

Workouts for 1.5 mile time

Warm up for the following should consist of a 5-10 min bike or jog with some light stretching
If you want to be serious about decreasing PT test time, start the following workouts at least 2 months prior to PT test. Work up to running 3-4 days/week with 1-2 days with the workouts listed below, and 1-2 days with a 2 to 2.5 mile jog.

Depending on the available time I have, I try to add 5-10 minutes warmup/cooldown to the workouts listed below.

Workout #1:

- Warm up 5 mins easy/stretch
- Run 1/4 mile at 20 seconds under current mile pace
- Jog slow or walk 1:00
- Repeat 6-8 times

Say you are running a 9:00 1.5 mile run = 6:00 mile pace = 90 seconds 1/4 mile run. Try to hit these 1/4 mile intervals at 80-85 seconds. Benefits - increase foot speed, and build VO2 Max.

Workout #2:

- Warm up 5 mins easy/stretch
- Run 1/2 miles at 10 seconds under current mile pace
- Jog slow or walk 2:00
- Repeat 3-4 times

Workout #3:

- Warm up 5 mins easy/stretch
- Run one mile at 10 seconds faster than current 1.5 mile pace
- Jog 2:00 slow
- Run 1/2 mile as fast as you can (preferably faster than 1.5 mile pace)

Workout #4:

- Warm up 5 mins easy/stretch
- Pyramid (400 m, 800 m, 1200 m, 800 m, 400 m)
 - Complete 400 @ 20 secs under mile pace of 1.5 mile run
 - 800 10 secs under pace
 - 1200 8-10 secs under pace
 - 800 10 secs faster
 - 400 20 secs faster

Workouts for 5K and up

Do same workouts from 1.5 mile training, but a little slower and more reps

Hill Repeats

The one minute hill repeats workout is a good workout to fit into 30 minutes. With 1 minute up and 2 minutes job back down you can fit 6-7 hills + warm-up in 30 minutes. After you have tried hills a few times, you can also try to do 1'30", 2' up and back. This way you will need only 4-5 hill repeats. If you live in a very flat area, you can use the stairs of a tall building or worst case a treadmill with a very big incline!

Run/Bike Cross train

In a gym you can try and alternate 5 minutes on treadmill and 5 minutes on the stationary bike for 30 minutes total. It's a good initiation to bricks and you can make it tougher by spinning fast on the bike and then trying to keep a descending pace (faster every 5 minutes) on the treadmill. I consider the treadmill easier than real running (except for the boredom part of it), so to make it reasonably challenging, I always pump up the incline function. Also, if you have good speed, the treadmill can be dangerous: when you start running at 8.5 or 9 miles per hour on a treadmill, if you put one foot in the wrong place and fall the consequences could be very hurtful! So instead of running at 9 miles per hour on a flat treadmill, I run 8 or 7.5 with a big incline.

Longer Fartlek

Fartlek workout: after 10 minutes warm-up, alternate 3 minutes fast pace and 3 minutes slower pace for the remaining of the 30 minutes. How fast is fast? It depends on your level, but probably a 10KM or 5Km pace could be a good start. How much slower for the recovery time. This should be faster than the recovery jog pace you use during your repeat workouts, but still be slow enough to allow your heart to recover

Bike Cross Train

And finally a stationary bike (NOT rollers) 30 minutes (or less) workout. Warm up for a few minutes, then try and pedal for 30sec to 1 minute with one leg only. Then pedal with two legs for a minute and repeat the one leg exercise with the opposite leg. You can repeat this cycle 3-4 times. This will not only make your legs stronger, but also help you get a feel for your pedal stroke. As your foot goes around, you may notice some dead spots: areas where your foot is not actually applying energy on the pedal. The goal of a good and efficient bike stroke is to try and apply energy to the pedal along the full 360 degrees revolution. This is not the easiest thing to do....

12 x 400 Meter Repeats

After a warm up run 12 x 400 meters at your goal 5K pace. Recover between each repeat for 30 seconds. After a few weeks at this level drop your recover time to 15 seconds

6 x 800 Meter Repeats

After a warm up, run 6 x 800 meter repeats at your goal 5K pace. Recover between each repeat for 1 minute. During subsequent training sessions you can start to decrease your recovery time.

3 x 1600 Meter Repeats

Warm up an then run 3 x 1600 meter repeats at your goal 5K pace. Recover between each repeat for 2 minutes. Again, gradually decrease your recover time during later training sessions.

400 Fartleks

Run for 2 to 4 miles alternating between 400 meters at 5K pace and 200 meters at a strong but relaxed pace. This is an excellent workout for raising your lactate threshold and running economy at race pace.

Lactate Builders

Alternate between running for 30 seconds at nearly full pace and 30 seconds at an easy pace. Keep running until you are unable to hold a strong pace. This is an excellent lactate threshold builder. It also improves your $\dot{V}O_2$ max and running economy. Complete 8 reps of 30 on 30 off, give yourself a 2-3 min slow jog and repeat as tolerated. Learn to pace yourself.

3 x 400/800/400 Compound Sets or Supersets

After your warm up, begin this set by running 400 meters at nearly full pace, then slow down to goal 5K pace for 800 meters before speeding up to nearly full pace for another 400 meters. Take no recovery between the distances, but recover for 5 minutes between each compound set. This workout is excellent for building lactate threshold, $\dot{V}O_2$ max, running economy and finishing speed.

Long Run

Long slow distance—Start by just building endurance. If training for a 5k, do as long as 8 mile runs. Once you hit your goal distance and aren't having problems doing so, start to increase your tempo with the runs. Start slow and progress speed slowly throughout.

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