



# ***FIND YOUR FAST***

**8-WEEK MILE TRAINING PROGRAM**



# ***YOUR FASTEST MILE STARTS NOW***

INSPIRED BY NIKE'S FASTEST RUNNERS AND DEVELOPED BY NIKE+ RUN CLUB COACHES, THIS EIGHT-WEEK PROGRAM INCLUDES WORKOUTS, MUSIC AND TIPS TO HELP YOU REACH YOUR FASTEST MILE.

AND YOU WON'T BE RUNNING ALONE. WE'VE LINED UP THE PERFECT SQUAD OF ZOOM PACESETTERS TO HELP YOU "TUNE" YOUR SPEED ALONG THE TRAINING JOURNEY.

MEET YOUR ZOOM PACE SETTERS FOR THE NEXT 8 WEEKS...



# 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. BEEP BEEP.

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

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.

# **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. This plan's endurance runs 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.

## **5K PACE (FASTER)**

This is the pace you could race or run hard for about 3 miles.

## **10K PACE (FAST)**

This is the pace you could race or run hard for about 6 miles.

## **TEMPO PACE (CONTROLLED)**

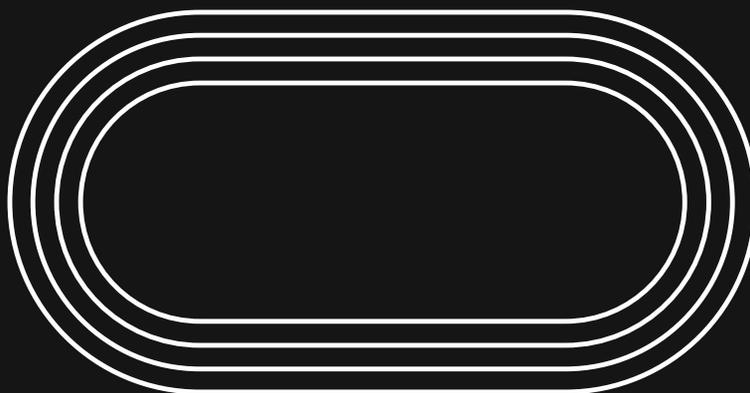
Teaching your body to be comfortable being uncomfortable by maintaining a pace between 10k (Fast) and Recovery (Easy).

## **RECOVERY PACE (EASY)**

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

# **TIME YOUR MILE**

It is 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 \_\_\_\_\_ 8

Get your training off the ground.

## 2. PACE MASTER \_\_\_\_\_ 10

Learn to alternate between various speeds.

## 3. SPEEDY SPLITS \_\_\_\_\_ 13

Train yourself in the art of negative splits.

## 4. NEW HEIGHTS \_\_\_\_\_ 15

Build speed and stamina with hill training.

## 5. FLY FIERCE \_\_\_\_\_ 17

Set the track ablaze with your newfound fast.

## 6. CRAZY FAST \_\_\_\_\_ 18

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

## 7. BREAK THROUGH \_\_\_\_\_ 20

Take a step forward in both speed and mileage.

## 8. BEEP BEEP \_\_\_\_\_ 22

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



WEEK 1

# LIFT OFF

*Ehh, what's up doc? I hear you wanna run a faster mile. Well, you're in luck:  
This rabbit's here to help you get off on the right foot.*

This week you're going to ease into your workouts, learn more about speed training and create a good, solid base.

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

**RECOVERY**  
2-5 miles

Day 2

**SPEED RUN**  
Goal Splits

Day 3

**RECOVERY**  
0-5 miles

Day 4

**SPEED RUN**  
Tempo Run

Day 5

**RECOVERY**  
2-5 miles

Day 6

**ENDURANCE**  
3-5 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

*Hi, I'm Lola, your new favorite running bunny. I think my long stride may be one of the reasons why Bugs is so sweet on me. But really, my main goal is to make you feel good about your workouts, no matter how fast you complete them.*

As the Nike+ Run Club coaches say, every pace has a purpose. This week you'll focus on getting comfortable running at different 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

**RECOVERY DAY**  
2-5 miles

Day 2

**SPEED RUN**  
Interval Training

Day 3

**RECOVERY DAY**  
0-5 miles

Day 4

**SPEED RUN**  
Intro to Fartlek

Day 5

**RECOVERY DAY**  
2-5 miles

Day 6

**ENDURANCE**  
3-6 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**

*I've got one thing on my mind: That little yellow bird. He's a slippery sucker. But no matter how many times he gets away, I'll never quit the hunt. I've just gotta get sneakier, learn to approach slowly and then pounce.*

This week you'll practice getting progressively faster during your workouts, teaching your body how to push through fatigue and finish strong.

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

**RECOVERY DAY**  
2-5 miles

Day 2

**SPEED RUN**  
Interval Training

Day 3

**RECOVERY DAY**  
0-5 miles

Day 4

**SPEED RUN**  
Quick K's

Day 5

**RECOVERY DAY**  
2-5 miles

Day 6

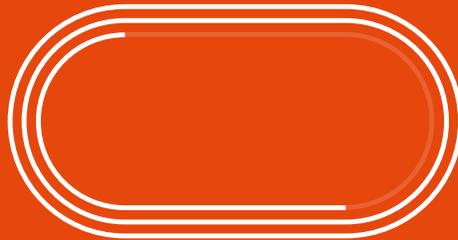
**ENDURANCE**  
4-7 miles

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

*That bad ol' puddy tat will never catch me. He's just too slow. When I see him coming, I spread my wings and fly away. Bye-bye, puddy tat!*

This week you'll learn how to fly higher. We'll hit the hills, which will increase both strength and stamina for all of your short and long training sessions.

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



# HILL REPEATS

## FIND A HILL

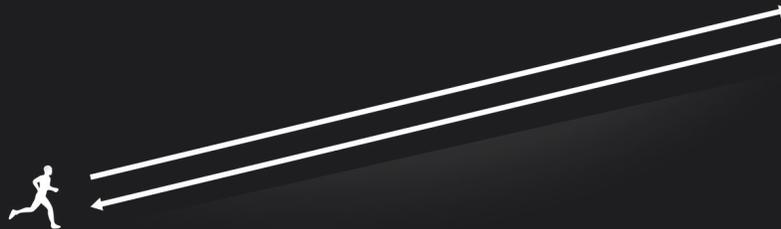
Look for a hill with medium steepness and long enough to run for 1 minute.

## 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

**RECOVERY DAY**  
2-5 miles

Day 2

**SPEED RUN**  
Hill Repeats

Day 3

**RECOVERY DAY**  
0-5 miles

Day 4

**SPEED RUN**  
Tempo Run

Day 5

**RECOVERY DAY**  
2-5 miles

Day 6

**ENDURANCE**  
4-8 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

*The thing you gotta know about me is I always give 110 percent, even when Bugs is getting all the attention. I've been training hard, and I've got a good feeling this time. When we line up to run our fastest miles, I'm finally gonna beat that rabbit.*

You're more than halfway through your training. You're picking up speed. This week you'll take it to the track and see just how fast you can fly.

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

**RECOVERY DAY**

2-5 miles

Day 2

**SPEED RUN**

Interval Training

Day 3

**RECOVERY DAY**

0-5 miles

Day 4

**SPEED RUN**

Advanced Fartlek

Day 5

**RECOVERY DAY**

2-5 miles

Day 6

**ENDURANCE**

5-9 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

*Grunt, growl, grumble. Taz may be an omnivore of few (err, no) words, but his effort speaks for itself. The big guy tries real hard. And if you go all-out, you might be making those noises, too. It's time to run wild.*

This week won't be easy. You'll be pushing your pace and your mileage with sustained tempo workouts, training your body to run faster, longer.

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

**RECOVERY DAY**  
2-5 miles

Day 2

**SPEED RUN**  
Interval Training

Day 3

**RECOVERY DAY**  
0-5 miles

Day 4

**SPEED RUN**  
Tempo Run

Day 5

**RECOVERY DAY**  
2-5 miles

Day 6

**ENDURANCE**  
5-10 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

*Wile E. Coyote knows what it's like to be so close to reaching a goal, but to still feel so far away. He lives in pursuit of the Road Runner, yet he can never seem to catch the happy blue guy. Every time he falls short (or off a cliff), he gets back up, brushes himself off and tries again.*

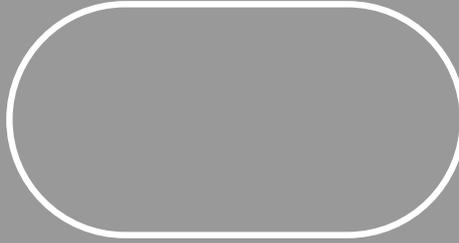
If you hit a wall, now is the time to power past it. This week you'll face your fastest and farthest workouts, to prepare yourself for next week's big finale.

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

**RECOVERY DAY**  
2-5 miles

Day 2

**SPEED RUN**  
Interval Training

Day 3

**RECOVERY DAY**  
0-5 miles

Day 4

**SPEED RUN**  
Power K's

Day 5

**RECOVERY DAY**  
2-5 miles

Day 6

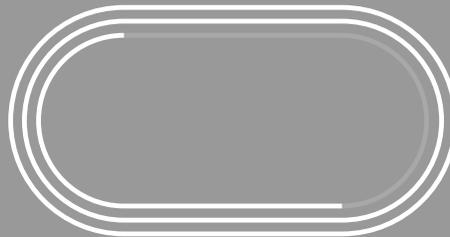
**ENDURANCE**  
6-10 miles

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

*Congratulations! You're in the home stretch. You've even outpaced Wile E. And just like the clever, indestructible Road Runner (beep beep), nothing can stop you now. No explosives, cramps, aches or pains are going to keep you from crossing that finish line—fast.*

You've put in the miles, done the workouts and kept your head on straight throughout. Prepare yourself for a new level of speed. Beep beep.

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

## RECOVERY DAY

2-5 Miles

Day 2

## SPEED RUN

Zoom 200's

Day 3

## RECOVERY DAY

0-5 Miles

Day 4

## SPEED RUN

Interval Training

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



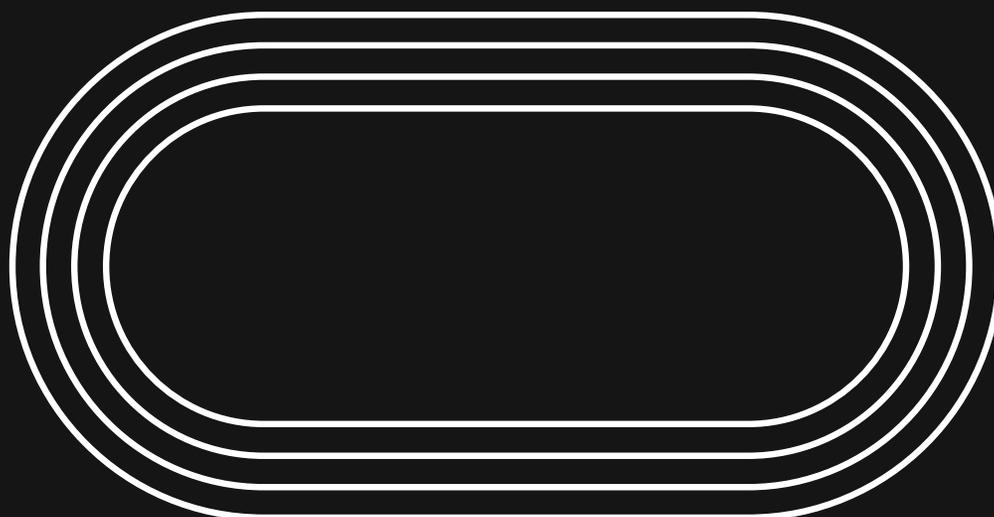
3<sup>rd</sup> Interval

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.