

Ready to run the Bank of America Shamrock Shuffle 8K? In this 8-week program, you'll slowly build your base of fitness, strength and endurance. Make sure to track your runs with **Nike+ Running** and download the **Nike Training Club App** for access to great cross-training workouts. See Runner's Guide for more information. (pg.3)

WEEK	MON	TUES	WED	THU	FRI	SAT	SUN
	RECOVERY/ PROGRESSION	TRACK INTERVALS	RECOVERY/ PROGRESSION	SPEED + STRENGTH	RECOVERY/ PROGRESSION	LONG RUN	RECOVERY/ PROGRESSION
1	2/2 0-5 Mile Run	2/3 2x200m @ mile 800m @10k 400m @5k 2 x 200m @mile Recover 60 seconds after 200's and 2 minutes after everything else	2/4 0-5 Mile Run	2/5 400m @mile, 800m @5k, 400m @mile, 800m @5k 2 minutes recovery after 400m/ 3 minutes recovery after 800m	2/6 0-5 Mile Run	2/7 4 Mile Run	2/8 0-5 Mile Run
	RECOVERY/ PROGRESSION	TRACK INTERVALS	RECOVERY/ PROGRESSION	SPEED + STRENGTH	RECOVERY/ PROGRESSION	LONG RUN	RECOVERY/ PROGRESSION
2	2/9 0-5 Mile Run	2/10 400m @10k 400m @5k 400m @5k 400m @mile Repeat 1-2 times Recover 2 minutes between all intervals	2/11 0-5 Mile Run	2/12 Fartlek 1 min Hard 30 sec Easy 2 min Hard 1 min Easy 3 min Hard 1.5 min Easy 3 min Hard 1.5 min Easy 2 min Hard 1 min Easy 1 min Hard 30 sec Easy	2/13 0-5 Mile Run	2/14 4 Mile Run	2/15 0-5 Mile Run
	RECOVERY/ PROGRESSION	TRACK INTERVALS	RECOVERY/ PROGRESSION	SPEED + STRENGTH	RECOVERY/ PROGRESSION	LONG RUN	RECOVERY/ PROGRESSION
3	2/16 0-5 Mile Run	2/17 800m @5k 45 sec recovery 200m @mile 2 min recovery 600m @5k 45 sec recovery 200m @mile 2 min recovery 400m @5k 45 sec recovery 200m @mile	2/18 0-5 Mile Run	2/19 1000m @threshold, 1000m @10k, 1000m @threshold, 1000m @10k, 6 x 100m strides 2 min rest between every interval. 30 seconds between strides	2/20 0-5 Mile Run	2/21 4 Mile Run	2/22 0-5 Mile Run
	RECOVERY/ PROGRESSION	TRACK INTERVALS	RECOVERY/ PROGRESSION	SPEED + STRENGTH	RECOVERY/ PROGRESSION	LONG RUN	RECOVERY/ PROGRESSION
4	2/23 0-5 Mile Run	2/24 200m @mile, 300m @mile, 400m @5k, 600m @10k, 500m @5k, 400m @5k, 300m @mile, 200m @mile Recover 1 minute between all intervals	2/25 0-5 Mile Run	2/26 3 mile Progression Run 8 x 100m strides	2/27 0-5 Mile Run	2/28 6 Mile Run	3/1 0-5 Mile Run

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WEEK	MON	TUES	WED	THU	FRI	SAT	SUN
5	RECOVERY/ PROGRESSION	TRACK INTERVALS	RECOVERY/ PROGRESSION	SPEED + STRENGTH	RECOVERY/ PROGRESSION	LONG RUN	RECOVERY/ PROGRESSION
	3/2 0-5 Mile Run	3/3 2 Mile Time Trial 10 min Recovery 200m @10k 200m @5k 200m @mile 200m @10k 200m @5k 200m @mile 1 minute recovery in between 200m	3/4 0-5 Mile Run	3/5 4 mile Progression Run with pace dropping so last 2 miles are at threshold	3/6 0-5 Mile Run	3/7 4 Mile Run	3/8 0-5 Mile Run
6	RECOVERY/ PROGRESSION	TRACK INTERVALS	RECOVERY/ PROGRESSION	SPEED + STRENGTH	RECOVERY/ PROGRESSION	LONG RUN	RECOVERY/ PROGRESSION
	3/9 0-5 Mile Run	3/10 1 mile, 4 min recovery 800m, 2 min recovery 400m, rest Alternate every 200m at Threshold then mile pace	3/11 0-5 Mile Run	3/12 Option 1: 6x2 min with last 30 seconds being over hill crest Option 2: If on flat should be a progression 2 min interval starting at 10k pace and working towards mile pace Athlete does not start the next interval until fully rested	3/13 0-5 Mile Run	3/14 6 Mile Run	3/15 0-5 Mile Run
7	RECOVERY/ PROGRESSION	TRACK INTERVALS	RECOVERY/ PROGRESSION	SPEED + STRENGTH	RECOVERY/ PROGRESSION	LONG RUN	RECOVERY/ PROGRESSION
	3/16 0-5 Mile Run	3/17 2 x 200m @mile, 1 x 400m @10k, 2 x 200m @5k, 1 x 400m @10k, 2 x 200m @mile 1 minute rest between all intervals	3/18 0-5 Mile Run	3/19 1 mile Progression 2 x 100m Strides 1 x 1000m @Threshold 2 x 100m Strides 1 mile Recovery	3/20 0-5 Mile Run	3/21 4 Mile Run	3/22 0-5 Mile Run
8	RECOVERY/ PROGRESSION	TRACK INTERVALS	RECOVERY/ PROGRESSION	SPEED + STRENGTH	RECOVERY/ PROGRESSION	EASY RUN	RACE DAY
	3/23 0-5 Mile Run	3/24 2 x 200m @mile, 2 x 400m @5k, 800m @10k, 2 x 400m @ Marathon, 2 x 200m @mile 2 min recovery between all intervals	3/25 0-5 Mile Run	3/26 1 Mile Run 8 x 100m Strides 1 Mile Run	3/27 0-5 Mile Run	3/28 3 Mile Easy Run	3/29 Bank of America Shamrock Shuffle 8K



COACH CHRIS BENNETT
NIKE+ HEAD COACH

RUNNER'S GUIDE

As I've helped countless runners reach their greatest potential, I want to do the same for you as you train for the Bank of America Shamrock Shuffle 8k.

Here are some helpful tips on how to use this training plan:

The goal of a Recovery Day is simple: Recover from the hard effort you just did and recover for the next hard effort you will undertake. On these days the plan calls for 0-5 miles. If you need to rest completely in order to recover sufficiently then take the day off from training. If you can run a few miles and recover then by all means run! Your Recovery Day may also be a great opportunity to cross train. This is your training program!

For each Progression Run and Long Run, plan for the first miles of each run should be the slowest, with your last miles as your fastest. By running the first part of the run easy you allow your body to adjust to the effort. Once you have sufficiently warmed up your body will react positively and be better equipped to pick up the pace. Secondly, you are teaching your body that the longer it runs the faster it runs. Since the pace on these runs progresses from slower to faster these types of runs are called Progression Runs.

The Speed Runs will take place twice a week. They will be hard but fun efforts. You will learn that you have the ability to run different paces - you have different gears! There are a number of ways to figure out the paces for these Speed Workouts. If you know your pace from a recent race you can use any of the pace calculators online to find your comparative paces. If you have not run a race recently or are new to running don't worry!

You can substitute different race paces with different efforts. Think of the different paces like this:

Tempo/Marathon Pace - Easy Run
Threshold - Hard Run
10k - Fast Run
5k - Faster Run
Mile - Fastest Run

You can substitute time in place of distance if need be, following the below guide:

100m = 30 seconds
200m = 1 minute
400m = 2:00
800m = 4:30
1 mile = 9:00

m = meter
k = kilometer

The point of each Speed Workout is to get faster and have fun. Feel free to take the workout and tailor it to what locations you have available to work with.

Enjoy this journey. Learn from it. Most of all run it. Run it as best as you can.

Cheers and Good Luck,
Coach Bennett

APPENDIX

A time trial is an opportunity to mimic a race like effort. In many ways it can be seen as a dress rehearsal for a future race. The 2 mile should be run with the same focus and effort as a race. It can be done with a group of individuals of similar fitness or solo.

Strides are short runs of between 50-100m. Each stride should be faster than the previous one. Strides can be done before or after a workout. It offers the athlete a way to warm up or warm down with special focus given to form.

A Fartlek is workout that consists of a series of pace changes often broken up into hard and easy running. Fartlek is a great way to work on both strength and speed at the same time.