



# ***SO FAST MILE***

**8-WEEK TRAINING PROGRAM**





# LET'S TUNE YOUR SPEED

ANYONE CAN BENEFIT FROM RUNNING A FASTER MILE—NO MATTER HOW FUN, FAST, STRONG, SLOW OR COMPETITIVE YOU MAY BE—ALL IT TAKES IS A LITTLE IMAGINATION AND A LOT OF HARD WORK. IT'S THE PERFECT DISTANCE TO PUSH YOUR PACE, STRETCH YOUR LIMITS AND SEE HOW SPEEDY YOU CAN REALLY GET OUT THERE ON THE ROAD. MEEP MEEP.

TRAINING FOR A FAST MILE CAN TEACH YOUR BODY HOW TO FINISH YOUR NEXT 5KM FASTER. IT CAN BOOST YOUR OVERALL PACE IN A LONGER DISTANCE RACE (HELLO, HALF-MARATHON PB).

MOST IMPORTANTLY, IT CAN MAKE YOU A STRONGER ATHLETE ALTOGETHER.

IF YOU FOLLOW THIS TRAINING PROGRAM FOR THE NEXT 8 WEEKS, YOU'LL FIND YOUR FASTEST

(AND FUNNEST) MILE EVER.

AND WE'VE GOT THE PERFECT PACESETTERS TO HELP YOU ALONG THE WAY.

# WORKOUT TYPES

Each week features three types of workouts. You can rearrange the order to fit your schedule, but always do a day of recovery after speed and endurance.

## SPEED

Speed is the secret ingredient in every Nike+ Run Club training program. Often neglected in other plans, it's our goal to help you fall in love with fast. The Find Your Fast mile training program features speed in the form of tempo runs, fartleks, hill repeats, timed intervals and more.

## ENDURANCE

Your weekly Endurance Run is a long distance run at a comfortable pace. Extending your endurance distances over the course of the program helps you build stamina physically, while pushing your mental limits as well. The endurance runs in this plan should be run as progression runs - progressing from a slower pace at the start to faster pace at the end.

## RECOVERY

The goal of recovery is to get your body ready for the speed ahead. If your body says all it can handle is a short run with light stretching, that's what your recovery day is. If your body says you need a day off, take one. Or choose a workout from the Nike+ Training Club app. Note that all runs in this plan should be run as progression runs, progressing from a slower pace at the start to faster pace at the end.

# **PACE TYPES**

We've divided our paces into five speeds which we'll reference throughout the training program.

## **GOAL MILE PACE (FASTEST)**

This is the pace you want to run for your fastest mile.

## **5KM PACE (FASTER)**

This is the pace you could race or run hard for about 5KM.

## **10KM PACE (FAST)**

This is the pace you could race or run hard for about 10KM.

## **TEMPO PACE (UNCOMFORTABLE)**

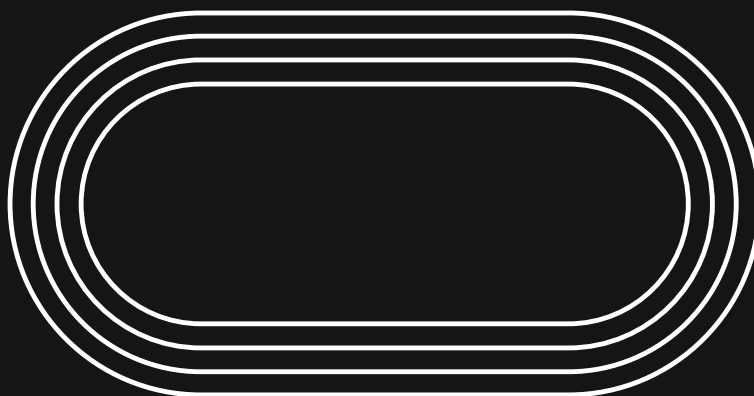
Teaching your body to be comfortable being uncomfortable by maintaining as quick a pace as possible for a specified distance.

## **RECOVERY PACE (EASY)**

A pace easy enough that you can catch your breath while running.

# **TIME YOUR MILE**

We recommended to begin this program with a timed mile using a track and the Nike+ Running App. This will both give you a benchmark time to beat as well as greater accuracy in approximating off-the-track equivalents. 400m is 1/4 of your mile time. 200m is 1/8 of your mile time.



Run your fastest four laps on the track recording lap and total time.

## **NO TRACK? NO PROBLEM.**

For best results in any speed training program, we recommend the precision that comes with using a track for speed workouts. However, you can adjust workouts in this guide using the following approximations.

200m  $\approx$  1/8 mile time  $\approx$  1 minute  $\approx$  1 city block

400m  $\approx$  1/4 mile time  $\approx$  2 minute  $\approx$  2 city blocks

# WEEK-BY-WEEK

This program is designed to help you find your funnest, fastest mile.

## 1. LIFT OFF \_\_\_\_\_ 7

Get your training off the ground.

## 2. PACE MASTER \_\_\_\_\_ 9

Learn to alternate between various speeds.

## 3. SPEEDY SPLITS \_\_\_\_\_ 12

Train yourself in the art of negative splits.

## 4. NEW HEIGHTS \_\_\_\_\_ 14

Build speed and stamina with two types of hill training.

## 5. FLY FIERCE \_\_\_\_\_ 16

Set the track ablaze with your newfound fast.

## 6. CRAZY FAST \_\_\_\_\_ 17

Witness what you're capable of in your longest Tempo Run.

## 7. BREAK THROUGH \_\_\_\_\_ 19

Take a step forward in both speed and mileage.

## 8. BEEP BEEP \_\_\_\_\_ 21

Your training pays off when you run your fastest mile ever.



WEEK 1

# LIFT OFF

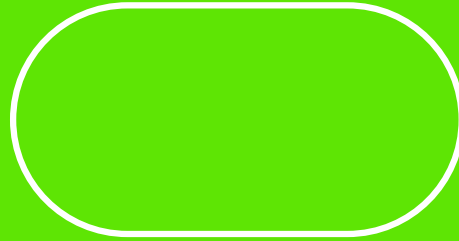
*This week is all about getting your training off the ground. You'll ease into workouts and get a feel for speed training on the track.*

Recommended Playlist: [Nike Speed Run](#)



# GOAL SPLITS

Before you can find your fastest mile, you have to know what your fastest feels like. For your first speed workout we'll run your Goal Mile Pace for 400m 5 times with 120 seconds rest in between.



400m at goal mile pace  
120 sec rest

x 5

Day 1

**SPEED RUN**  
Goal Splits

Day 2

**RECOVERY**  
2-5 miles

Day 3

**SPEED RUN**  
Tempo Run

Day 4

**RECOVERY**  
0-5 miles

Day 5

**ENDURANCE**  
3-5 miles

Day 6

**RECOVERY**  
2-5 miles

Day 7

**RECOVERY**  
0-5 miles

# TEMPO RUN

A tempo run is a run focused on maintaining a consistent pace for the full run. For your first tempo run try to run at your tempo pace for 2.5 miles.



2.5 miles at fast consistent pace





WEEK 2

# PACE MASTER

*You gotta pace yourself before you race yourself.*

*This week we'll start getting comfortable alternating between speeds.*

Recommended Playlist: [Nike Ready Set Go](#)



# INTERVAL TRAINING

Head back to the track for a series of 200m intervals. Run 200m x 3 going from 10k pace to 5k pace to goal mile pace with 60 seconds rest in between each. Repeat 5 times.



200m at 10k pace - 60 sec rest  
200m at 5k pace - 60 sec rest  
200m at Goal Mile pace - 60 sec rest

x 5

\*Note: Rest 120 sec after 10th 200m

Day 1

## SPEED RUN

Interval Training

Day 2

## RECOVERY DAY

2-5 miles

Day 3

## SPEED RUN

Intro to Fartlek

Day 4

## RECOVERY DAY

0-5 miles

Day 5

## ENDURANCE

3-6 miles

Day 6

## RECOVERY DAY

2-5 miles

Day 7

## RECOVERY DAY

0-5 miles

# INTRO TO FARTLEK

Fartlek is a workout runners respect and non-runners giggle at. Swedish for “speed play” Fartlek helps you develop your feel for paces by transitioning between one and the other within a run. In this workout you’ll alternate between 5k pace and Recovery pace.

1 min 5k pace

1 min Recovery pace

2 min 5k pace

2 min Recovery pace

3 min 5k pace

3 min Recovery pace

2 min 5k pace

2 min Recovery pace

1 min 5k pace

1 min Recovery pace

1 min 5k pace

1 min Recovery pace



WEEK 3

# ***SPEEDY SPLITS***

*This week you'll learn the art of reduction as you pick up the pace.*

Recommended Playlist: [Nike Speed Run](#)



# INTERVAL TRAINING

Fast. Faster. Faster. Become the master of fast with this 6-interval workout. Take 90 seconds to recover between each interval.



**1<sup>st</sup> Interval**  
1000m at 10k pace - 90 sec recovery



**2<sup>nd</sup> Interval**  
500m at 5k pace - 90 sec recovery



**3<sup>rd</sup> Interval**  
500m at 5k pace - 90 sec recovery



**4<sup>th</sup> Interval**  
200m at Goal Mile Pace - 90 sec recovery



**5<sup>th</sup> Interval**  
400m at 5k pace - 90 sec recovery



**6<sup>th</sup> Interval**  
200m at Goal Mile Pace

Day 1

## SPEED RUN

Interval Training

Day 2

## RECOVERY DAY

2-5 miles

Day 3

## SPEED RUN

Quick K's

Day 4

## RECOVERY DAY

0-5 miles

Day 5

## ENDURANCE

4-7 miles

Day 6

## RECOVERY DAY

2-5 miles

Day 7

## RECOVERY DAY

0-5 miles

# QUICK K'S

This time it's the recovery that will seem fast. Run three 1000m intervals with only 90 seconds recovery between each.



1000m at 10k pace - 90 sec recovery  
1000m at 5k pace - 90 sec recovery  
1000m at 10k pace



WEEK 4

# ***NEW HEIGHTS***

*You're nearly halfway through your training, but that doesn't mean it's all downhill from here. This week you'll build speed with hill training.*

Recommended Playlist: [Nike H.I.T. & Run](#)



# HILL REPEATS

## FIND A HILL

Look for a hill with medium steepness and long enough to run for 1 minute.

## INCREASE PACE

Run uphill at 10k, 5k, and Goal Mile pace 3 times for 9 repeats total.

## DOWN EASY

Return to the bottom of the hill easy and relaxed as recovery.



Run uphill at 10k pace  
Run uphill at 5k pace  
Run uphill at Goal Mile pace

x 3

Day 1

**SPEED RUN**  
Hill Repeats

Day 2

**RECOVERY DAY**  
2-5 miles

Day 3

**SPEED RUN**  
Tempo Run

Day 4

**RECOVERY DAY**  
0-5 miles

Day 5

**ENDURANCE**  
4-8 miles

Day 6

**RECOVERY DAY**  
2-5 miles

Day 7

**RECOVERY DAY**  
0-5 miles

# TEMPO RUN

Run 3 miles at a consistent Tempo pace. Bonus challenge:  
Find a route with a slight grade and incorporate it into your run.



3 miles at Tempo pace



WEEK 5

# ***FLY FIERCE***

*You crazy devil. This week you're going to set the track ablaze with your newfound fast.*

Recommended Playlist: [Nike Speed Run](#)



# INTERVAL TRAINING

Run 200m 4 times—first at 10k pace, then at 5k pace, then twice at Goal Mile pace.  
Repeat full sequence 5 times for 20 total intervals. Take 60 seconds rest in between each.



200m at 10k pace - 60 sec rest  
200m at 5k pace - 60 sec rest  
200m at Goal Mile pace - 60 sec rest  
200m at Goal Mile pace - 60 sec rest

x 5

Day 1

## SPEED RUN

Interval Training

Day 2

## RECOVERY DAY

2-5 miles

Day 3

## SPEED RUN

Advanced Fartlek

Day 4

## RECOVERY DAY

0-5 miles

Day 5

## ENDURANCE

5-9 miles

Day 6

## RECOVERY DAY

2-5 miles

Day 7

## RECOVERY DAY

0-5 miles

# ADVANCED FARTLEK

Alternate between 5k pace and Recovery pace for 32 minutes of Fartlek madness.

1 min 5k pace



1 min Recovery pace

2 min 5k pace



2 min Recovery pace

3 min 5k pace



3 min Recovery pace

4 min 5k pace



4 min Recovery pace

3 min 5k pace



3 min Recovery pace

2 min 5k pace



2 min Recovery pace

1 min 5k pace



1 min Recovery pace





WEEK 6

# CRAZY FAST

*Five weeks of training have given your speed a serious boost. Combine your speed with your strength for your toughest workouts yet.*

Recommended Playlist: [Nike H.I.T. & Run](#)



# INTERVAL TRAINING

Get fierce with this high-speed interval workout. Run each 200m at Goal Mile pace and everything else at 5k pace.



**1<sup>st</sup> Interval**  
200m at Goal Mile pace  
120 sec recovery



**2<sup>nd</sup> Interval**  
800m at 5k pace  
60 sec recovery



**3<sup>rd</sup> Interval**  
200m at Goal Mile pace  
120 sec recovery



**4<sup>th</sup> Interval**  
600m at 5k pace  
60 sec recovery



**5<sup>th</sup> Interval**  
200m at Goal Mile pace  
120 sec recovery



**6<sup>th</sup> Interval**  
400m at 5k pace  
60 sec recovery



**7<sup>th</sup> Interval**  
200m at Goal Mile pace

Day 1

**SPEED RUN**  
Interval Training

Day 2

**RECOVERY DAY**  
2-5 miles

Day 3

**SPEED RUN**  
Tempo Run

Day 4

**RECOVERY DAY**  
0-5 miles

Day 5

**ENDURANCE**  
5-10 miles

Day 6

**RECOVERY DAY**  
2-5 miles

Day 7

**RECOVERY DAY**  
0-5 miles

# TEMPO RUN

You're an animal. Put your training to the test when you beast out 3.5 miles at Tempo pace. Pay attention to the progress you've made in both speed and fitness.



3.5 miles at Tempo pace



WEEK 7

# BREAK THROUGH

*Welcome to breakthrough week—the fastest and furthest you’ve gone yet. Your goal mile time should feel attainable (or beatable), and you can slay an endurance run like never before.*

Recommended Playlist: [Nike Long Run](#)



# INTERVAL TRAINING

Bust out 7 quarter miles at Goal Mile pace with just 6 seconds recovery in between.



400m at Goal Mile pace  
60 sec rest

x 7

\*Note: 2 min rest after 5th Interval

Day 1

## SPEED RUN

Interval Training

Day 2

## RECOVERY DAY

2-5 miles

Day 3

## SPEED RUN

Power K's

Day 4

## RECOVERY DAY

0-5 miles

Day 5

## ENDURANCE

6-10 miles

Day 6

## RECOVERY DAY

2-5 miles

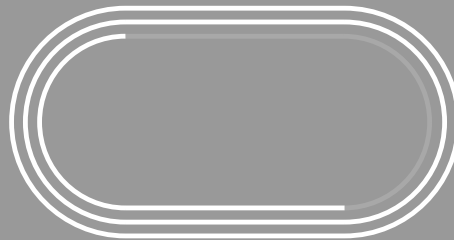
Day 7

## RECOVERY DAY

0-5 miles

# POWER K'S

Run 1000m 4 times—first at 10k pace, a second time at 10k pace, then once at 5k pace before finishing the fourth one at 10k pace. Take 90 seconds to recover after each.



1000m at 10k pace - 90 sec rest  
1000m at 10k pace - 90 sec rest  
1000m at 5k pace - 90 sec rest  
1000m at 10k pace



WEEK 8

# **BEEP BEEP**

*This is what you've been training for. Your mile isn't just fast, it's SO FAST.  
Use everything you've learned these 8 weeks to run your strongest, fastest mile.*

Recommended Playlist: [Nike Speed Run](#)



# ZOOM 200'S

Run at Goal Pace (or faster) for 12 x 200m with 60 sec rest between each. As you run, try to visualize the mile you're putting together. Practice pushing through fatigue and keeping goal pace as preparation for doing it again on race day.



200m at Goal Mile Pace  
Rest 60 sec

x 12

Day 1

**SPEED RUN**  
Zoom 200's

Day 2

**RECOVERY DAY**  
2-5 Miles

Day 3

**SPEED RUN**  
Interval Training

Day 4

**RECOVERY DAY**  
0-5 Miles

Day 5

**RECOVERY DAY**  
2-5 Miles

Day 6

**RECOVERY DAY**  
0-5 Miles

Day 7

**RACE DAY**  
1 Mile

# INTERVAL TRAINING

Your final speed workout is short and sweet. Run a 1000m interval at 10k pace followed by two 200m intervals at Goal Mile pace. Take 120 seconds recovery after everything and finish with an easy 2000m cooldown.



1<sup>st</sup> Interval

1000m at 10k pace - 120 sec recovery



2<sup>nd</sup> Interval

200m at goal mile pace - 120 sec recovery



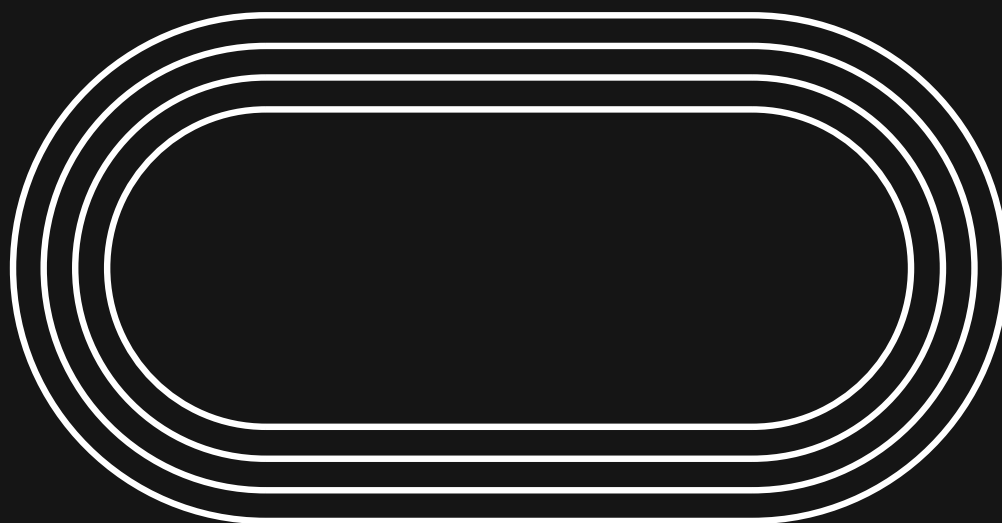
3<sup>rd</sup> Interval

200m at goal pace - 120 sec recovery

# **RACE DAY**

# **ZOOM MILE**

You've put in the effort and are ready to run your fastest mile ever.  
But first take a minute to mentally prepare and strategize your race.



## **LAP 1 - START SMART**

The first lap should be run as relaxed as possible.  
The adrenaline of simply starting the race will carry your effort.

## **LAP 2 - BE EFFICIENT**

The second lap is about finding an efficient rhythm with  
your pace, your breathing, your form and your effort.

## **LAP 3 - GET IN POSITION**

The purpose of the third lap is to put you in position.  
Concentrate on where you want to be at the start of the last lap.

## **LAP 4 - FINISH STRONG**

Your last lap is where you set bests. Hit the gas  
and finish what you wanted to start.