 1:11:12
35:40 - 35:49	01:27 - 01:32	03:10 - 03:16	13:33 - 13:37	1:07:44 - 1:11:28
35:50 - 35:59	01:27 - 01:33	03:11 - 03:16	13:37 - 13:40	1:08:00 - 1:11:44
36:00 - 36:09	01:27 - 01:33	03:12 - 03:17	13:41 - 13:44	1:08:16 - 1:12:00
36:10 - 36:19	01:28 - 01:34	03:13 - 03:18	13:45 - 13:48	1:08:32 - 1:12:16
36:20 - 36:29	01:28 - 01:34	03:14 - 03:19	13:48 - 13:52	1:08:48 - 1:12:32
36:30 - 36:39	01:29 - 01:35	03:15 - 03:20	13:52 - 13:56	1:09:04 - 1:12:48
36:40 - 36:49	01:29 - 01:35	03:16 - 03:21	13:56 - 13:59	1:09:20 - 1:13:04
36:50 - 36:59	01:30 - 01:35	03:17 - 03:22	14:00 - 14:03	1:09:36 - 1:13:20
37:00 - 37:09	01:30 - 01:36	03:18 - 03:23	14:04 - 14:07	1:09:52 - 1:13:36
37:10 - 37:19	01:30 - 01:36	03:18 - 03:24	14:07 - 14:11	1:10:08 - 1:13:52
37:20 - 37:29	01:31 - 01:37	03:19 - 03:25	14:11 - 14:15	1:10:24 - 1:14:08
37:30 - 37:39	01:31 - 01:37	03:20 - 03:26	14:15 - 14:18	1:10:40 - 1:14:24
37:40 - 37:49	01:32 - 01:38	03:21 - 03:26	14:19 - 14:22	1:10:56 - 1:14:40
37:50 - 37:59	01:32 - 01:38	03:22 - 03:27	14:23 - 14:26	1:11:12 - 1:14:56
38:00 - 38:09	01:32 - 01:38	03:23 - 03:28	14:26 - 14:30	1:11:28 - 1:15:12
38:10 - 38:19	01:33 - 01:39	03:24 - 03:29	14:30 - 14:34	1:11:44 - 1:15:28
38:20 - 38:29	01:33 - 01:39	03:25 - 03:30	14:34 - 14:37	1:12:00 - 1:15:44
38:30 - 38:39	01:34 - 01:40	03:26 - 03:31	14:38 - 14:41	1:12:16 - 1:16:00
38:40 - 38:49	01:34 - 01:40	03:26 - 03:32	14:42 - 14:45	1:12:32 - 1:16:16
38:50 - 38:59	01:34 - 01:41	03:27 - 03:33	14:45 - 14:49	1:12:48 - 1:16:32
39:00 - 39:09	01:35 - 01:41	03:28 - 03:34	14:49 - 14:53	1:13:04 - 1:16:48
39:10 - 39:19	01:35 - 01:41	03:29 - 03:35	14:53 - 14:56	1:13:20 - 1:17:04
39:20 - 39:29	01:36 - 01:42	03:30 - 03:36	14:57 - 15:00	1:13:36 - 1:17:20
39:30 - 39:39	01:36 - 01:42	03:31 - 03:36	15:01 - 15:04	1:13:52 - 1:17:36
39:40 - 39:49	01:36 - 01:43	03:32 - 03:37	15:04 - 15:08	1:14:08 - 1:17:52
39:50 - 39:59	01:37 - 01:43	03:33 - 03:38	15:08 - 15:12	1:14:24 - 1:18:08
40:00 - 40:09	01:37 - 01:44	03:34 - 03:39	15:12 - 15:15	1:14:40 - 1:18:24
40:10 - 40:19	01:38 - 01:44	03:34 - 03:40	15:16 - 15:19	1:14:56 - 1:18:40
40:20 - 40:29	01:38 - 01:44	03:35 - 03:41	15:20 - 15:23	1:15:12 - 1:18:56
40:30 - 40:39	01:38 - 01:45	03:36 - 03:42	15:23 - 15:27	1:15:28 - 1:19:12

4-WEEK RUN IMPROVEMENT PROGRAM, JULY 2013

ASSESSMENT TIME	INTERVAL PACE TIMES			8-MILE TIME
5 MILE TIME (MIN:SEC)	400m (mm:ss)	800m (mm:ss)	2 mile (mm:ss)	8 mile (h:mm:ss)
40:40 - 40:49	01:38 - 01:44	03:35 - 03:40	15:27 - 15:31	1:15:44 - 1:19:28
40:50 - 40:59	01:38 - 01:45	03:36 - 03:41	15:31 - 15:34	1:16:00 - 1:19:44
41:00 - 41:09	01:38 - 01:45	03:36 - 03:42	15:35 - 15:38	1:16:16 - 1:20:00
41:10 - 41:19	01:39 - 01:45	03:37 - 03:43	15:39 - 15:42	1:16:32 - 1:20:16
41:20 - 41:29	01:39 - 01:46	03:38 - 03:44	15:42 - 15:46	1:16:48 - 1:20:32
41:30 - 41:39	01:40 - 01:46	03:39 - 03:45	15:46 - 15:50	1:17:04 - 1:20:48
41:40 - 41:49	01:40 - 01:47	03:40 - 03:46	15:50 - 15:53	1:17:20 - 1:21:04
41:50 - 41:59	01:40 - 01:47	03:41 - 03:47	15:54 - 15:57	1:17:36 - 1:21:20
42:00 - 42:09	01:41 - 01:47	03:42 - 03:48	15:58 - 16:01	1:17:52 - 1:21:36
42:10 - 42:19	01:41 - 01:48	03:43 - 03:49	16:01 - 16:05	1:18:08 - 1:21:52
42:20 - 42:29	01:42 - 01:48	03:44 - 03:49	16:05 - 16:09	1:18:24 - 1:22:08
42:30 - 42:39	01:42 - 01:49	03:44 - 03:50	16:09 - 16:12	1:18:40 - 1:22:24
42:40 - 42:49	01:42 - 01:49	03:45 - 03:51	16:13 - 16:16	1:18:56 - 1:22:40
42:50 - 42:59	01:43 - 01:50	03:46 - 03:52	16:17 - 16:20	1:19:12 - 1:22:56
43:00 - 43:09	01:43 - 01:50	03:47 - 03:53	16:20 - 16:24	1:19:28 - 1:23:12
43:10 - 43:19	01:44 - 01:50	03:48 - 03:54	16:24 - 16:28	1:19:44 - 1:23:28
43:20 - 43:29	01:44 - 01:51	03:49 - 03:55	16:28 - 16:31	1:20:00 - 1:23:44
43:30 - 43:39	01:44 - 01:51	03:50 - 03:56	16:32 - 16:35	1:20:16 - 1:24:00
43:40 - 43:49	01:45 - 01:52	03:51 - 03:57	16:36 - 16:39	1:20:32 - 1:24:16
43:50 - 43:59	01:45 - 01:52	03:51 - 03:58	16:39 - 16:43	1:20:48 - 1:24:32
44:00 - 44:09	01:46 - 01:53	03:52 - 03:58	16:43 - 16:47	1:21:04 - 1:24:48
44:10 - 44:19	01:46 - 01:53	03:53 - 03:59	16:47 - 16:50	1:21:20 - 1:25:04
44:20 - 44:29	01:46 - 01:53	03:54 - 04:00	16:51 - 16:54	1:21:36 - 1:25:20
44:30 - 44:39	01:47 - 01:54	03:55 - 04:01	16:55 - 16:58	1:21:52 - 1:25:36
44:40 - 44:49	01:47 - 01:54	03:56 - 04:02	16:58 - 17:02	1:22:08 - 1:25:52
44:50 - 44:59	01:48 - 01:55	03:57 - 04:03	17:02 - 17:06	1:22:24 - 1:26:08
45:00 - 45:09	01:48 - 01:55	03:58 - 04:04	17:06 - 17:09	1:22:40 - 1:26:24
45:10 - 45:19	01:48 - 01:56	03:58 - 04:05	17:10 - 17:13	1:22:56 - 1:26:40
45:20 - 45:29	01:49 - 01:56	03:59 - 04:06	17:14 - 17:17	1:23:12 - 1:26:56
45:30 - 45:39	01:49 - 01:56	04:00 - 04:07	17:17 - 17:21	1:23:28 - 1:27:12
45:40 - 45:49	01:50 - 01:57	04:01 - 04:07	17:21 - 17:25	1:23:44 - 1:27:28
45:50 - 45:59	01:50 - 01:57	04:02 - 04:08	17:25 - 17:28	1:24:00 - 1:27:44