

## EIGHT WEEKS TO A 3:30 PATCH SPRINT

### Week #1:

3 Mile Slow Run  
4 Mile Tempo Run (1 – see below)  
4 x 800 Run @ 9:00 per mile Pace – 400 recovery (2)  
45:00 Aerobic Cross Train (3)  
Cross Train (4)  
rest  
rest

### Week #2:

3 Mile Run  
5 Mile Run (w/ 1:00 walk breaks every mile)  
6 x Hill (5)  
50:00 Aerobic Cross Train  
Cross Train  
rest  
rest

### Week #3 :

3 Mile Run in 30 Minutes (or a 5K race)  
6 Mile Run (w/ 1:00 walk breaks every mile)  
30:00 Hard Climb- run or walk: treadmill, stepper or outdoors  
Cross Train  
Cross Train  
rest  
rest

### Week #4:

3 Mile Run (or a 5K race)  
5 miles non-stop (or a 10K race)  
6 x Hill  
60:00 Aerobic Cross Train  
Cross Train  
rest  
rest

### Week #5:

3 Mile Run in 30 Minutes (or a 5K race)  
7 Mile Run (w/ 2:00 walk breaks every mile)  
40:00 Hard Climb- run or walk: treadmill, stepper or outdoors  
Cross Train  
Cross Train  
rest  
rest

### Week #6:

3 Mile Slow Run  
5 Mile Tempo Run (or 10K race)  
2 Mile run: As fast as you can  
90:00 Aerobic Cross-Train  
rest  
rest  
rest

### Week #7:

4 Mile Slow Run  
5 Mile run: Miles #2 and #4 as fast as possible  
2 hour Run & Climb Combo (6)  
Cross Train  
Cross Train  
Rest  
Rest

### Week #8:

M- rest or walk  
T- 6 x 400 Run (8:00 Per mile pace with 400 recovery)  
W- 30:00 Easy run  
Th- rest  
F- 2 Mile slow jog  
Sa- **Patch Sprint**  
Su- rest

### Guide

- (1)- TEMPO RUNS start and finish easy for 5-10 minutes. The middle portion should be run at a “comfortably hard” pace.
- (2) SPEED INTERVALS begin with a warm-up jog of 5-10 minutes. The intervals are then run at the specified pace, with a recovery jog (400 meters) in between each interval.
- (3) AEROBIC CROSS TRAINS are any form of exercise other than running, where the heart rate is elevated for the specified time.
- (4) CROSS TRAINS: Any physical activity designed to recover from the rigors of the tougher workouts.
- (5) HILL INTERVALS. Pick a hill that will take from 3-5 minutes to run or hike quickly to the top. Jog or walk down, Repeat the specified number of times.
- (6) 2 HOUR RUN & CLIMB COMBO. Find a course that best simulates the Patch Sprint and alternate between running and climbing for two sustained hours.

Racers should plan each week in advance to alternate between easy days and hard days. “These workouts are designed to a) get you in better condition; b) strengthen the muscles and speed necessary to cover the course in 3:30 and, most important, c) feel good (better; not dying) towards the end of the Patch Sprint. That way, regardless of your time, it will be a great experience.”