

Running Program to Decrease Time

WEEK	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	XT* 25 min	Speed work x5	Rest	Hill work 15 minutes	Run 10 minutes	Rest	Run easy 2 miles
2	XT 30 min	Speed work x7	Rest	Hill work 20 minutes	Run 15 minutes	Rest	Run easy 2.5 miles
3	XT 30 min	Speed work x8	Rest	Hill work 25 minutes	Run 20 minutes	Rest	Run easy 3 miles
4	XT 35 min	Speed work x9	Rest	Hill work 30 minutes	Run 25 minutes	Rest	Run moderate 2.5 miles
5	XT 30 min	Speed work x10	Rest	Run moderate 2 miles	Run 15 minutes	Rest	Test Day

XT - Cross-train (i.e. bike, swim, elliptical trainer, etc.)

Speed work - After warming up for 10 minutes, run 200 meters at a fast pace followed by 200 meters at a slow pace. Repeat this for the number of cycles indicated.

Hill work - Warm up for 10 minutes. Then, find a hill that will challenge you, but take no longer than 15-20 seconds to reach the top. Starting at the base, jog up to the top at an easy pace. Once you reach the top, turn around and walk down. Once at the base, turn around and sprint back to the top. Walk down. Repeat this process for the specified amount of time.

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