

START HERE

1 SET YOUR GOAL + PACE CHECKS

USE A TIMER AND MEASURED COURSE.

Choose the first goal time that is faster than your AFT 2-mile standard. Use the LSD, P/T, and INT ¼ mile split times for timed pacing related to these run types.

GOAL	GOAL SPLITS 1 MI / 1/2 MI PACE	GOAL 1/4-MILE PACE	LSD 1/4-MILE PACE BORG 9-10	P/T 1/4-MILE PACE * 5 + 20 MIN BORG 15-16	INT 1/4-MILE PACE * 3 MIN BORG 18
19:30	9:45 / 4:53	2:26	2:52-3:09	2:30	2:13
20:00	10:00 / 5:00	2:30	2:55-3:11	2:33	2:15
20:30	10:15 / 5:08	2:34	2:57-3:14	2:35	2:17
21:00	10:30 / 5:15	2:38	2:59-3:16	2:38	2:19
21:30	10:45 / 5:23	2:41	3:01-3:19	2:41	2:21
22:00	11:00 / 5:30	2:45	3:04-3:21	2:44	2:22
22:30	11:15 / 5:38	2:49	3:06-3:23	2:46	2:24
23:00	11:30 / 5:45	2:53	3:08-3:25	2:49	2:26
23:30	11:45 / 5:53	2:56	3:10-3:28	2:52	2:27
24:00	12:00 / 6:00	3:00	3:12-3:30	2:54	2:29
24:30	12:15 / 6:08	3:04	3:14-3:32	2:57	2:31
4 MI 36:00	9:00 / 4:30	2:15	2:41-2:57	2:17	2:04

¼ MILE PACE CHECKS ARE NOT WORKOUT TIMES, THEY ARE PACE GOALS.
RUN THE FULL PRESCRIBED TIME FOR EACH LEVEL OR THE MAINTAIN RUN PLAN.

2 MILE GOAL TIME: _____ ¼ MILE GOAL PACE _____ ¼ MILE LSD PACE _____
¼ MILE PACE/TEMPO PACE _____ ¼ MILE INTERVAL PACE _____

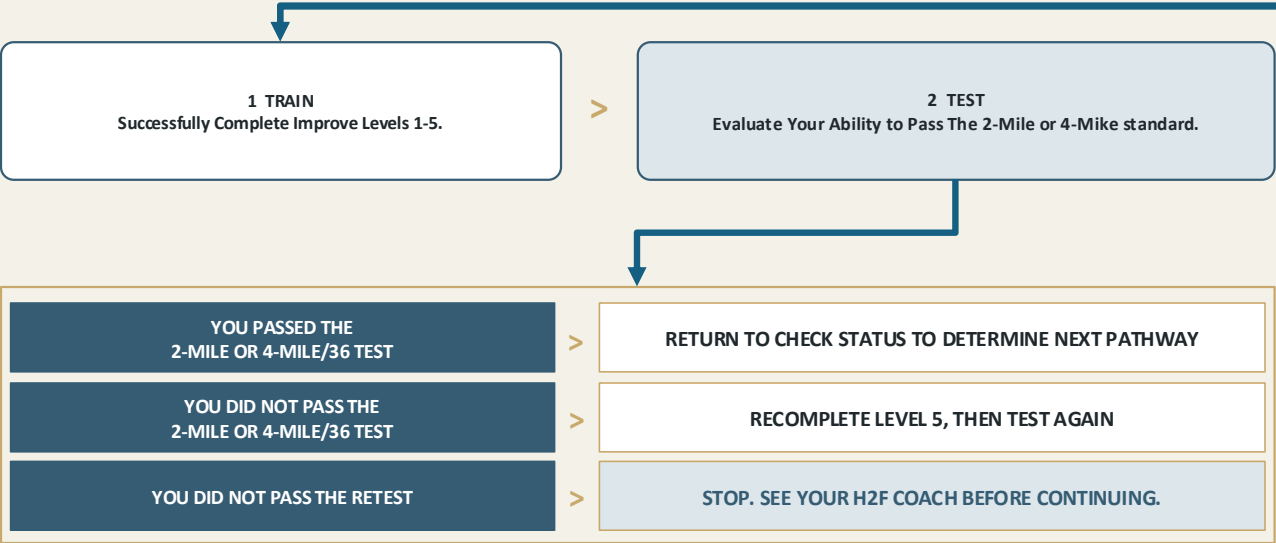
2 CHECK STATUS

USE THE FIRST ROW THAT MATCHES YOUR CURRENT RESULTS.

NO CURRENT 2-MILE TEST RESULT	TEST YOUR 2-MILE
2-MILE NOT PASSED	TRAIN TO IMPROVE YOUR 2-MILE
2-MILE PASSED; NO CURRENT 4-MILE/36 TEST RESULT	TEST YOUR 4-MILE/36
2-MILE PASSED; 4-MILE/36 NOT PASSED	TRAIN TO IMPROVE YOUR 4-MILE/36
BOTH STANDARDS PASSED	USE THE MAINTAIN PLAN

AFTER EVERY TEST: RECORD YOUR RESULT AND CHECK YOUR STATUS AGAIN.

YOUR CURRENT RESULTS TELL YOU WHETHER TO TEST, TRAIN, OR MAINTAIN.



RUN
READY

TRAIN SMARTER.
PASS.

SCIENCE-BASED TRAINING FOR THE AFT 2-MILE
AND 4-MILE/36



USE THE SAME TRAINING PLAN FOR 2-MILE OR 4-MILE/36. LSD - CONTINUOUS RUNNING, NO WALKING.

01 LEVEL 1 LSD RUN 1/4-MILE LSD PACE • BORG 9-10 2 LSD RUNS 30 MIN EACH *A RUCK REPLACES 1 LSD RUN. 1 QUALITY RUN 4 ROUNDS: 1 ROUND = RUN + RECOVER 5 MIN PACE/TEMPO RUN 1/4 MILE P/T PACE BORG 15-16 RECOVER 1 MIN BORG 9-10	02 LEVEL 2 LSD RUN 1/4-MILE LSD PACE • BORG 9-10 2 LSD RUNS 35 MIN EACH *A RUCK REPLACES 1 LSD RUN. 1 QUALITY RUN 20 MIN PACE/TEMPO RUN 1/4 MILE P/T PACE BORG 15-16	03 LEVEL 3 LSD RUN 1/4-MILE LSD PACE • BORG 9-10 2 LSD RUNS 35 MIN EACH *A RUCK REPLACES 1 LSD RUN. 1 QUALITY RUN 3 ROUNDS: 1 ROUND = RUN + RECOVER 3 MIN INTERVAL RUN 1/4 MILE INT PACE BORG 18 RECOVER 3 MIN BORG 9-10	04 LEVEL 4 LSD RUN 1/4-MILE LSD PACE • BORG 9-10 2 LSD RUNS 40 MIN EACH *A RUCK REPLACES 1 LSD RUN. 1 QUALITY RUN 4 ROUNDS: 1 ROUND = RUN + RECOVER 3 MIN INTERVAL RUN 1/4 MILE INT PACE BORG 18 RECOVER 3 MIN BORG 9-10	05 LEVEL 5 LSD RUN 1/4-MILE LSD PACE • BORG 9-10 2 LSD RUNS 40 MIN EACH *A RUCK REPLACES 1 LSD RUN. 1 QUALITY RUN 4 ROUNDS: 1 ROUND = RUN + RECOVER RUN 1/4 MILE USE GOAL 1/4 MILE PACE RECORD BORG RECOVER 3 MIN BORG 9-10	T TEST LSD • CHECK GREEN 1/4-MILE PACE • BORG 9-10 1 LSD RUN 20 MIN *A RUCK REPLACES 1 LSD RUN. TEST TARGET TEST YOUR GOAL TARGET: 2-MILE OR 4-MILE/36
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WHEN TO ADVANCE LEVELS, REGRESS, OR STOP

HOW TO DETERMINE IF YOU SHOULD ADVANCE, REGRESS, OR STOP

1 DID YOU COMPLETE ALL RUNS IN THE LEVEL AS PRESCRIBED?
YES > ADVANCE TO THE NEXT LEVEL
NO > REPEAT THE SAME LEVEL ONCE



2 AFTER THE REPEAT, DID YOU COMPLETE EVERY RUN AS PRESCRIBED?
YES > ADVANCE TO THE NEXT LEVEL
NO > STOP. SEE YOUR H2F COACH.

MAINTAIN

USE ONLY AFTER PASSING BOTH THE 2-MILE AND 4-MILE/36.

2 TOTAL RUNNING DAYS EACH WEEK (1LSD + 1 QUALITY RUN). ROTATE WEEK 1, THEN WEEK 2.
EVERY 4 WEEKS: REPLACE RUN 2 WITH A TEST. ALTERNATE 2-MILE AND 4-MILE/36 TESTING.
IF YOU PASS > CONTINUE MAINTAIN | IF YOU DO NOT PASS > CHECK STATUS.

WEEK 1	RUN 1 • 35 MIN LSD • USE LSD 1/4-MILE CHECK • BORG 9-10
	RUN 2 • 20 MIN PACE/TEMPO • USE PACE/TEMPO 1/4-MILE CHECK • BORG 15-16
WEEK 2	RUN 1 • 35 MIN LSD • USE LSD 1/4-MILE CHECK • BORG 9-10
	RUN 2 • 4 ROUNDS • RUN 3 MIN INTERVAL • USE INTERVAL 1/4-MILE CHECK • BORG 18
	AFTER EACH INTERVAL • RECOVER 3 MIN • BORG 9-10

EFFORT KEY

EFFORT REPRESENTS THE INTENSITY OF YOUR TRAINING

WE ARE USING THE BORG SCALE TO REPRESENT EFFORT ON A SCALE OF 6-20; 6 BEING THE EASIEST AND 20 BEING THE HARDEST. THIS IS A SELF-ASSESSED MEASURE OF TRAINING EFFORT/INTENSITY. YOU MAY ALSO USE PACING TO OBJECTIVELY MONITOR EFFORT BASED ON YOUR GOAL, P/T, OR INT PACD. BORG EFFORT AND PACING SHOULD BE USED TOGETHER TO ENSURE EFFECTIVE, INDIVIDUALIZED TRAINING.

LSD = 9-10	CONTINUOUS RUN / FULL CONVERSATION
RECOVER = 9-10	WALK / SLOW JOG
PACE/TEMPO = 15-16	HARD, CONTROLLED / CHOPPY CONVERSATION
INTERVAL = 18	VERY HARD / FEW WORDS / REPEATABLE