

30-DAY RUNNING PROGRAM FOR ACFT 2-MILE IMPROVEMENT



HEART RATE ZONES

$HR_{max} = 220 - \text{age}$ $HR_{rest} = 45 \text{ bpm}$
Heart rate zone = $((HR_{max} + HR_{rest}) \times \% \text{ intensity}) + HR_{rest}$

ZONE	INTENSITY	PURPOSE
Zone 1	50-60 %	Recovery
Zone 2	60-70 %	Aerobic base
Zone 3	70-80 %	Tempo
Zone 4	80-90 %	Threshold



NSCA TRAINING RESIDUALS

NSCA guidelines according to

RETENTION	RET EFF
Aerobic endurance	$30 \pm 5 \text{ d}$
Anaerobic power	$18 \pm 4 \text{ d}$
Maximal speed	$5 \pm 3 \text{ d}$

WEEKLY PROGRESSION

Sample four-week plan

WEEK 1	RECOVERY
WEEK 2	TEPPO
WEEK 3	LONG
WEEK 4	TERPO



PEER REVIEW

Partner with a peer for program review and feedback