



RUN BY **PR**



FLEET FEET LIBERTY MILE  
K I D S O F S T E E L  
**TRAINING GUIDE**

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**3 WORKOUTS A WEEK | 6 WEEKS OF TRAINING  
FOR FUN, FOR INCREASED SPEED, FOR PR**

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Three training plans to help YOU reach your 2020 Fleet Feet Liberty Mile goal. Go at your pace and scale workouts as needed.

















**REGISTER AT**  
[www.libertymile.org](http://www.libertymile.org)

@kidsofsteelpgh



## FOR FUN

I am not shooting for a world record time. Instead, I am looking to build a base that will allow me to run the entirety of the Liberty Mile and cross the finish line with minimal, if any, walk breaks. I am not worried or motivated by a time (although PRs are great) but instead by the accomplishment of crossing the finish line. (Beginner)

<p><b>Workout #01</b></p> <ul style="list-style-type: none"> <li> Run 1:30</li> <li> Rest 2 minutes</li> <li> X5</li> </ul>	<p><b>Workout #02</b></p> <ul style="list-style-type: none"> <li> 1 mile tempo run</li> </ul>	<p><b>Workout #03</b></p> <ul style="list-style-type: none"> <li> 10-12 minute recovery run</li> </ul>	<p><b>Workout #04</b></p> <ul style="list-style-type: none"> <li> Run 1 minute at fast pace</li> <li> Walk 2 minutes</li> <li> X5</li> </ul>
<p><b>Workout #05</b></p> <ul style="list-style-type: none"> <li> 10-12 minute recovery run</li> </ul>	<p><b>Workout #06</b></p> <ul style="list-style-type: none"> <li> Sprint 30 seconds</li> <li> Rest 2 minutes</li> <li> X6-8</li> </ul>	<p><b>Workout #07</b></p> <ul style="list-style-type: none"> <li> 1.25 mile tempo run</li> </ul>	<p><b>Workout #08</b></p> <ul style="list-style-type: none"> <li> 10-12 minute recovery run</li> </ul>

**//** Before beginning any new exercise regimen, it is recommended to consult with your primary care physician.
















**FOR FUN**

<p><b>Workout #09</b></p> <ul style="list-style-type: none"> <li>🏃 Run 1 minute -slow pace</li> <li>🏃 Run 45 seconds -medium pace</li> <li>🏃 Sprint 15 seconds</li> <li>🕒 Rest 3 minutes</li> <li>🔄 Complete 2-4 times</li> </ul>	<p><b>Workout #10</b></p> <ul style="list-style-type: none"> <li>🏃 Run 3 minutes at consistent pace</li> <li>🕒 Rest 90 seconds</li> <li>🔄 X3-5 times</li> </ul>	<p><b>Workout #11</b></p> <ul style="list-style-type: none"> <li>🏃 Sprint 30 seconds</li> <li>🏃 Walk 90 seconds</li> <li>🔄 X5-7</li> </ul>	<p><b>Workout #12</b></p> <ul style="list-style-type: none"> <li>🏃 10-12 minute recovery run</li> </ul>
<p><b>Workout #13</b></p> <ul style="list-style-type: none"> <li>🏃 1.5 mile tempo run</li> </ul>	<p><b>Workout #14</b></p> <ul style="list-style-type: none"> <li>🏃 Sprint 30 seconds</li> <li>🏃 Walk 1 minute</li> <li>🔄 X5-7 minutes</li> </ul>	<p><b>Workout #15</b></p> <ul style="list-style-type: none"> <li>🏃 10-12 minute recovery run</li> </ul>	<p><b>Workout #16</b></p> <ul style="list-style-type: none"> <li>🏃 1 minute run at race pace</li> <li>🏃 Rest 2 minutes</li> <li>🔄 X4</li> </ul>
<p><b>//</b> Before beginning any new exercise regimen, it is recommended to consult with your primary care physician.</p>		<p><b>Workout #17</b></p> <ul style="list-style-type: none"> <li>🏃 30 seconds at race pace</li> <li>🏃 Jog 1 minute</li> <li>🔄 X3</li> </ul>	<p><b>Workout #18</b></p> <ul style="list-style-type: none"> <li>🏃 1 mile recovery run</li> </ul>



## FOR INCREASED SPEED

I have a little experience with running. A PR would be great and I want to run fast but I do not consider myself a competitive runner. (Intermediate)

<p><b>Workout #01</b></p> <ul style="list-style-type: none"> <li> Run 400 m at target race pace</li> <li> Rest 2 minutes</li> <li> X5</li> </ul>	<p><b>Workout #02</b></p> <ul style="list-style-type: none"> <li> 1.5 mile tempo run</li> </ul>	<p><b>Workout #03</b></p> <ul style="list-style-type: none"> <li> 12-15 minute recovery run</li> </ul>	<p><b>Workout #04</b></p> <ul style="list-style-type: none"> <li> 10x100 m strides</li> <li> 1 mile at 10k pace</li> </ul>
<p><b>Workout #05</b></p> <ul style="list-style-type: none"> <li> 12-15 recovery run</li> </ul>	<p><b>Workout #06</b></p> <ul style="list-style-type: none"> <li> 5 x 2 minutes at 5k pace</li> <li> 1 minute recovery jog between sets</li> </ul>	<p><b>Workout #07</b></p> <ul style="list-style-type: none"> <li> 12-15 minute 10k pace</li> </ul>	<p><b>Workout #08</b></p> <ul style="list-style-type: none"> <li> 5x100 m strides</li> <li> Rest 5 minutes</li> <li> 4X 400 m at 5k pace</li> <li> Rest 30 seconds after each 400</li> </ul>

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## FOR INCREASED SPEED

<p><b>Workout #09</b></p> <p>🏃 12-15 minute recovery run</p>	<p><b>Workout #10</b></p> <p>🏃 Run 1 mile at 5k pace</p> <p>🕒 Rest 3 minutes then complete the following:</p> <p>↔ 400 m 2-3 seconds faster than 1 mile splits @ 5k pace</p> <p>🕒 Rest 2 minutes</p> <p>↔ 400 m @ 5k pace</p> <p>🕒 Rest 2 minutes</p> <p>↔ 400 m 2-3 seconds faster than 1 mile splits @ 5k pace</p>	<p><b>Workout #11</b></p> <p>🏃 12-15 minute recovery run</p>	<p><b>Workout #12</b></p> <p>🏃 5x100 m strides</p> <p>⚠ Hill repeats (gradual uphill climb for 45 sec to 1 min): Uphill @ 5k pace Uphill @ mile pace * downhill at slow recovery pace</p> <p>🔄 Complete 4 times</p>
<p><b>Workout #13</b></p> <p>🏃 2 mile tempo run</p>	<p><b>Workout #14</b></p> <p>🏃 1000 m at 10k pace</p> <p>🕒 Rest 2 minutes</p> <p>↔ 1000 m at 10k pace</p> <p>🕒 Rest 2 minutes</p> <p>↔ 1000 m at 5k pace</p>	<p><b>Workout #15</b></p> <p>🏃 10 minute recovery run</p>	<p><b>Workout #16</b></p> <p>↔ 400 m at goal mile pace</p> <p>🕒 Rest 2 minutes</p> <p>🔄 X6-8</p>
<p><b>//</b> Before beginning any new exercise regimen, it is recommended to consult with your primary care physician.</p>		<p><b>Workout #17</b></p> <p>🏃 10X100 m strides 1000 m @ 10k pace</p> <p>🕒 Rest 2 minutes</p> <p>↔ 200 m at goal mile pace</p> <p>🕒 Rest 2 minutes</p> <p>↔ 200 m at goal mile pace</p>	<p><b>Workout #18</b></p> <p>🏃 10 minute recovery run</p>

## FOR A PR

If I do not run fast and set a PR, I will not be happy with my performance. I'm also looking for more of a challenge and have more time to run longer distances within the formal training plan that I follow for the next six weeks. (Advanced)

<p><b>Workout #01</b></p> <ul style="list-style-type: none"> <li>🏃 5X100 m strides at race pace then</li> <li>↔ 2X600 m at mile pace</li> <li>🕒 Rest 5 minutes after each 600 m rep</li> </ul>	<p><b>Workout #02</b></p> <ul style="list-style-type: none"> <li>🏃 2.5 tempo run</li> </ul>	<p><b>Workout #03</b></p> <ul style="list-style-type: none"> <li>🏃 20 minute recovery run</li> </ul>	<p><b>Workout #04</b></p> <ul style="list-style-type: none"> <li>○ Complete the following intervals:</li> <li>↔ 200 m - 10k pace, rest 1 minute</li> <li>↔ 200 m - 5k pace, rest 1 minute</li> <li>↔ 200 m - race pace, rest 1 minute</li> <li>🔄 Complete 5 sets</li> </ul>
<p><b>Workout #05</b></p> <ul style="list-style-type: none"> <li>🏃 20 minute recovery run</li> </ul>	<p><b>Workout #06</b></p> <ul style="list-style-type: none"> <li>🏃 Fartlek</li> <li>○ 1 minute at 5k pace</li> <li>○ 1 minute at recovery pace</li> <li>○ 2 minutes at 5k pace</li> <li>○ 2 minutes at recovery pace</li> <li>○ 3 minutes at 5k pace</li> <li>○ 3 minutes at recovery pace</li> <li>○ 2 minutes at 5k pace</li> <li>○ 2 minutes at recovery pace</li> <li>○ 1 minute at 5k pace</li> <li>○ 1 minute at recovery pace</li> </ul>	<p><b>Workout #07</b></p> <ul style="list-style-type: none"> <li>🏃 15 minute 10k pace</li> </ul>	<p><b>Workout #08</b></p> <ul style="list-style-type: none"> <li>↔ 800 m at 10k pace</li> <li>🕒 Rest 90 seconds</li> <li>↔ 400 m at 5k pace</li> <li>🕒 Rest 90 seconds</li> <li>↔ 400 m at 5k pace</li> <li>🕒 Rest 90 seconds</li> <li>↔ 200 m at mile pace</li> <li>🕒 Rest 90 seconds</li> <li>↔ 400 m at 5k pace</li> <li>↔ 200 m at mile pace</li> </ul>

/// Before beginning any new exercise regimen, it is recommended to consult with your primary care physician.

## FOR A PR

<p><b>Workout #09</b></p> <p>🏃 16-18 minute recovery run</p>	<p><b>Workout #10</b></p> <p>🏃 1,000 m @ 10k pace</p> <p>🕒 2 minute rest</p> <p>↔ 1,000 m @ 5k pace</p> <p>🕒 2 minute rest</p> <p>↔ 1,000 m @ 10k pace</p>	<p><b>Workout #11</b></p> <p>⚠ Hill repeats (gradual uphill climb for 45 seconds to 1 min):</p> <p>Uphill @ 10k pace</p> <p>Uphill @ 5k pace</p> <p>Uphill @ mile pace</p> <p>* downhill at slow recovery pace</p> <p>🔄 Complete 3 times</p>	<p><b>Workout #12</b></p> <p>🏃 20-25 minute recovery run</p>
<p><b>Workout #13</b></p> <p>🏃 3 mile tempo run</p>	<p><b>Workout #14</b></p> <p>🏃 200 m - 10k pace</p> <p>🕒 Rest 60 seconds</p> <p>↔ 200 m - 5k pace</p> <p>🕒 Rest 60 seconds</p> <p>↔ 200 m - mile goal pace</p> <p>🕒 Rest 60 seconds</p> <p>↔ 200 m - mile goal pace</p> <p>🕒 Rest 60 seconds</p> <p>↔ 200 m - mile goal pace</p> <p>🕒 Rest 60 seconds</p> <p>↔ 200 m - mile goal pace</p> <p>🕒 Rest 60 seconds</p> <p>↔ 200 m - mile goal pace</p> <p>🔄 X4</p>	<p><b>Workout #15</b></p> <p>🏃 4-6 miles @ half marathon pace</p>	<p><b>Workout #16</b></p> <p>🏃 20-25 minute recovery run</p>
<p><b>//</b> Before beginning any new exercise regimen, it is recommended to consult with your primary care physician.</p>		<p><b>Workout #17</b></p> <p>↔ 200 m @ mile goal pace</p> <p>🕒 Rest 1 minute</p> <p>🔄 X8-10</p>	<p><b>Workout #18</b></p> <p>↔ 1000 m @ 10k pace</p> <p>🕒 Rest 2 minutes</p> <p>↔ 200 m @ goal mile pace</p> <p>🕒 Rest 2 minutes</p> <p>↔ 200 m @ goal mile pace</p>