Welcome to your Project PR training plans!

The following programs are specially designed by Nick Willis and I. Both Nick and myself have raced at the highest levels in the sport of track and field, but we are also experienced coaches. With these dual backgrounds, we worked with Whoop to create programs designed for both beginner (10-20 mpw) and advanced (30-40 mpw) runners. We created programs meant to push you, but also meet you where you're starting.

To our beginner runners: only expect to schedule 4 days of running per week. Your weekends will serve as the only days that you put in back-to-back days of mileage. As you look through your training schedule, you will notice that we include built in walk-breaks during many days of training. Trust me when I say that it's important to take those walking breaks. Even if you have experience running without stopping for some runs, if this is your first time focusing on running training for 8-weeks, then you'll need those walk breaks to help you go the distance for the full program.

To our advanced runners: your schedule is filled with 5 days of running, to account for your experience with higher mileage. Take a look at both the beginner and advanced plans and reflect on your most recent running history. If you are an experienced runner, but stick to a lower mileage, it's ok to follow the beginner plan. The "beginner" term should never make you shy away from an equally awesome plan. It's about doing what's right for you.

In the next few pages, you'll find a detailed terms sheet that includes a dos/don'ts section and your training plan. One point I want to highlight before you take a look at that first information page is that these plans are based on time and effort. This means that all you need to do any workout is your running outfit, shoes, whoop, and a stopwatch. If you have a GPS watch that can track your pace and distance, then that's great, but not required. Rather than focus on pace, we instead ask you to listen to your body and go by feel. We included a pace guide chart on the next page, where you'll see that our effort scale is truly by feel and something you can play around with. For example, your 50% effort pace might get faster as the program progresses, but you don't have to worry about that specific pace - just focus on feeling strong and easy at that effort.

Good luck!

Best,
Mary Cain

TRAINING TERMS KEY

Hill Reps
Repeat uphill intervals on an incline of 5-8% grade. Jog or walk slowly back down the same hill as the recovery between each hill interval. If any runner has inflamed achilles tendons, substitute hills for flat intervals of double the allocated time (eg. 6x45s hills would be 6x90s on the flat with 90s jog recovery)

Tempo
A hard but sustainable effort that elevates your heart rate, but doesn't take you over the redline and point of no return. You should finish feeling "pleasantly fatigued"—you're tired, but not exhausted. The goal is to work your internal engine without overextending your musculoskeletal system.

Fartlek
A run of varied paces over an allotted period of total time. Eg run fast for 45 seconds, jog for 1 minute, run medium for 30 seconds, jog for 45 seconds, sprint for 15 seconds, jog for 1 minute, run medium for 75 seconds etc… (until the total time is completed)

Warm-up
A very easy jog of 10 to 20 minutes to warm up your muscles, then a series of dynamic exercises in increase your range of motion (butt kicks, strides, high knee running)

Cool-down
A very easy jog of 10 to 20 minutes to cool down your muscles and help your heart rate drop to a relaxed beat.

Strides
10s to 15s runs at 75-90% maximum sprint speed to open up your stride and become comfortable running at a faster pace. Key is to run fast but RELAXED. Do 4 strides at the end of every warm-up and before the session begins.

Cross Training
Any cardio-based training can be used in lieu of a run. Examples include biking, stationary bike, elliptical, etc…

Flex Day
Choice of a run, cross-training session, or off-day.

PACING GUIDELINES

Effort (%)
50
60
70
80
90
100

Feeling
Easy
Easy-moderate
Moderate
Moderate-hard
Hard
All out

DO

Overall
• Choose the training plan best for you. We have a plan for beginners (10-20 miles per week) and a program for more experienced runners (30-40 miles per week).

• Choose the start date of your weekly schedule. You will notice, our calendar does not start on a specific weekday, but we left room for you to fill in your preferred start date. You should build your training schedule to optimize your weekly schedule. For example, time your long run (Day 7) to fall on your preferred day, or a Saturday vs Sunday.

• Consider your full workload of training. If you do other activities that can add to your overall bodily stress.

Weekly
• Push back a workout. Not feeling it one day? Push it back to the next day and either take a rest day, instead, or do an easy run/cross-training session to freshen the legs. (See our don't section on how to adjust your week).

• Cancel a workout. Don't think a day is enough to save your legs? Drop the workout from the week and take the day off. Next day, get back on track, but add 4-6 80m strides in at the end of your run to keep your body tuned up for speed.

Daily
• Do adjust your daily schedule. Feel like you want to push a morning run back to the evening? No worries.

• Do split up recovery mileage. If you want to break up an easy training day's run or cross-training session, go for it!

• Take a rest day if your body or mind needs it. We give you days with optional rest, cross-training, or runs for a reason… and that's for you to take advantage of training based on what your body is telling you.

DON'T

Overall
• Try to start off with higher training than you're ready to handle. First time training? A seasoned pro? No matter what your starting point… meet yourself where you are.

• Add in more training quickly. If you're new to training, take the walks and rests seriously. They'll help you get through the full 8-weeks of training both healthy and stronger.

Weekly
• Do two workouts on back-to-back days. If you can't do a workout one day, no stress. Either skip it, or readjust your schedule so that you don't have two workouts together.

Daily
• Don't run through sharp pain. If your body is telling you to recover, listen to it.

• Worry about adjusting your pace. If one day's 50% effort is slower than another day's, that's ok! It's about effort, not pace.

WEEK 1

Day 1	*Day Off*	*Day Off*	*Day Off*
Day 2	Workout: See Email	Workout: See Email	Workout: See Email
Day 3	35 minute run at 50% effort	25 minute run at 50% effort	25 minute run at 50% effort
Day 4	Workout: See Email	Workout: See Email	Workout: See Email
Day 5	*Day Off*	*Day Off*	*Day Off*
Day 6	35 minute run at 50% effort	25 minute run at 50% effort	25 minute run at 50% effort
Day 7	60 minute run at 50% effort	50 minute run at 50% effort	40 minute run at 50% effort

WEEK 2

Day 1	*Day Off*	*Day Off*	*Day Off*
Day 2	Workout: See Email	Workout: See Email	Workout: See Email
Day 3	35 minute run at 50% effort	25 minute run at 50% effort	25 minute run at 50% effort
Day 4	Workout: See Email	Workout: See Email	Workout: See Email
Day 5	*Day Off*	*Day Off*	*Day Off*
Day 6	35 minute run at 50% effort	25 minute run at 50% effort	25 minute run at 50% effort
Day 7	60 minute run at 50% effort	50 minute run at 50% effort	40 minute run at 50% effort

WEEK 3

Day 1	*Day Off*	*Day Off*	*Day Off*
Day 2	Workout: See Email	Workout: See Email	Workout: See Email
Day 3	35 minute run at 50% effort	25 minute run at 50% effort	25 minute run at 50% effort
Day 4	Workout: See Email	Workout: See Email	Workout: See Email
Day 5	*Day Off*	*Day Off*	*Day Off*
Day 6	35 minute run at 50% effort	25 minute run at 50% effort	25 minute run at 50% effort
Day 7	60 minute run at 50% effort	50 minute run at 50% effort	40 minute run at 50% effort

WEEK 4

Day 1	*Day Off*	*Day Off*	*Day Off*
Day 2	Workout: See Email	Workout: See Email	Workout: See Email
Day 3	35 minute run at 50% effort	25 minute run at 50% effort	25 minute run at 50% effort
Day 4	Workout: See Email	Workout: See Email	Workout: See Email
Day 5	*Day Off*	*Day Off*	*Day Off*
Day 6	35 minute run at 50% effort	25 minute run at 50% effort	25 minute run at 50% effort
Day 7	65 minute run at 50% effort	55 minute run at 50% effort	45 minute run at 50% effort

PROJECT PR
PERSONALIZED RECOVERY

Tracksmith NEW ENGLAND x WHOOP x Outside

Day 1	*Day Off*	*Day Off*	*Day Off*	
Day 2	Workout: See Email	Workout: See Email	Workout: See Email	
Day 3	35 minute run at 50% effort	25 minute run at 50% effort	25 minute run at 50% effort	
Day 4	Workout: See Email	Workout: See Email	Workout: See Email	
Day 5	*Day Off*	*Day Off*	*Day Off*	
Day 6	35 minute run at 50% effort	25 minute run at 50% effort	25 minute run at 50% effort	
Day 7	65 minute run at 50% effort	55 minute run at 50% effort	45 minute run at 50% effort	

Day 1	*Day Off*	*Day Off*	*Day Off*	
Day 2	Workout: See Email	Workout: See Email	Workout: See Email	
Day 3	35 minute run at 50% effort	25 minute run at 50% effort	25 minute run at 50% effort	
Day 4	Workout: See Email	Workout: See Email	Workout: See Email	
Day 5	*Day Off*	*Day Off*	*Day Off*	
Day 6	35 minutes of work at 50% effort	25 minutes of work at 50% effort	25 minutes of work at 50% effort	
Day 7	70 minute run at 50% effort	60 minute run at 50% effort	50 minute run at 50% effort	

Day 1	*Day Off*	*Day Off*	*Day Off*	
Day 2	Workout: See Email	Workout: See Email	Workout: See Email	
Day 3	35 minute run at 50% effort	25 minute run at 50% effort	25 minute run at 50% effort	
Day 4	Workout: See Email	Workout: See Email	Workout: See Email	
Day 5	*Day Off*	*Day Off*	*Day Off*	
Day 6	35 minutes of work at 50% effort	25 minutes of work at 50% effort	25 minutes of work at 50% effort	
Day 7	70 minute run at 50% effort	60 minute run at 50% effort	50 minute run at 50% effort	

Day 1	*Day Off*	*Day Off*	*Day Off*	
Day 2	Workout: See Email	Workout: See Email	Workout: See Email	
Day 3	*Day Off*	*Day Off*	*Day Off*	
Day 4	30 minute run at 50% effort 5 x 20 second strides	30 minute run at 50% effort 5 x 20 second strides	30 minute run at 50% effort 5 x 20 second strides	
Day 5	*Day Off*	*Day Off*	*Day Off*	
Day 6	35 minutes of work at 50% effort	25 minutes of work at 50% effort	15 minutes of work at 50% effort	
Day 7	5K Time Trial	5K Time Trial	5K Time Trial	