



RHT 2020 | Liberty Mile 4-Week Training

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Introduction (Optional)

Run a mile time trial anytime before June 29th (prior to starting the plan) so you can find a baseline. You can then work off of this result to pinpoint interval paces as well as have a target race goal to beat. Don't worry if you miss the time trial, you can use week 1 to find your baseline.

Example: Brian ran a 8:09 mile time trial. His goal for the Liberty Mile is to now break 8:00 which is 119 seconds or 1:59 per 400m.

The 4-Week training program is scalable. If you are new to doing quality workouts then only do Workout 1 each week. Runners can also choose to do less or more reps depending on where they are in their training. Mileage on non-workout days is also up to each runner.

Make sure you do a proper warm up before each workout and a proper cool down after each workout.

- Warm Up: jog 10-15 mins + [dynamic stretching](#) and drills + [strides](#)
- Cool Down: jog 10-15 mins + [static stretching](#)

Glossary

- Dynamic Stretching
 - *Movement-based stretching designed to get the body moving and going through a full range of motion before beginning a workout*
- Strides
 - *Short surges incorporated into a warmup or run to increase heart rate and leg turnover, preparing your legs for a workout*
- Static Stretching
 - *Holding a single position for a period of time to target specific muscle groups to aid in muscle recover post-workout*
- Intervals
 - *Alternating between a target workout effort for a specific distance or time and rest in between for recovery before beginning the next rep*
- Rest
 - *Walking (passive rest) or jogging (active rest) for recovery in between reps during interval workouts*
- Fartlek
 - *involves varying your pace throughout your run, alternating between faster segments and slow jogs.*
- Tempo Run
 - *Running at a pace that is "comfortably hard" - not quite a 5k race effort but faster than your typical long run. Between 10K and half marathon pace is the most popular gauge, but it can be faster or slower.*



Week 1 - 6/29/20

Focus for the week: Where You At? Find Your Baseline

Workout 1

[Intervals](#) - 4-8 x 400m w/ 1:30-2:00 [rest](#) between reps

Notes: Aim to run 1 sec faster on each. Avoid going out too fast. If your first 400m is too fast, back off on the next 400m. Avoid getting slower on each 400m. Err on going too slow on the first 400m. Your average time in your 400s can be your baseline mile pace.

Workout 2

[Fartlek](#) - 5-6 x Pickups in the middle of a 3-5 mile easy run

Notes: Enjoy the lack of structure on this workout. Pickups can be 30 secs to 2 mins. Pickups can be done at any time during your run and at any effort.



Week 2 - 7/6/20

Focus for the week: Build Strength & Endurance

Workout 1

Intervals - 3-6 x 800m w/ 2:30 rest

Notes: Run a slower pace than your 400m pace from last week. Try to run each 800m 2 secs faster than the previous 800m repeat. You might also find yourself locked into one pace which is also great.

Workout 2

[Tempo Run](#) - 3-4 Miles

Notes: Start off at an easy pace (but faster than warm up pace) and gradually pick up pace until you get between your half marathon pace and 10k pace. You should be very glad that your tempo run is over by the end, but also be able to keep going. Find that annoying pace and lock in.



Week 3 - 7/13/20

Focus for the week: Feel the Need for Speed

Workout 1

Intervals - Speed Ladder

Complete all three (1 set), then repeat 1-3 times:

- 400m run, 4 mins rest
- 300m run, 4 mins rest
- 200m run, 4 mins rest
- Rest between each set (4-6 mins)

Notes: This workout is designed to get you faster by running faster than goal mile pace. You won't be sprinting, but it is your fastest workout of the 4-week training cycle. Run faster on each set, so don't go out too hot. This workout is typically done on a track (400m = 1 lap, 300m = $\frac{3}{4}$ of a lap, 200m = $\frac{1}{2}$ lap), but can also be done on a flat stretch of road. You can also do this workout based on time by swapping out 400-300-200 for 60 secs - 45 secs - 30 secs.

Workout 2

Hills - 6-12 X Short Hill w/ jog or walk down hill for your rest

Notes: Find a short hill that will take you less than a minute to complete. Take the first 2 easy and then find your groove. A fun game is to try and run faster each hill rep. Focus on form-elbows straight back, slight lean into the hills and drive.



Week 4 - 7/20/30

Focus for the week: Game Time / Race Week

Workout 1

Intervals - 4-6 x 400m w/ 1:30 rest

Notes: this workout should be fairly easy. Run the 400m intervals at goal mile pace. The idea is to feel relaxed at your race pace--think dress rehearsal. It is almost show time.

Workout 2

Tempo Run (1-2 Miles) + 200s (4 x 200)

Notes: this final workout is to freshen up your legs and to set yourself up for an epic mile race. Run the 1-2 mile tempo at a fairly easy pace--we just want to get your legs moving. The 200s should be done at a stride pace--NOT HARD! Now let's crush that mile!

