TRAINING ON 60 MILES (97 KM) PER WEEK

For runners who are running 60 miles (97 km) per week, it is normal to assume they will have done a fair amount of running before starting this suggested program. Maybe they have moved up from a lower weekly mileage program or maybe they have recently taken a break from running for a couple of weeks, but they are familiar with doing weekly mileage up around 60 miles.

Phase I.   For those who have been running a fair amount before starting this four-phase program, phase I may not be necessary, and they can go directly to phase II. However, if you are comfortable with higher weekly mileage amounts but have not recently done many quality workouts, it is a good idea to spend time in the phase I program. It may be only a matter of 2 or 3 weeks in phase I before phase II is more logical.

It is always important to look ahead and see what you will be facing before deciding how advanced you can afford to be in your training program. If you have the time and want to build up to faster running, then go through the phase I program before advancing.

Always consider doing strides (ST) on a gradual uphill path, but also make a point of running the last couple of strides of any set on the flat. Many runners who are running 60 miles per week or more will feel more rested if they run twice on many days of the week. This allows the body to rehydrate and recover between runs, and you are more likely to feel and perform better than if trying to get all your daily mileage into one session.

Phase II.   Phase II introduces a fair amount of **R** training, and usually **R** workouts in the afternoon will feel better if they come several hours after a morning **E** run. For this reason, I am assuming regular morning runs most days of each week, and each morning run should be about 30 minutes and should also include 8 to 10 ST in the middle or at the end. It is better to do these morning-run strides on the flat. Make Q1 of each week (usually on Sunday) a comfortable **L** run of about 10 to 12 miles (16 to 19 km) plus 6 to 8 ST.

Phase III.   In most of my training programs, I like to introduce a fair amount of **I**-intensity running in phase III. The **I** work may involve specific distances at **I** pace or hard (**H**) runs for specified durations of time, and the idea is always to be working at an intensity you feel you could maintain in a race lasting about 10 to 12 minutes.

Phase IV.   During phase IV, adjust training paces according to recent race-predicted VDOT values; if there have been no races to judge by, increase all training paces by 1 second per 400 of distance run. It is

Tony Marshall - PA Images via Getty Images
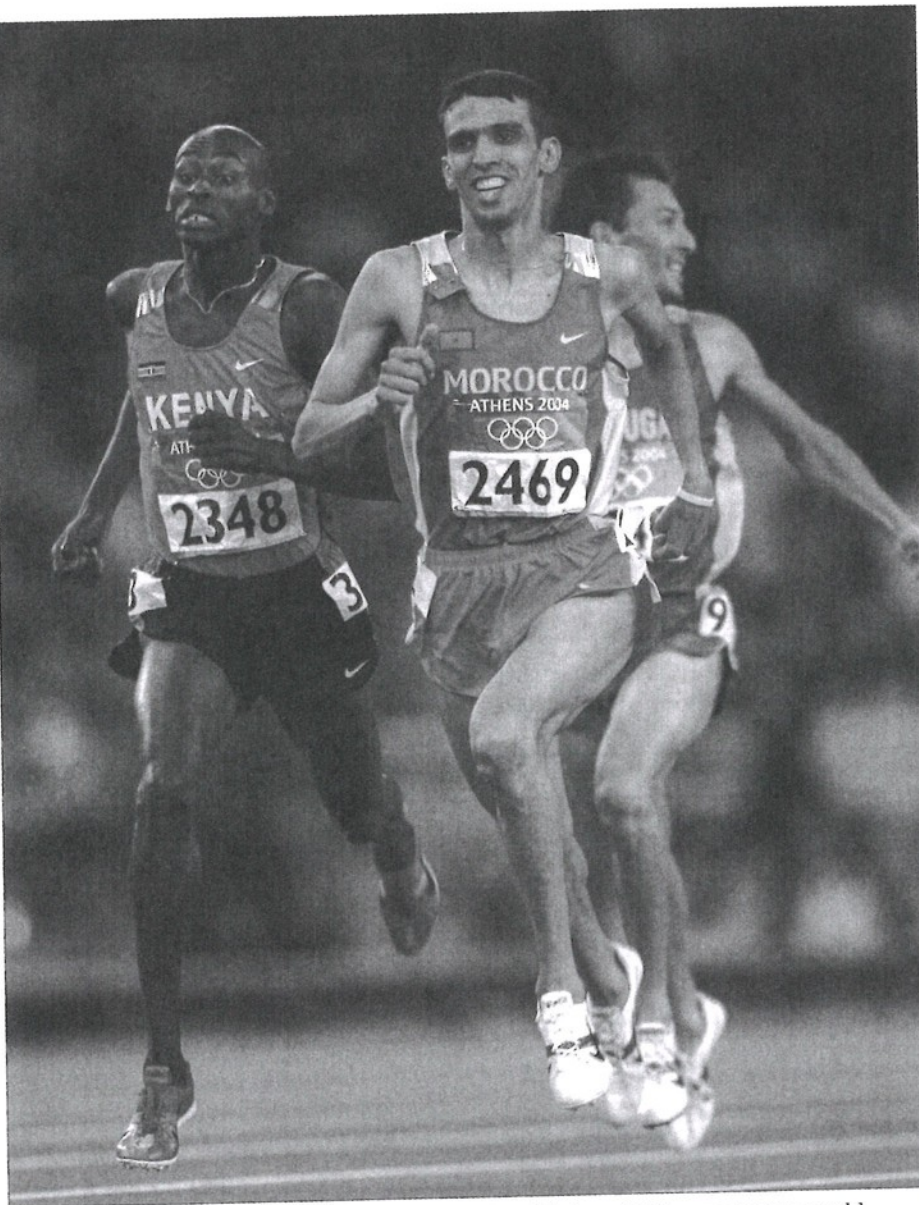
Emphasizing quality over quantity in his training, Hicham El Guerrouj set a world record in the 1,500-meter event in 1998; his unbelievable record of 3:26:00 still stands today. He is considered by many to be the best distance runner of all time.

usual to have a weekend race most weeks of this training phase, so in weeks 19, 20, and 22, schedule Q2 and Q3 on Tuesday and Wednesday for Saturday races and on Monday and Tuesday for Friday races. Going with back-to-back Q days is often better than having an **E** day between two Q days, so I suggest trying back-to-back Q days. Use non-Q days and morning miles to accumulate desired weekly mileage totals. Table

12.3 summarizes the recommended workouts associated with the four phases of training for 1,500-meter to 2-mile events for runners who total about 60 miles (97 km) per week. It is OK to reduce the plan by some weeks in each phase if 24 weeks are not available. For numbers with no associated distances, assume **miles** (example: 2 **E** means 2 miles of easy running).

Table 12.3   1,500-Meter to 2-Mile Training Plan for 60 Miles (97 km) per Week

Phase I

Week	Q1	Q2	Q3
1	10-12 L + 6 ST	2 E + 4 **Mod** + 8 ST + 2 E	2 E + 8 ST + 8 E
2	1 E + 10 **Mod** + 6 ST	4 E + 8 ST + 4 E	6 E + 8 ST + 3 E
3	10-12 L + 8 ST	2 E + 5 **Mod** + 8 ST + 2 E	4 E + 8 ST + 4 E
4	1 E + 8 **Mod** + 6 ST	4 E + 8 × 200 R w/200 jg + 3 E	3 E + 8 × 200 R w/200 jg + 2 E
5	10 L + 8 ST	2 E + 8 × 200 R w/200 jg + 3 E	3 E + 8 × 200 R w/200 jg + 2 E
6	1 E + 10 **Mod** + 8 ST	4 E + 8 × 200 R w/200 jg + 3 E	3 E + 8 × 200 R w/200 jg + 2 E

Phase II

Week	Q1	Q2	Q3
7	10-12 L + 6-8 ST	2 E + 5 sets of (200 R + 200 jg + 200 R + 200 jg + 400 R + 400 jg) + 2 E	2 E + 5 × 1 T w/1 min rests + 6 × 200 R w/200 jg + 2 E
8	10-12 L + 6-8 ST	2 E + 6 × 200 R w/200 jg + 4 × 600 R w/600 jg + 4 × 200 R w/200 jg + 2 E	2 E + 6 × 400 R w/400 jg + 6 × 200 R w/200 jg + 2 E
9	10-12 L + 6-8 ST	2 E + 4 × 200 R w/200 jg + 2 × 800 R w/800 jg + 4 × 200 R w/200 jg + 2 E	2 E + 4 × 200 R w/200 jg + 4 × 1 T w/1 min rests + 4 × 200 R w/200 jg + 2 E
10	10-12 L + 6-8 ST	2 E + 5 sets of (200 R + 200 jg + 200 R + 200 jg + 400 R + 400 jg) + 2 E	2 E + 2 × 800 R w/800 jg + 2 × 600 R w/600 R + 2 × 400 R w/400 jg + 2 × 200 R w/200 jg + 2 E
11	10-12 L + 6-8 ST	2 E + 4 × 200 R w/200 jg + 3 × 600 R w/600 jg + 6 × 200 R w/200 jg + 2 E	2 E + 2 × 400 R w/400 jg + 2 × 600 R w/600 jg + 2 × 800 R w/800 jg + 2 × 200 R w/200 jg + 2 E
12	10-12 L + 6-8 ST	2 E + 4 × 200 R w/200 jg + 3 T + 800 E + 4 × 200 R w/200 jg + 2 E	2 E + 3 sets of (200 R + 200 jg + 200 R + 200 jg + 800 R + 400 jg) + 2 E

Phase III

Week	Q1	Q2	Q3
13	5 **E** + 8 ST + 5 **E** + 6 ST	2 **E** + 6 × 800 **I** w/400 jg + 2 **E**	2 **E** + 8 × 400 **R** w/400 jg + 2 **E**
14	2 **E** + 5 × 600 **R** w/600 jg + 4 × 200 **R** w/200 jg + 2 **E**	2 **E** + 5 × 1K **I** w/3 min jg + 6 ST + 2 **E**	2 **E** + 4 × 1 **T** w/2 min rests + 2 **E**
15	10 **L** + 8 ST	2 **E** + 6 × 3 min **H** w/2 min jg + 1 **E** + 4 × 200 **R** w/200 jg + 2 **E**	2 **E** + 5 × 600 **R** w/600 jg + 4 × 200 **R** w/200 jg + 2 **E**
16	2 **E** + 8 × 400 **R** w/400 jg + 2 **E**	2 **E** + 4 × 1K **I** w/3 min jg + 6 ST + 2 **E**	2 **E** + steady 3 **T** + 6 × 200 **R** w/200 jg + 2 **E**
17	10 **L** + 8 ST	2 **E** + 6 × 800 **I** w/400 jg + 4 × 200 **R** w/200 jg + 2 **E**	2 **E** + 5 × 600 **R** w/600 jg + 4 × 200 **R** w/200 jg + 2 **E**
18	2 **E** + 2 × 600 **R** w/600 jg + 3 × 400 **R** w/400 jg + 4 × 300 **R** w/300 jg + 2 **E**	2 **E** + 4 × 1,200 **I** w/3 min jg + 6 ST + 2 **E**	2 **E** + 4 × 1 **T** w/1 min rests + 4 × 200 **R** w/200 jg + 2 **E**

Phase IV

Week	Q1	Q2	Q3
19	10 **L** + 8 ST	2 **E** + 4 × 800 **R** w/800 jg + 2 **E**	2 **E** + 3 **T** + 4 × 200 **R** w/200 jg + 2 **T** w/1 min rests + 4 × 200 **R** w/200 jg + 2 **E**
20	10 **L** + 8 ST	2 **E** + 2 × 600 **R** w/1K jg + 2 × 400 **R** w/400 jg + 2 × 600 **R** w/600 jg + 2 **E**	2 **E** + 4 × 400 **R** w/400 jg + 3 × 1 **T** w/1 min rests + 4 × 200 **R** w/200 jg + 2 **E**
21	2 **E** + 1,200 **I** + 800 jg + 600 **R** + 600 jg + 1 **T** + 400 jg + 2 × 200 **R** w/200 jg + 2 **E**	2 **E** + 2 × 200 **R** w/200 jg + steady 3 **T** + 6 × 200 **R** w/200 jg + 2 **E**	2 **E** + 4 × 1 **T** w/2 min rests + 6 × 200 **R** w/200 jg + 2 **E** (skip Q3 if weekend race coming)
22	10 **L** + 8 ST	2 **E** + 4 sets of (200 **R** + 200 jg + 200 **R** + 400 jg + 400 **R** + 200 jg) + 2 **E**	2 **E** + 3 **T** + 1 **E** + 8 × 200 **R** w/200 jg + 2 **E**
23	2 **E** + 4 sets of (1 **T** + 400 jg + 2 × 200 **R** w/200 jg) + 2 **E**	2 **E** + 3 × 1 **T** w/1 min rests + 4 × 200 **R** w/200 jg + 2 **E**	2 **E** + 2 × 1K **I** w/3 min jg + 4 × 400 **R** w/400 jg + 2 **E** (skip Q3 if weekend race coming)
24	8 **L** + 6 ST	2 **E** + 2 × 200 **R** w/200 jg + 3 × 1 **T** w/2 min rests + 2 × 200 **R** w/200 jg + 2 **E** (3 days prerace)	2 **E** + ST + important race day

Table created by Jack Daniels' Running Calculator designed by the Run SMART Project.