



Two Mile Training Plan

WEEK	DAY ONE		DAY TWO		DAY THREE	
1	8 x 200m Rest 2 mins	Consistency Intervals should not exceed 3-5 seconds in range	3 rounds 3 mins run, 4 mins rest	Consistency Distance should not exceed 100m in range	2 Mile Run	Time Trial Run smart and fast
	6 x 400m Rest 3 mins	Consistency Intervals should not exceed 5-7 seconds in range	20 min EMOM 100m	Effort Keep all intervals under 1 min	For distance 15 mins @ 80% of Time Trial pace	Effort Calculate pace and do not exceed 80%
2	2 x 800m, 2 x 400m, 2 x 200m Rest 1:1	Effort Second interval must be faster than first	3 rounds 5 mins run, 1 min rest	Consistency Distance should not exceed 100m in range	Moderate pace 5K	Effort Run smart and fast
	For 15 mins Every :45 secs 100m	Effort Keep all intervals under :45 seconds	2 x 1200m Rest 3 mins	Effort Distance should not exceed 100m in range	For distance 20 mins @ 80% of Time Trial pace	Effort Calculate pace and do not exceed 80%
3	3 rounds 100m, 200m, 400m. Rest :30 secs between intervals Rest 1:30 mins between rounds	Effort Run smart and fast	4 x 800m Rest 1 min	Consistency Intervals should not exceed 5-7 seconds in range	For distance 2 x 8 mins Rest 2 mins	Consistency Distance should not exceed 100m in range
	Easy pace 1 mile	Tapering run	8 x 200m Rest 1:2	Tapering run	2 Mile Run	Time Trial Run smart and fast
4						
5						
6						