

# 5 Minute Mile Training Plan

## 8 WEEK INTERMEDIATE 8K (5 MILE) TRAINING PLAN

Plan is in MILES  
except track workouts in meters.

For informational purposes only, not individual training advice.  
Consult an MD prior to beginning any new exercise program.

Week	Tues Easy	Weds Speed*	Thurs Easy	Sat Long	Sun Easy
1	3	10 min easy, 15 min at tempo, 10 min easy	2	3.5	2
2	3	2x1600 @ 10K pace R: 800 m jog/walk	2	4	3
3	3	10 min easy, 20 min at tempo, 10 min easy	2	5	3
4	4	5x800 @ 5K pace R: 400 m jog/walk	2	4 with fast finish	3
5	4	3x1600 @ 10K pace R: 800 m jog/walk	2	6	3
6	4	6x800 @ 5K pace R: 400 m jog/walk	2	7	3
7	4	8x400 @ best sustainable pace R: 400 m jog/walk	2	6 with fast finish	3
8	3	30 min + strides	2	8K Race or 20 min EZ	OR 8K Race!

Only start this plan if you have been running consistently for 3 months without injury.  
\*Include 10 min warm up & cool down on track days. R = recovery intervals. Aim to include strength training 1-2x/wk on AM/PM opposite short easy run. Visit the blog post for full plan details.

5 minute mile training plan is a goal that many runners aspire to achieve, whether they are seasoned athletes or enthusiastic beginners. Running a mile in five minutes means maintaining a pace of 12 miles per hour, which is no small feat. This article will provide a comprehensive and structured plan to help you reach this ambitious target. We will cover essential training principles, specific workouts, and tips for optimizing your training to ensure you can hit that coveted five-minute mile.

# Understanding the 5 Minute Mile

Before diving into the training plan, it's essential to understand what a five-minute mile entails. This pace requires not only physical speed but also a well-rounded fitness approach, including strength, endurance, and mental stamina.

## What It Takes to Run a 5 Minute Mile

Achieving a five-minute mile involves several factors:

- **Speed Training:** Incorporating interval and tempo runs to improve your speed.
- **Endurance:** Building the ability to sustain a fast pace over longer distances.
- **Strength Training:** Developing leg and core strength to enhance running efficiency.
- **Recovery:** Ensuring adequate rest and recovery to prevent injury and promote adaptation.
- **Nutrition:** Supporting your training with a balanced diet to fuel your workouts.

## Creating Your 5 Minute Mile Training Plan

To achieve a five-minute mile, a structured training plan is crucial. This plan will span approximately 12 weeks, allowing gradual progression and adaptation. Below is a breakdown of the key components of your training plan.

## Weekly Structure

Your training week will consist of the following elements:

1. **Speed Work:** 2 sessions per week focusing on intervals and tempo runs.
2. **Long Runs:** 1 session per week to build endurance.
3. **Easy Runs:** 2 sessions per week to recover and build aerobic capacity.
4. **Strength Training:** 2 sessions per week focusing on core and leg strength.
5. **Rest Days:** 1-2 days per week to allow for recovery.

## Sample Weekly Training Schedule

Here's an example of how a typical week might look:

- **Monday:** Speed Work (Interval Training)
- **Tuesday:** Easy Run (3-5 miles)
- **Wednesday:** Strength Training
- **Thursday:** Speed Work (Tempo Run)

- **Friday:** Rest or Active Recovery (light jogging, yoga)
- **Saturday:** Long Run (8-10 miles)
- **Sunday:** Strength Training

## Speed Workouts

Speed workouts are crucial for developing the pace needed for a five-minute mile. Here are two primary types of speed workouts you should incorporate into your routine.

## Interval Training

Interval training involves short bursts of high-intensity running followed by periods of rest or low-intensity running. Here's how to structure an interval workout:

1. Warm-Up: 10-15 minutes of easy jogging.
2. Workout:
  - 6 x 400 meters at goal pace (75 seconds per 400m) with 1-2 minutes of rest between intervals.
3. Cool Down: 10 minutes of easy jogging.

## Tempo Runs

Tempo runs help improve your lactate threshold, allowing you to maintain a faster pace for longer. Here's a simple tempo run structure:

1. Warm-Up: 10-15 minutes of easy jogging.
2. Workout:
  - 20 minutes at a comfortably hard pace (around 6-minute mile pace).
3. Cool Down: 10 minutes of easy jogging.

## Long Runs

Long runs are essential for building endurance. Aim to gradually increase your long run distance each week. Here's a basic guideline:

- Start with a distance you are comfortable with (e.g., 6-8 miles).
- Increase your long run by 1 mile each week, peaking at 10-12 miles.
- Maintain a steady pace that allows you to hold a conversation.

## Strength Training

Strength training complements your running by building the muscles needed for speed and endurance.

Focus on the following areas:

## Core Strength

A strong core stabilizes your body while running. Incorporate exercises like:

- Planks
- Russian twists
- Bicycle crunches

## Leg Strength

Build leg strength with exercises such as:

- Squats
- Lunges
- Deadlifts

Aim for two strength training sessions per week, focusing on compound movements that engage multiple muscle groups.

## Recovery and Nutrition

Recovery is just as important as training. Listen to your body and ensure you take rest days when needed. Here are some recovery tips:

### Active Recovery

Incorporate light activities such as walking, yoga, or swimming on rest days to promote blood flow and healing.

### Nutrition Tips

Fuel your body properly to support your training:

- Carbohydrates: Essential for energy; focus on whole grains, fruits, and vegetables.
- Proteins: Important for muscle repair; include lean meats, dairy, and legumes.

- Fats: Healthy fats from sources like avocados, nuts, and olive oil should be included.

Stay hydrated, especially before and after workouts.

## Conclusion

Achieving a 5 minute mile training plan is a challenging but attainable goal with dedication and the right approach. Follow the structured training plan outlined above, focusing on speed work, endurance training, and strength building while prioritizing recovery and nutrition. Remember, consistency and gradual progression are key. Embrace the journey, stay motivated, and before you know it, you'll be crossing that finish line in under five minutes.

## Frequently Asked Questions

### What is a 5 minute mile training plan?

A 5 minute mile training plan is a structured program designed to help runners build the speed and endurance necessary to complete a mile in five minutes. It typically includes speed workouts, endurance runs, strength training, and recovery sessions.

### How long does it take to prepare for a 5 minute mile?

The time required to prepare for a 5 minute mile varies by individual, but most runners may need 8 to 12 weeks of dedicated training, depending on their current fitness level and running experience.

### What type of workouts should be included in a 5 minute mile training plan?

A comprehensive 5 minute mile training plan should include interval training, tempo runs, long runs, hill workouts, and strength training exercises to build overall speed and endurance.







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