



Austin Fire Academy 1.5 Mile Run Test Training Program

In the first week of the academy all cadets are expected to perform a 1.5 mile run in under 12 minutes. This is the minimum expectation and you should come into the academy prepared to meet this benchmark. The exercise physiologists with the Austin Public Safety Wellness Center have created this eight-week training program specifically to prepare you for this test. Every workout should include a warm-up and five-minute easy jog cool-down. Try to give yourself at least one day between running workouts. If you do not have access to a standard 400m track you can perform the same workouts on the road by using a bike, car, or run tracking app or website to measure distance.

The attached running log is for your personal accountability and does not need to be submitted. However, we are always striving to improve the effectiveness of our programs and if you would like to help us evaluate this training plan you are welcome to turn in the workout log to academy staff.

Standard Warm-up

1. [Myrtl routine](#)
 - a. Perform each exercise once
2. 5-minutes easy jogging
3. 2 x 20 yards butt kickers
4. 2 x 10 yards high knees
5. 2 x 20 yards Carioca running drill
 - a. Switch sides at halfway point
6. 2 x 20 yards high knee bounds
7. 2 x 20 yard [strides](#)

Week 1		
<i>Session 1</i>	<i>Session 2</i>	<i>Session 3</i>
Focus: Time Trial	Focus: Intro to Speed	Focus: Intro to Pacing
1.5 mile run time trial	1 mile easy run	4 x 400m @ time trial pace *90s rest between reps
	6 x 100m strides *walk back to start as recovery between reps	
	800m easy run	

Week 2		
<i>Session 1</i>	<i>Session 2</i>	<i>Session 3</i>
Focus: Speed	Focus: Long Intervals	Focus: Aerobic Run
1 mile easy run	2 x 800m @ time trial pace *2 mins rest between reps	2 mile easy run
1 mile intervals *fast running on straightaways *walk/jog corners	2 x 400m @ time trial pace (-5s) *90s rest between reps	
800m easy run	(-5s) = 5s faster than time trial pace	

Week 3		
<i>Session 1</i>	<i>Session 2</i>	<i>Session 3</i>
Focus: Speed	Focus: Long Intervals	Focus: Aerobic Run
2 rounds of.....	1 x 1200m @ time trial pace *3 mins rest	2.5 mile easy run
3 x 200m @ time trial pace (-15s) *200 easy jog between reps (2 mins rest between sets)	2 x 400m @ GOAL pace *90s rest between reps	

Week 4 - Recovery		
<i>Session 1</i>	<i>Session 2</i>	<i>Session 3</i>
Focus: Time Trial	Focus: Speed	Focus: Aerobic Run
1 mile run time trial	1 mile easy run	1.5 mile easy run
	6 x 100m strides *walk back to start as recovery between reps	
	800m easy run	

Week 5		
<i>Session 1</i>	<i>Session 2</i>	<i>Session 3</i>
Focus: Speed	Focus: Long Intervals	Focus: Aerobic Run
8 x 200m @ mile time trial pace *45s rest between reps	2 x 800m @ goal pace (+10s) *2 mins rest between reps	3 mile easy run
	2 x 400m @ mile time trial pace *2 mins rest between reps	

Week 6		
<i>Session 1</i>	<i>Session 2</i>	<i>Session 3</i>
Focus: Speed	Focus: Long Intervals	Focus: Aerobic Run
6 x 300m @ mile time trial pace *60s rest between reps	1 x 1 mile @ goal pace *5 mins rest	3.5 mile easy run
	2 x 400m @ goal pace *90s rest between reps	

Week 7		
<i>Session 1</i>	<i>Session 2</i>	<i>Session 3</i>
Focus: Speed	Focus: Long Intervals	Focus: Aerobic Run
4 x 400m @ mile time trial pace (-5s) *2 mins rest between reps	2 x 1200m @ goal pace *3 mins rest between reps	3.5 miles easy run

Week 8 – Recovery/Time Trial		
<i>Session 1</i>	<i>Session 2</i>	<i>Session 3</i>
Focus: Speed	Focus: Time Trial Prep	Focus: Time Trial
1.5 mile easy run	1 mile easy run	1.5 mile run time trial
6 x 100m strides *walk back to start as recovery between reps	1 x 800 @ goal pace	
800m easy run	800m easy run	

*AFD is not responsible for injuries related to this program. Please consult your physician for additional advice or consultation.

1.5 Mile Run Training Program Workout Log

Name:

Initial 1.5 mile Time:

Final 1.5 mile Time:

Week 1

<i>Session 1</i>
Date:
<u>Workout</u>
<u>Notes:</u>

<i>Session 2</i>
Date:
<u>Workout</u>
<u>Notes:</u>

<i>Session 3</i>
Date:
<u>Workout</u>
<u>Notes:</u>

Week 2

<i>Session 1</i>
Date:
<u>Workout</u>
<u>Notes:</u>

<i>Session 2</i>
Date:
<u>Workout</u>
<u>Notes:</u>

<i>Session 3</i>
Date:
<u>Workout</u>
<u>Notes:</u>

Week 3

<i>Session 1</i>
Date:
<u>Workout</u>
Notes:

<i>Session 2</i>
Date:
<u>Workout</u>
Notes:

<i>Session 3</i>
Date:
<u>Workout</u>
Notes:

Week 4

<i>Session 1</i>
Date:
<u>Workout</u>
Notes:

<i>Session 2</i>
Date:
<u>Workout</u>
Notes:

<i>Session 3</i>
Date:
<u>Workout</u>
Notes:

Week 5

<i>Session 1</i>
Date:
<u>Workout</u>
Notes:

<i>Session 2</i>
Date:
<u>Workout</u>
Notes:

<i>Session 3</i>
Date:
<u>Workout</u>
Notes:

Week 6

<i>Session 1</i>
Date:
<u>Workout</u>
Notes:

<i>Session 2</i>
Date:
<u>Workout</u>
Notes:

<i>Session 3</i>
Date:
<u>Workout</u>
Notes:

Week 7

<i>Session 1</i>
Date:
<u>Workout</u>
Notes:

<i>Session 2</i>
Date:
<u>Workout</u>
Notes:

<i>Session 3</i>
Date:
<u>Workout</u>
Notes:

Week 8

<i>Session 1</i>
Date:
<u>Workout</u>
Notes:

<i>Session 2</i>
Date:
<u>Workout</u>
Notes:

<i>Session 3</i>
Date:
<u>Workout</u>
Notes: