

Running 4:59 on a Treadmill...the final 6 weeks.

Words of caution...this final 6 weeks of specialized training should only be attempted once the necessary foundation has been laid...running too hard/too fast WILL result in injuries...be safe, put your time in and good things WILL happen!

Training on a treadmill for a 1 mile treadmill race...let's get this party started!
...this is a running-only plan, and does not include your schedule for lifting, core, stretch and/or ice baths...plan accordingly ☺

Week 1

Treadmill elevation is set at 1% unless otherwise noted

Day 1: 7 miles of easy running at 7.8-8.1

Day 2: Treadmill workout as follows:

5 minutes at 7.8

4 minutes at 8.3

2 minutes at 7.4

3 minutes at 7.4 incorporating 4 x :20 at 12.0

2 minutes at 7.4

2:30 at 11.8

2 minutes at 7.4

1:30 at 12.2

2 minutes at 7.4

2 x :30 at 12.8

1:00 breaks 7.4

CD to 5 miles at 7.6.-7.9

Day 3: 4 miles of easy running at 7.7-8.0

Day 4: Treadmill workout as follows:

5 minutes at 7.8

3 minutes at 8.3

3 minutes at 7.4 incorporating 4 x :20 at 12.0

2 minutes at 7.4

8 x :30 at 12.6

1:00 breaks at 7.4

4 minutes run at 7.4

8 x :30 at 12.6

1:00 breaks at 7.4

CD to 6 miles at 7.6-7.9

Day 5: 3 miles of easy running at 7.8-8.1

Day 6: Treadmill workout as follows:

5 minutes at 7.8

4 minutes at 8.3

4 minutes at 7.4 incorporating 4 x :20 at 12.0

2 minutes at 7.4

1 *MILE* run at 11.0

3 minutes run at 7.4

1 *MILE* run at 11.0

CD to 5.5 miles at 7.5-7.8

Day 7: 6 miles of easy running as follows:

Mile 1: 7.7

Mile 2: 7.8

Mile 3: 7.9

Mile 4: 7.8

Mile 5: 7.9

Mile 6: 8.0

Walk 10+ minutes to CD

Week 2

Day 1: Treadmill workout as follows:

4 minutes run at 7.7

4 *MILES* run at 9.5

4 minutes run at 7.7

Day 2: Treadmill workout as follows:

5 minutes at 7.8

4 minutes at 8.3

2 minutes at 7.4

3 minutes at 7.4 incorporating 4 x :20 at 12.0

2 minutes at 7.4

4 x the following...

2 *MINUTES* at 11.4

:30 at 7.4

:30 at 12.6

2 minutes at 7.4

CD to 6 miles at 7.5-7.8

Day 3: 4 miles of easy running at 7.8-8.1

Day 4: 3 miles of easy running at 7.7-8.0

Day 5: Treadmill workout as follows:

5 minutes at 7.8

4 minutes at 8.3

4 minutes at 7.4 incorporating 4 x :20 at 12.0

2 minutes at 7.4

4 x :30 in 12.6, 12.8, 12.8 and 13.0

1:30 breaks at 7.4

4 minutes of easy running at 7.2-7.7

.5 mile **TIME TRIAL** effort

12.8-13.6 at 0 elevation

Move back to 1% and CD to 6 miles at 7.4-7.9

Day 6: *OFF* running day!

Day 7: Treadmill workout as follows:

4 minutes run at 7.7

6 *MILES* run at 9.3

4 minutes run at 7.7

Week 3

Day 1: treadmill workout as follows:

5 minutes at 7.8

4 minutes at 8.3

2 minutes at 7.4

2 *MILES* run at 10.3

CD to 5 miles at 7.8-8.2

Day 2: Treadmill workout as follows:

4 minutes at 7.8

3 minutes at 8.3

4 minutes at 7.4 incorporating 4 x :20 at 12.0

2 minutes at 7.4

12 x :45 at 12.4

1:15 breaks at 7.4

CD to 7 miles at 7.7-8.1

Day 3: 4 miles of easy running at 8.0-8.3

Day 4: Treadmill workout as follows:

4 minutes at 7.8

3 minutes at 8.3

2 minutes at 7.4
3 minutes at 7.4 incorporating 4 x :20 at 12.0
2 minutes at 7.4
4 *MINUTES* at 11.4
3 minutes at 7.4
2:30 at 11.8
CD to 5 miles at 7.7-8.0
Day 5: 5 miles of easy running at 7.9-8.2
Day 6: Treadmill workout as follows:
5 minutes at 7.8
4 minutes at 8.3
2 minutes at 7.4
3 minutes at 7.4 incorporating 4 x :20 at 12.0
2 minutes at 7.4
6 x the following...
1:30 at 11.8
:30 at 7.4
:30 at 12.6
1:30 minutes at 7.4
CD to 7 miles at 7.5-7.8
Day 7: 6 miles of easy running as follows:
Mile 1: 7.7
Mile 2: 7.8
Mile 3: 7.9
Mile 4: 7.8
Mile 5: 7.9
Mile 6: 8.0
Walk 10+ minutes to CD

Week 4

Day 1: 9 miles of running as follows:
4 minutes at 7.8
3 miles at 8.7
1 mile at 9.0
3 miles at 8.7
1 mile at 9.0
4 minutes at 7.4
Day 2: Treadmill workout as follows:
5 minutes at 7.8
4 minutes at 8.3
2 minutes at 7.4
3 minutes at 7.4 incorporating 4 x :20 at 12.0
2 minutes at 7.4
3 x 3 *MINUTES* at 11.8
3 minute breaks at 7.4
CD to 5.5 miles 7.6-7.9
Day 3: 5 miles of easy running at 7.9-8.2
Day 4: Treadmill workout as follows:
4 minutes at 7.8
3 minutes at 8.3
3 minutes at 7.4 incorporating 4 x :20 at 12.0
2 minutes at 7.4
8:15 at 11.0
CD to 5 miles at 7.6-7.9
Day 5: 4 miles of easy running at 7.7-8.0
Day 6: *OFF* running day!
Day 7: Treadmill workout as follows:

4 minutes at 7.8
3 minutes at 8.3
2 minutes at 7.4
3 minutes at 7.4 incorporating 4 x :20 at 12.0
2 minutes at 7.4
2 x 4:00 at 11.4
3 minute break at 7.4
CD to 6 miles at 7.7-8.0

Week 5

Day 1: 9 miles of easy running as follows:

Miles 1-2: 8.0

Mile 3: 8.6

Miles 4-5: 8.0

Mile 6: 8.8

Miles 7-8: 8.0

Mile 9: 9.0

Walk x 5+ minutes to CD

Day 2: Treadmill workout as follows:

5 minutes at 7.8

4 minutes at 8.3

2 minutes at 7.5

3 minutes at 7.4 incorporating 4 x :20 at 12.0

2 minutes at 7.5

10 x 1:30 at 11.8

2:00 breaks at 7.5

CD to 8 miles 7.6-7.9

Day 3: 4 miles of easy running at 7.8-8.1

Day 4: 3 miles of easy running at 8.0-8.3

Day 5: Treadmill workout as follows:

4 minutes at 7.8

3 minutes at 8.3

2 minutes at 7.4

3 minutes at 7.4 incorporating 4 x :20 at 12.0

2 minutes at 7.4

4 *MINUTES* at 11.4

3 minutes at 7.4

2:30 at 11.8

CD to 5 miles at 7.7-8.0

Day 6: 5 miles of easy running as follows:

Mile 1: 8.2

Mile 2: 8.7

Mile 3: 8.2

Mile 4: 8.7

Mile 5: 8.2

Walk x 5+ minutes to CD

Day 7: 6 miles of running as follows:

4 minutes at 7.8

4 miles at 9.5

1 mile at 10.1

4 minutes at 7.4

Week 6

Day 1: 6 miles of easy running as follows:

Miles 1-2: 8.1

Mile 3: 8.6

Miles 4-5: 8.1

Mile 6: 8.6

Walk x 5+ minutes to CD

Day 2: Treadmill workout as follows:

5 minutes at 7.8

4 minutes at 8.3

3 minutes at 7.4 incorporating 4 x :20 at 12.0

2 minutes at 7.4

5 x 1:30 at 12.4

2:30 breaks at 7.2

CD to 5 miles 7.8-8.1

Day 3: 3 miles of easy running at 8.0-8.3

Day 4: Treadmill workout as follows:

5 minutes at 7.8

3 minutes at 8.3

3 minutes at 7.4 incorporating 4 x :20 at 12.0

2 minutes at 7.4

12 x :30 at 12.6

1:00 breaks at 7.4

CD to 5 miles at 7.7-8.0

Day 5: Rest Day!

Day 6: 2 miles of easy running at 7.4-7.7

RACE DAY