IMPROVE YOUR RUN TIME

A simple weekly structure for the 1.5-mile, 2-mile, and 3-mile runs.

KNOW YOUR GOAL PACE

- Divide your goal time by the distance. A 15:00 two-mile run is a 7:30-per-mile pace.
- Run your intervals at that pace so it feels familiar on test day.

WEEKLY STRUCTURE

Day	Workout	Purpose
Intervals	6 to 8 × 400 meters at goal pace, 90 seconds rest	Speed and pacing
Tempo	15 to 20 minutes at a comfortably hard pace	Holding pace when tired
Easy	20 to 40 minutes at a conversational pace	Aerobic base, where most gains come from

GUIDELINES

- Increase total weekly running by no more than about 10 percent
- Keep at least one rest or easy day between hard sessions
- Ease off for the last few days before your test

TEST DAY

- Warm up with 5 to 10 minutes of easy jogging
- Start at goal pace, not faster; a fast first lap costs more time than it saves

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