

# The Retired Athlete Run Guide

***These are designed for individuals whose goal is to improve general aerobic running performance, NOT repeat-sprint sport performance.***

## Overview

- All speeds are based on a *current* best 1600-meter (1-mile) run time
- HRmax = 220 – your age (i.e., 220 – 22 years old = HRmax 198 bpm)
- 1 session is dedicated to speeds 20-40% *faster* than current best pace
  - about 10% of weekly distance
- 1 session is dedicated to speeds between 10% *slower* and 10% *faster* than current best pace
  - about 20% of weekly distance
- 1 session is dedicated to speeds at least 15% *slower* than current best pace
  - HR should be @ 60-70% HRmax
  - about 70% of weekly distance
- 1 session is dedicated to Cardiac Output
  - HR should be @ 60-70% HRmax w/ nose breathing only
  - on no/low-impact piece of equipment (bike, elliptical, stair stepper, ski erg, rower) for 30-60 minutes
- Increase weekly distance by about 10% per week

## Suggested Weekly Aerobic Training Setup

- 1 Session using 300m, 400m, 800m, and/or 1600m Repeat Runs (20% weekly distance)
- 1 non-impact Cardiac Output session
- 1 Day off from Running
- 1 Session using 100m Tempos and/or 200m Tempo Runs (10% weekly distance)
- 1 Day off from Running
- 1 Session using Long Slow Distance (70% weekly distance)
  - You can hike every other week
- 1 Day off from Running



**“GROUP”** rep time is provided if you need to have multiple ability levels all run at the same time – faster individuals get more rest, slower get less rest.

**“SOLO”** work:rest time is provided if you are completing it on your own – rest periods are more optimal.

**100m TEMPO RUNS**  
**GROUP: rep every 1:20**  
**SOLO: 1:3 work:rest**

Best 1-Mile	Run Time
6:00	0:16-0:18
6:30	0:17-0:19
7:00	0:19-0:21
7:30	0:20-0:23
8:00	0:22-0:24
8:30	0:23-0:26
9:00	0:25-0:28
9:30	0:26-0:29
10:00	0:27-0:31

**200m TEMPO RUNS**  
**GROUP: rep every 2:30**  
**SOLO: 1:3 work:rest**

Best 1-Mile	Run Time
6:00	0:33-0:38
6:30	0:36-0:41
7:00	0:39-0:44
7:30	0:42-0:47
8:00	0:44-0:50
8:30	0:47-0:53
9:00	0:50-0:56
9:30	0:53-0:59
10:00	0:55-1:02



**300m REPEAT RUN**  
**GROUP: rep every 3:00**  
**SOLO: 1:1 work:rest**

Best 1-Mile	Run Time
6:00	1:01-1:08
6:30	1:07-1:13
7:00	1:12-1:19
7:30	1:17-1:24
8:00	1:22-1:30
8:30	1:27-1:36
9:00	1:32-1:41
9:30	1:37-1:47
10:00	1:42-1:52

**400m REPEAT RUN**  
**GROUP: rep every 4:00**  
**SOLO: 1:1 work:rest**

Best 1-Mile	Run Time
6:00	1:26-1:35
6:30	1:33-1:43
7:00	1:40-1:51
7:30	1:47-1:58
8:00	1:54-2:06
8:30	2:01-2:14
9:00	2:09-2:22
9:30	2:16-2:30
10:00	2:23-2:38



**800m REPEAT RUN**  
**GROUP: rep every 8:00**  
**SOLO: 1:1 work:rest**

Best 1-Mile	Run Time
6:00	3:00-3:20
6:30	3:15-3:37
7:00	3:30-3:53
7:30	3:45-4:10
8:00	4:00-4:27
8:30	4:15-4:43
9:00	4:30-5:00
9:30	4:45-5:16
10:00	5:00-5:33

**1600m REPEAT RUN**  
**GROUP: rep every 15:00**  
**SOLO: 1:1 work:rest**

Best 1-Mile	Run Time
6:00	6:19-7:04
6:30	6:51-7:39
7:00	7:22-8:14
7:30	7:53-8:49
8:00	8:26-9:25
8:30	8:56-9:59
9:00	9:29-10:36
9:30	9:59-11:10
10:00	10:31-11:45



<b>LONG SLOW DISTANCE</b>			
<b>Best 1-Mile</b>	<b>TIRED</b>	<b>NORMAL</b>	<b>FRESH</b>
6:00	9:14	8:00	7:04
6:30	10:00	8:40	7:39
7:00	10:46	9:20	8:14
7:30	11:31	9:59	8:49
8:00	12:19	10:41	9:25
8:30	13:04	11:19	9:59
9:00	13:52	12:01	10:36
9:30	14:36	12:39	11:10
10:00	15:22	13:19	11:45

If you're feeling:

- Great/Fresh – run at a mile pace listed in the far-right column (green)
- Average – run at a mile pace listed in the middle column (yellow)
- Tired/Worn Out – run at a mile pace listed in the far-left column (red) or accumulate your distance by alternating between walking and jogging



## Example of 8-Week Volume Progression

Starts at 5km total weekly distance and builds to about 10km total weekly distance.

<b><u>Week 1 Total:</u> 5000</b> <i>all values are meters</i>		
<b><u>Run 1</u></b>	<b><u>Run 2</u></b>	<b><u>Run 3</u></b>
1000	500	3500
<b><u>Week 2 Total:</u> 5500</b> <i>all values are meters</i>		
<b><u>Run 1</u></b>	<b><u>Run 2</u></b>	<b><u>Run 3</u></b>
1100	600	3800
<b><u>Week 3 Total:</u> 6100</b> <i>all values are meters</i>		
<b><u>Run 1</u></b>	<b><u>Run 2</u></b>	<b><u>Run 3</u></b>
1200	600	4300
<b><u>Week 4 Total:</u> 6700</b> <i>all values are meters</i>		
<b><u>Run 1</u></b>	<b><u>Run 2</u></b>	<b><u>Run 3</u></b>
1300	700	4700
<b><u>Week 5 Total:</u> 7400</b> <i>all values are meters</i>		
<b><u>Run 1</u></b>	<b><u>Run 2</u></b>	<b><u>Run 3</u></b>
1500	700	5200
<b><u>Week 6 Total:</u> 8100</b> <i>all values are meters</i>		
<b><u>Run 1</u></b>	<b><u>Run 2</u></b>	<b><u>Run 3</u></b>
1600	800	5700
<b><u>Week 7 Total:</u> 8900</b> <i>all values are meters</i>		
<b><u>Run 1</u></b>	<b><u>Run 2</u></b>	<b><u>Run 3</u></b>
1800	900	6200
<b><u>Week 8 Total:</u> 9800</b> <i>all values are meters</i>		
<b><u>Run 1</u></b>	<b><u>Run 2</u></b>	<b><u>Run 3</u></b>
2000	1000	6900

