

3-Week Training Plan to Run your fastest mile

<https://www.mensjournal.com/health-fitness/the-3-week-training-plan-to-run-your-fastest-mile-ever/>

Week 1		
Day	Workout	Details
Day 1	Light Strength Training	Lateral Lunges Calf Raises Squat Jumps Glute Bridges Side Plank Up 3 Sets/10 reps OR 45 seconds of work/15 rest
Day 2	Power Run	2 Rounds: 6 x 200m at 1-mile goal pace with 90 seconds rest, into 6 to 8 minutes of light jogging-able to carry on a conversation). Rest 3 to 4 minutes between rounds.
Day 3	Active Recovery/Mobility Workout	Take a yoga class, roll out using a foam roller/ lacrosse ball, go for a walk, etc.
Day 4	Hill Repeats	Run 2 to 4 minutes on an incline. Jog on a flat stretch for 90 seconds to recover. Repeat 3 to 5 times. As it gets easier, increase reps or interval time.
Day 5	Light Strength Training	Pushups Mountain Climbers Swimmers Windshield Wipers Hollow Hold 3 Sets/10 reps OR 45 seconds of work/15 rest
Day 6	Speed/Endurance	Jog 5 minutes, then run 2 x 10 minutes at a challenging but sustainable pace. Jog 5 minutes, and end with 5-minute run.
Day 7	Rest	

Week 2		
Day	Workout	Details
Day 1	Light Strength Training	Reverse Lunges Pushups Skater Jumps Clamshells Plank 3 Sets/10 reps OR 45 seconds of work/15 rest
Day 2	Power Run	2 Rounds: 4 x 400m at 1-mile goal pace with 2 minutes rest, into 6 to 8 minutes light jogging. Rest 3 to 4 minutes between rounds.
Day 3	Active Recovery/Mobility Workout	Take a yoga class, roll out using a foam roller/ lacrosse ball, go for a walk, etc.
Day 4	Hill Repeats	Run 2 to 4 minutes on an incline. Jog on a flat stretch for 90 seconds to recover. Repeat 3 to 5 times. As it gets easier, increase reps or interval time.
Day 5	Light Strength Training	Triceps Pushups Plank Jacks Superman Deadbug Superman Rollovers 3 Sets/10 reps OR 45 seconds of work/15 rest
Day 6	Speed/Endurance	Jog 5 minutes, then run 2 x 12 minutes at challenging but sustainable pace; jog for 6 minutes between runs. Then jog lightly for 5 minutes to cool down.
Day 7	Rest	

Week 3		
Day	Workout	Details
Day 1	Light Strength Training	Curtsey Lunges Inchworm Pushups Lunge Jumps Bird Dog Reverse Plank 3 Sets/10 reps OR 45 seconds of work/15 rest
Day 2	Power Run	5 or 6 x 1000m at a 5K pace. Rest 1 minute between reps.
Day 3	Active Recovery/Mobility Workout	Take a yoga class, roll out using a foam roller/ lacrosse ball, go for a walk, etc.
Day 4	Hill Repeats	Run 2 to 4 minutes on an incline. Jog on a flat stretch for 90 seconds to recover. Repeat 3 to 5 times. As it gets easier, increase reps or interval time.
Day 5	Light Strength Training	Plank Up/Downs Spiderman Plank Bridge Leg Extension Flutter Kicks Angry Penguins 3 Sets/10 reps OR 45 seconds of work/15 rest
Day 6	Speed/Endurance	Time yourself for a hard 5K run, then subtract 30 seconds from your mile pace. That's your mile run goal. On second cycle of the program, test your mile.
Day 7	Rest	