



Legacy Strength and Conditioning

4 Week Running Improvement Plan



The Program

This Running program has been designed to develop your running ability over shorter distances, namely the 1 mile and 3 mile distances. We have found these distances to be optimal for performance within our community.

The program will consist of 4 weekly sessions that can be slotted in however your schedule allows. Be sure to read the instructions carefully and to follow the guidance presented. If a run is programmed slow it is meant to be this way.

Each week will consist of 2 Slower runs based off of your heart rate and two fast interval sessions. The interval sessions will be working at your lactic threshold pace and will be “comfortably hard.”

Before starting, **test your 1 mile best effort and 3 mile best effort times and write them down.** We will test these again at the end of the program. This program is designed to be repeatable as after every 4 week cycle you can re test and then start over again.

As always any questions just fire them at us on Instagram.

James
@Legacy_SC_



Week 1

Session 1 - Short Intervals

Session 2 - HR Run

Session 3 - Long Intervals

Session 4 - HR Run

Session 1

Notes

Warm Up for 15 minutes prior using any method you like.

These runs should be ran 'Comfortably Hard'. If you're wearing a HR monitor it should be around 85-90 percent of your max heart rate.

A basic way to work out your max heart rate is to take 220 minutes your age.

Short Intervals

1:1 - Work / rest ratio. Rest for the total time it took to run the interval.

4 x 400m

2 x 800m

2 x 400m

Session 2

Notes

Warm Up for 15 minutes prior using any method you like.

This run is ran at sub 75 Percent of your maximum heart rate and should feel easy. Your pace doesn't matter just stay below this threshold.

DO NOT GO OVER THIS PERCENTAGE

Use this time to work on breathing and running technique

HR Run

Run for 30 minutes at sub 75% of maximum HR.

Write down your total distance ran and your avg HR.

Session 3

Notes

Warm Up for 15 minutes prior using any method you like.

These runs should be ran 'Comfortably Hard'. If you're wearing a HR monitor it should be around 85-90 percent of your max heart rate.

Long Intervals

Run 1 Mile

Rest 5 Minutes

Run 800m

Rest 3 Minutes

Run 800m

Session 4

Notes

Warm Up for 15 minutes prior using any method you like.

This run is ran at sub 75 Percent of your maximum heart rate and should feel easy. Your pace doesn't matter just stay below this threshold.

DO NOT GO OVER THIS PERCENTAGE

Use this time to work on breathing and running technique

HR Run

Run 4 Miles

Stay at sub 75 Percent of your max HR.

Write down your HR and Avg Pace



Week 2

Session 5 - Interval Session

Session 6 - HR Session

Session 7 - Middle Distance Run

Session 8 - HR Session

Session 5

Notes

Warm Up for 15 minutes prior using any method you like.

These runs should be ran 'Comfortably Hard'. If you're wearing a HR monitor it should be around 85-90 percent of your max heart rate.

Each Run for this session should be slightly faster than the last one.

Intervals

Run 200m

2 Min Rest

Run 400m

2 Min Rest

Run 800m

2 Min Rest

Repeat 4 Times

Session 6

Notes

Warm Up for 15 minutes prior using any method you like.

This run is ran at sub 75 Percent of your maximum heart rate and should feel easy. Your pace doesn't matter just stay below this threshold.

DO NOT GO OVER THIS PERCENTAGE

Use this time to work on breathing and running technique

HR Run

Run for 35 minutes at sub 75% of maximum HR.

Write down your total distance ran and your avg HR.

Session 7

Notes

Warm Up for 15 minutes prior using any method you like.

These runs should be ran 'Comfortably Hard'. If you're wearing a HR monitor it should be around 85-90 percent of your max heart rate.

Middle Distance Run

Run 2 Miles as fast as possible

Rest 3 minutes

Run 800m as fast as possible

Aim to have your 800m pace faster than your 2 mile pace.

Session 8

Notes

Warm Up for 15 minutes prior using any method you like.

This run is ran at sub 75 Percent of your maximum heart rate and should feel easy. Your pace doesn't matter just stay below this threshold.

DO NOT GO OVER THIS PERCENTAGE

Use this time to work on breathing and running technique

HR Run

Run 5 Miles

Stay at sub 75 Percent of your max HR.

Write down your HR and Avg Pace



Week 3

Session 9 - Sprint Session

Session 10 - HR Session

Session 11 - Interval Session

Session 12 - HR Session

Session 9

Notes

Warm Up for 15 minutes prior using any method you like.

Use a football pitch / rugby pitch for this workout.

For Sprints less is more. Ensure that every sprint is at 100 percent effort and ensure that you rest adequately (3-7 minutes) before moving on.

Sprints

Every minute on the minute for 10 minutes run 100m. 50m out and 50m back.

Then

2 x 100m Sprints

4 x 50m Sprints

2 x 100m Sprints

Session 10

Notes

Warm Up for 15 minutes prior using any method you like.

This run is ran at sub 75 Percent of your maximum heart rate and should feel easy. Your pace doesn't matter just stay below this threshold.

DO NOT GO OVER THIS PERCENTAGE

Use this time to work on breathing and running technique

HR Run

Run for 40 minutes at sub 75% of maximum HR.

Write down your total distance ran and your avg HR.

Session 11

Notes

Warm Up for 15 minutes prior using any method you like.

These runs should be ran 'Comfortably Hard'. If you're wearing a HR monitor it should be around 85-90 percent of your max heart rate.

Intervals

Run 800m

Rest 3 Minutes

Run 1 Mile

Rest 5 Minutes

Run 800m

Rest 3 Minutes

Run 1 Mile

Session 12

Notes

Warm Up for 15 minutes prior using any method you like.

This run is ran at sub 75 Percent of your maximum heart rate and should feel easy. Your pace doesn't matter just stay below this threshold.

DO NOT GO OVER THIS PERCENTAGE

Use this time to work on breathing and running technique

HR Run

Run 6 Miles

Stay at sub 75 Percent of your max HR.

Write down your HR and Avg Pace



Week 4

Session 13 - Interval Session

Session 14 - HR Session

Session 15 - Interval Session

Session 16 - HR Session

Session 13

Notes

Warm Up for 15 minutes prior using any method you like.

These runs should be ran 'Comfortably Hard'. If you're wearing a HR monitor it should be around 85-90 percent of your max heart rate.

Aim to have every interval within a few seconds of the last. Look at keeping that speed for long durations.

Intervals

3 x 800m

1:1 Work Rest Ratio

4 x 400m

1:1 Work Rest Ratio

2 x 200m

1:1 Work Rest Ratio

Session 14

Notes

Warm Up for 15 minutes prior using any method you like.

This run is ran at sub 75 Percent of your maximum heart rate and should feel easy. Your pace doesn't matter just stay below this threshold.

DO NOT GO OVER THIS PERCENTAGE

Use this time to work on breathing and running technique

HR Run

Run for 45 minutes at sub 75% of maximum HR.

Write down your total distance ran and your avg HR.

Session 15

Notes

Warm Up for 15 minutes prior using any method you like.

These runs should be ran 'Comfortably Hard'. If you're wearing a HR monitor it should be around 85-90 percent of your max heart rate.

Set yourself a goal pace and try to get below that for every interval.

Intervals

Run 1 Mile

Rest 5 Minutes

Run 1 Mile

Rest 5 Minutes

1 Run Mile

Record total time with rest

Session 16

Notes

Warm Up for 15 minutes prior using any method you like.

This run is ran at sub 75 Percent of your maximum heart rate and should feel easy. Your pace doesn't matter just stay below this threshold.

DO NOT GO OVER THIS PERCENTAGE

Use this time to work on breathing and running technique

HR Run

Run 7 Miles

Stay at sub 75 Percent of your max HR.

Write down your HR and Avg Pace

Re-Test your 1 Mile and 3 Mile run times and note down your changes. The program can now be repeated with your new times and can continue to keep being repeated as long as you are still making progress.



Thanks for checking out our program and for your continued support of the page. We have bigger and better things on the horizon and we can't wait to show them to you.

Any questions, please send us a message. Stay safe, keep training hard and Earn Your Legacy.

