1 MILE SPLIT
BY DANNY MACKEY

Improve your mile split with this 8-week training plan

Wait, what's a split?

Improving your mile split is not just an issue of running a faster mile. In the running world, "splits" refer to sections of a run that are all a specific distance. So, in this case, a mile split would divide a longer run into mile-long chunks. Monitoring the time it takes to run these splits is a great way to control your pace and effort throughout a long run or even a race.

Before you get started

This schedule will ask you to run four days each week, with time for rest in between some of the more challenging workouts. While you might need to move some specific days around, it's best not to mess with the rest days too much. These days are vital so that your body can fully recover and perform its best for each workout.

You'll likely notice the workouts vary in intensity level and there is some flexibility in the exact length of the runs. This is so you can scale the workout to your specific running level. As a guideline, an "easy" workout is one that increases your heart rate slightly but one at which you can easily carry on a conversation. Think a two or three on a scale out of 10. On the days that call for "moderate" effort, though, you'll be at more of a four or five.

Hills = speed

The workout schedule also uses hill sprints and track measurements throughout, so that may take some planning depending on where you usually run. Whatever you have to do, though, don't overlook this part of the program. The muscles used to climb hills are the same ones used for sprinting, making inclined running an incredibly effective way to increase your speed.

8-WEEK 1 MILE SPLIT TRAINING PLAN

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	1–3 mile easy run	1 mile easy, 1 mile of running the straights of the track hard, walking the curve, 1 mile easy	REST	2 mile run. 6 x 10 sec hill sprints with walk down	REST	REST	2–3 mile run
WEEK 2	2–3 mile easy run	1 mile easy, 5 x 40 seconds or 5 x 200 meters quick w/ 2 min rest, 1 mile easy	REST	2 mile run. 10 x 6 sec hill sprints with walk down	REST	REST	3–4 mile run
WEEK 3	2–3 mile easy run	1 mile easy, 10 x 100 meters w/ 1 min rest, 1 mile easy	REST	2 mile run. 8 x 10 sec hill sprints with walk down	REST	REST	3–4 mile run
WEEK 4	2–3 mile easy run	1 mile easy, 4 x 400 w/ 3 min rest at goal mile race pace, 1 mile easy	REST	3 miles easy	REST	Warmup, 1 mile time trial test effort to see where you're at, cooldow	REST

8-WEEK 1 MILE SPLIT TRAINING PLAN

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 5	2-4 mile easy run	1 mile easy, 2 miles of 3 min at a moderate pace and 1 min jog (continuous), 1 mile easy	REST	2 mile run. 6 x 10 sec hill sprints with walk down	REST	REST	2-5 mile run
WEEK 6	2-4 mile easy run	1 mile easy, 8 x 200 meters quick w/ 2 min rest, 1 mile easy	REST	3 mile run. 10 x 6 sec hill sprints	REST	REST	3-5 mile run
WEEK 7	2-4 mile easy run	1 mile easy, 2 sets of 400/300/200 w/ 100 meter walk rest (all should be quicker than your goal mile pace), 1 mile easy	REST	3 mile run.10 x 6 sec hill sprints	REST	REST	3-5 mile run
WEEK 8	2-4 mile easy run	1 mile easy, 1 mile at 70% effort (quality but controlled), 200/400/200 w/ 200 walk rest, 1 mile easy	REST	3 miles easy	REST	Warmup, 1 mile race or time trial, cooldown	REST

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