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Four-Week Running Program For The Mile Test

This four-week running program is an excellent and efficient way to prepare you for a mile test at the beginning of your sport season. Simply follow the directions for each day below to improve your mile test time.

WEEK 1

Monday: Game Speed Conditioning

(Choose gym or field version)

Tuesday: Flying 90's – 6 Reps

Wednesday:

200 Yard Sprint – Rest 1:30

200 Yard Sprint – Rest 1:30

200 Yard Sprint – Rest 10:00

½ Mile Run

Thursday: Game Speed Conditioning

(Choose gym or field version)

Friday: Flying 90's – 6 Reps

Saturday:

200 Yard Sprint – Rest 1:30

200 Yard Sprint – Rest 1:30

200 Yard Sprint – Rest 10:00

½ Mile Run

WEEK 2

Monday: Game Speed Conditioning

(Choose gym or field version)

Tuesday: Flying 90's – 6 Reps

Wednesday:

200 Yard Sprint – Rest 1:15

200 Yard Sprint – Rest 1:15

200 Yard Sprint – Rest 10:00

½ Mile Run

Thursday: Game Speed Conditioning

(Choose gym or field version)

Friday: Flying 90's – 6 Reps

Saturday:

300 Yard Sprint – Rest 1:30

300 Yard Sprint – Rest 1:30

300 Yard Sprint – Rest 10:00

¾ Mile Run

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WEEK 3

Monday: [Game Speed Conditioning](#)

(Choose gym or field version)

Tuesday: [Flying 90's](#) – 6 Reps

Wednesday:

300 Yard Sprint – Rest 1:15

300 Yard Sprint – Rest 1:15

300 Yard Sprint – Rest 10:00

$\frac{3}{4}$ Mile Run

Thursday: [Game Speed Conditioning](#)

(Choose gym or field version)

Friday: [Flying 90's](#) – 6 Reps

Saturday:

400 Yard Sprint – Rest 1:30

400 Yard Sprint – Rest 1:30

400 Yard Sprint – Rest 10:00

$\frac{3}{4}$ Mile Run

WEEK 4

Monday: [Game Speed Conditioning](#)

(Choose gym or field version)

Tuesday: [Flying 90's](#) – 6 Reps

Wednesday:

400 Yard Sprint – Rest 1:15

400 Yard Sprint – Rest 1:15

400 Yard Sprint – Rest 10:00

1 Mile Run

Thursday: [Game Speed Conditioning](#)

(Choose gym or field version)

Friday: [Flying 90's](#) – 6 Reps

Saturday:

300 Yard Sprint – Rest 1:00

300 Yard Sprint – Rest 1:00

300 Yard Sprint – Rest 10:00

1 and $\frac{1}{4}$ Mile Run

