

# Stew Smith's Three – Five Mile Timed Run Training Program

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## Stew Smith's Downloadable Workout Series

### Six Week Running Program for the 3 – 5 mile timed run test

**NOT FOR BEGINNERS...**

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#### Waiver of Liability

What you are about to undertake is an advanced fitness program. Injuries may occur in any workout program as with this specific program written by Stew Smith. By downloading the program, you are waiving any liability to Stew Smith or StewSmith.com. This is a recommended program that has worked for many others. It may not be right for you. It is recommended that you consult a physician before undertaking any new fitness regimen.

# Stew Smith's Three – Five Mile Timed Run Training Program

## About the Author – Stew Smith C.S.C.S.



Former Navy Lieutenant (SEAL) Stew Smith graduated from the United States Naval Academy in 1991 and received orders to Basic Underwater Demolition/SEAL (BUD/S) training, (Class 182). He has written workouts that prepare future BUD/S students for SEAL Training to include "**The Complete Guide to Navy SEAL Fitness**" and "**Maximum Fitness**" and many other military special ops and law enforcement programs.

Stew Smith writes about fitness and acing physical fitness tests and is the founder of Heroes of Tomorrow Fitness – an online fitness resource for people seeking military or law enforcement / Fire fighting professions. Basically - anything that requires a fitness test to enter, StewSmith.com has the answer.

He is certified by the National Strength and Conditioning Association as a strength and conditioning specialist (CSCS) These books and downloadable manuals can take you from beginner to a combat conditioned veteran. Let these workouts assist you in becoming a better conditioned athlete. The following list is the published books he has written and the downloadable manuals to his credit as well. All books and manuals are fitness related and are simply written accounts of his experience as a trainer and his own athletic history.

### **Stew Smith's Published Books /DVDs**

[The Complete Guide to Navy SEAL Fitness](#)

[Maximum Fitness](#)

[Common Sense Self Defense](#)

[Prehab Fitness Video](#)

[The PFT Fitness Clinic DVD](#)

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## **General Fitness and Nutritional Guides for Everyone**

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[The Busy Executive Workout Routine](#)

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## **The Military Physical Fitness Workouts**

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[Navy SEAL Workout Phase 1,2,3,4 Beginner to Advanced](#)

[Navy SWCC Workout](#)

[The Army Special Forces / Ranger Workout](#)

[The Army Air Assault School Workout](#)

[The Army Airborne Workout](#)

[USMC IST and PFT | USMC RECON Workout](#)

[Air Force PJ / CCT Workout](#)

[The Coast Guard Rescue Swimmer Workout](#)

[Navy, Air Force, and Coast Guard OCS Workout](#)

[USMC OCS / TBS Workout](#)

[The Service Academy Workout \(West Point, Navy, Air Force Academy\)](#)

[The Navy, Air Force, Marine Corp Bootcamp Workout](#)

[The Army OCS and PFT Workout](#)

[The Army Air Assault School Workout | The Army Airborne Workout](#)

[The Air Force OTS Workout](#)

## **The Law Enforcement Physical Fitness Workouts**

[The FBI Academy Workout | The DEA Workout](#)

[The FLETC Workout - Ace the PEB \(Border Patrol, ATF etc\)](#)

[The PFT Bible: Pushups, Situps, 1.5 Mile Run](#)

[The Public Safety Diver Workout](#)

[The Fire Fighter Workout](#)

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Stew Smith's eBooks are sold on the following sites:

[www.stewsmith.com](http://www.stewsmith.com)  
[www.heroesoftomorrow.org](http://www.heroesoftomorrow.org)  
[www.military.com](http://www.military.com)  
[www.navyseals.com](http://www.navyseals.com)

And his published books can be found at local book retailers as well as [www.amazon.com](http://www.amazon.com)  
[www.bn.com](http://www.bn.com)  
[www.getfitnow.com](http://www.getfitnow.com)

Contact Stew Smith (Email, mail)

As part of the downloadable, you do have access to email me at anytime and I will answer your questions as soon as possible.

Below are the different ways to contact me for any of the products and services at [www.stewsmith.com](http://www.stewsmith.com).

Mail and email addresses:  
StewSmith.com  
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Severna Park MD 21146  
Email - [stew@stewsmith.com](mailto:stew@stewsmith.com)

## Running Program Explained

It never fails – unless you are a cross-country runner or track star in high school or college – you will probably have a problem with running a timed run at an above average pace. The reasons for this can range from being a little heavier and stronger in the upper body to never having run timed runs that you consider long distance running anything in the 1 mile range.

The truth is anyone can be a faster runner – it takes time, hard speed work, flexibility, and in some cases weight loss will help more than anything. This eBook running program supplement is designed to assist with increasing speed, endurance, and flexibility. This program is designed to be added as a supplement to your current workout program which can either replace the running in your program all together or you add this program to your present program upping the mileage per week to a higher level. Naturally that choice is yours and would only recommended adding this program to your present program ONLY if you have been running at least 15-20 miles a week.

This program has been helpful in preparing military members for the running tests seen in regular PFTs like the USMC three mile run, the Navy SEAL weekly four mile timed run, and the Army Ranger five mile timed run test on day one of training. There are distance runs, paced runs, leg PT, sprints, and agility all placed into this plan to challenge / prepare you for your future training programs. Not only do you need to be able to pass with ease these timed distance runs, but keeping your short burst speed is critical to your job or athletic event / sport.

## Stretching to build flexibility in the torso and legs:

### The Stretching Program

Increasing one's flexibility and core strength should be the first goal before starting fitness / athletic activity but also recovering from and preventing back injuries. Increased flexibility has been proven to aid in blood circulation, prevention of injuries, increased speed, and range of motion, toning of muscles and more. A 5-10 minute stretching program will help to minimize soreness especially if you are doing a new exercise.

Follow the stretching chart after a warm-up run or bike and especially after your workout. Hold these stretches or do these movements for at least 15-20 seconds each:

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## **Torso / Legs Stretches**

Neck stretch (yes/no)  
Tricep/Lat Stretch (half moon)  
Stomach Stretch  
Plank Pose 1:00  
Thigh Stretch  
Hamstring Stretch  
Lowerback Stretch  
Hurdler Stretch  
Psoas Stretch  
ITB / Hip  
Butterfly 1 & 2  
Piriformis Stretch 1 & 2  
Lowerback stretch – Swiss army knife  
Calve Stretch

## **Stretching and Warming Up**

Walk or jog 5:00 minutes or do a series of light calisthenics like crunches, pushups, squats prior to stretching. Stretching is a major part of warming up and cooling down. After working out, the best way to reduce muscle fatigue and soreness and prevent injuries is to perform a light cool-down and stretch. A cooldown and warmup is defined as:

**Static stretching:** Holding these stretches for 15-20 seconds is the best way to end your workout. Do not bounce when performing these stretches and inhale deeply for three seconds, hold for three seconds and fully exhale. Do this twice per stretch. This will take you to the 15-20 second time minimum for holding these stretches for optimal results.

## **Neck Stretch**

Turn your head to the left, right, up and down, as if you were nodding "yes" and "no". Do this stretch slowly. Do not raise, lower, or rotate your neck too much or you may cause neck injury.



**Triceps into Back Stretch** - Place both arms over and behind your head. Grab your right elbow with your left hand and pull your elbow toward your opposite shoulder. Lean with the pull. Repeat with the other arm.



This stretch not only prepares you for the dumbbell triceps exercises, pushups, and dips, but also prepares the back muscles for pull-ups and the lowerback for running! This is a very important stretch for upper body exercises and swimming.

**Stomach Stretch** - Lie on your stomach. Push yourself up to your elbows if your back is previously injured or you are a beginner stretchers. Slowly lift your head and shoulders and look up at the sky or ceiling. Hold for 15 seconds and repeat two times.



(advanced stomach Stretch above – go to elbows if beginner)

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**Plank Pose** – Keep your back straight and abs tight while placing your elbows and toes on the floor and holding for as long as you can. Build up to 1:00. Advanced is 3-5:00.



- **Plank Pose advanced – Pushup – Up Position – Tighten abs** and keep your back straight. If shoulders bother you or arms are not built up – do this same exercise on your elbows where only your elbows and toes are touching.



As you may know, the lower back is the most commonly injured area of the body. Many lower back problems stem from inactivity, lack of flexibility, and improper lifting of heavy objects as well as hip and leg muscle instability. Stretching and exercising your lower back, hips, and legs will help prevent some of those injuries.

**Thigh Stretch Standing** - Standing, bend your knee and grab your foot at the ankle. Pull your heel to your butt and push your hips forward. Squeeze your butt cheeks together keep your knees close together. Hold for 10-15 seconds and repeat with the other leg.( You can hold onto something for balance if you need to OR you can lie down on your hip and perform this stretch.



**Hamstring Stretch #1** - From the standing or sitting position, bend forward at the waist and come close to touching your toes. Keep your back straight and slightly bend your knees. Go back and forth from straight legs to bent knees to feel the top / bottom part of the hamstring stretch. You should feel this stretching the back of your thighs.



**Lower back Hamstring stretch #2** – Spread your legs while standing.. Drop your chest down to your knees and place your hands on the floor. Hold for 10 seconds, then try to straighten the legs.



**Hurdler Stretch** - Sit on the floor with your legs straight in front of you. Bend your right knee and place the bottom of your foot on the inside of your opposite thigh. With your back straight, lean forward in order to stretch the back of your legs and your lower back. Hold the stretch for 15 seconds, switch legs, and repeat.



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**Psoas Stretch – Hips / Back** – Change one leg of the Hurdler stretch above by bending the straightened leg 90 degrees behind you. Lean forward on the bent knee taking your chest down to your thigh / knee as shown. Hold for 15 seconds and repeat.



**ITB Stretch** - Sit on the ground with your legs crossed in front of you. Keeping your legs crossed bring the top leg to your chest and bend it at the knee so that your foot is placed outside of your opposite leg's thigh. Hold your knee for 15 seconds against your chest and repeat with the other leg.



*Note: Before and after running or you should perform this stretch. This will help prevent very common overuse injuries in the hips and knees.*

**Butterfly stretch #1 / #2** – Sitting with legs bent in front of you, place your feet so the heels of your feet touch and bring them as close to your body as you can. Try to stretch by opening your leg further – NO NEED TO PRESS on your legs to open. Now #2 – Slightly straighten your legs about 1 ft. but keep your feet touching and try to take your head in between your knees.



**Piriformis Stretch #1** – Place your right knee on the ground roughly in line with your left shoulder. The right foot should be just in front of the left knee. Press your hips towards the ground so that your bodyweight is on your right leg. Take your left shoulder toward your right knee. This stretches the hip / buttocks.



**Piriformis Stretch #2** - Lie on your back with both knees bent but cross one leg over the other so your ankle touches your knee. Pull the lower leg to you with both arms and hold for 15 seconds. Repeat on other leg.



**Lower back Stretch – Swiss Army knife** – Lay on your right side and place your left leg in front of you. Lean back and try to place both shoulders to the floor twisting your torso nearly 90 degrees.





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**Calve Stretch into Achilles Tendon Stretch** - Stand with one foot 2-3 feet in front of the other. With both feet pointing in the same direction as you are facing, put most of your body weight on your leg that is behind you - stretching the calve muscle.



Now, bend the rear knee slightly. You should now feel the stretch in your heel. This stretch helps prevent Achilles tendonitis, a severe injury that will sideline most people for about 4-6 weeks.

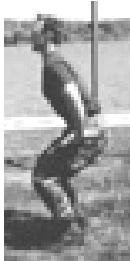
## Descriptions of the PT / weight exercises

### Only LEG PT is added for Run / PT workout

#### **Lower body Exercises**

**Squats** - Keep your feet shoulder width apart. Drop your butt back as though sitting in a chair. Concentrate on squeezing your glutes in your upward motion. Keep your heels on the ground and knee over your ankles. Your shins should be vertical at all times. Extend your buttocks backward. Do not keep your buttocks over your feet and extend your knees over your feet. Works the gluts, quads, and hams.

**The 1/2 squat** - Intensify your squat by doing 1/2 squats. While in the full down squat position, hold the pose and push yourself up and down within a 6" range of motion....just like riding a horse.



**Walking Lunge** - The lunge is a great leg exercise to develop shape and flexibility. Keep your chest up high and your stomach tight. Take a long step forward and drop your back knee toward the ground. Standup on your forward leg, bringing your feet together and repeat with the other leg. Make sure your knee never extends past your foot. Keep your shin vertical in other words. Muscles used: quadriceps, hams, and gluteus.



**Stationary Lunge** - Take a big stride forward. Bend both knees as you lower yourself so your front thigh is near parallel to the floor. Lift yourself up so your knees are straight but your feet have remained in the same position. If you have bad knees either avoid the lunge exercise or only go half way down.

**Lunges with weights** - Only do the stationary lunges with weights. It is easier on the knees than the walking lunges. Simply hold the weight out to your side with your arms relaxed. Do at least 10 repetitions with each leg.

#### **Heel Raise** (with weights too)

Hook one foot behind the other and raise up on your toes. Make certain you use a full range of motion. It won't take long to make this burn. Muscles used gastrocnemius and soleus. (single leg heel raise)



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### **The Running Plan**

The first three weeks of the chart on the next page has you running FIVE days a week in addition to your current workout program. As stated in the introduction – you can use this in replacement of the running in your present plan or add to your present program to really pump up the running mileage per week IF you are used to that kind of mileage.

The five days you choose to run do NOT have to be Mon-Fri – you select your run days but take ONLY 2 days off per week...In fact, make one of two of these runs workout on the weekend and rest from running during the week. You will find your weight / PT workout will be better on days to take off from running.

**GOAL PACE – if the words “goal pace” appears after your distance run – this means if your goal is to run a 1.5 mile in**

**9:00 which is a 6:00 mile or 90 seconds  $\frac{1}{4}$  mile – do the math and figure out the time for that distance at your goal pace**

WEEK 3 – is non-impact week – only swim, bike, walk, or elliptical glide...no impact on legs – rest legs. This is primarily to avoid any over-use injuries with the recent additional mileage added to your previous running plans. Typically, it is the third week where injuries like shins splints, knee tendonitis, plantar faciitis starts to show, so take it easy on the impact this week even if you feel good. BUT push your workouts harder and work to build your VO2 max.



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### WEEKS 1-3

<p><u>Day 1</u> Run 5:00/ stretch</p> <p>Run 3 or 5 miles timed Time_____</p> <p>Re-test on Week 6</p> <p>Agility drills: IL test, M drill, box drill, shuttle run x 2 of each</p>	<p><u>Day 2</u> run - 5:00 / Stretch Repeat 10 times Run timed– 400m or ¼ mile lunges – 10 per leg Jog Slow 200m or 1/8 mile squats – 20</p>	<p><u>Day 3</u> <u>Long Distance run</u> Run 5:00 / stretch 30 minutes non-stop at 1:00 off goal mile pace</p> <p>Agility drills: IL test, M drill, box drill, shuttle run x 2 of each</p>	<p><u>Day 4</u> Long run Leg Day Run total of 5 miles mixed stop every 5:00 to do leg PT Squats – 20 Lunges 10/leg</p>	<p><u>Day 5</u> *Warm up with 250 crunches <b>Repeat-10 times</b> 1/4 mile goal pace</p> <p>Field sprint drills: 20,40,60,80,100yd x 3 each rest by walking back to the starting line</p>
<p><u>Day 1</u> Repeat 5 times 5:00 run or bike 1:00 squats 1:00 lunges each leg 1:00 calves</p> <p>Run 3 mile timed</p>	<p><u>Day 2</u> <b>Run 3 mile timed</b> Stretch PT day</p> <p>Agility drills: IL test, M drill, box drill, shuttle run x 2 of each</p> <p>Optional Swim / bike - 30:00</p>	<p><u>Day 3</u> Run 10:00 / stretch <b>repeat 10 times</b> run ¼ mile at goal pace walk 200m</p> <p><b>Repeat 5 times</b> run 1/8 mile sprint walk 100m</p> <p>jog 10:00 / stretch</p>	<p><u>Day 4</u> Long Run Run 6 miles</p> <p>Agility drills: IL test, M drill, box drill, shuttle run x 2 of each</p>	<p><u>Day 5</u> <u>Run 5:00 / Stretch</u></p> <p><b>Repeat 8 times</b> <u>Run – ½ mile or 800m goal pace</u> Walk 200m</p> <p>Repeat 10 x's each Sprints 10 yd, 20,yd, 40 yd stretch</p>
<p><u>Day 1 EASY WEEK</u> *Warm up with 250 abs of choice plus 1 min plank bike or swim 45:00 stretch legs</p> <p>Bike Pyramid: Life Cycle Levels 5,7,9,10,12,14,16 – repeat in reverse order for 1:00 at each level = 14 minutes</p>	<p><u>Day 2</u> *Warm up with 250 abs of choice plus 1 min plank</p> <p>Swim – Hypoxic pyramid Strokes per breathe = 2,4,6,8,10 x 100m each and repeat in repeat order = 1000m total And/or Bike 30:00 fast / Stretch</p>	<p><u>Day 3</u> *Warm up with 250 abs of choice plus 1 min plank</p> <p>Long Bike or Swim</p> <p>1 HOUR as far as you can get in one hour</p> <p>Stretch</p>	<p><u>Day 4</u> *Warm up with 250 abs of choice plus 1 min plank</p> <p>Bike or Elliptical Glide Pyramid Levels on manual mode 4,6,8,10,12,14,16,18 – repeat in reverse order for 2:00 each level = 36:00</p> <p>Stretch</p>	<p><u>Day 5</u> *Warm up with 250 abs of choice plus 1 min plank</p> <p>Run 3 or 5 mile timed run – test legs after week of rest...</p> <p>Stretch</p>

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### Week 4-6

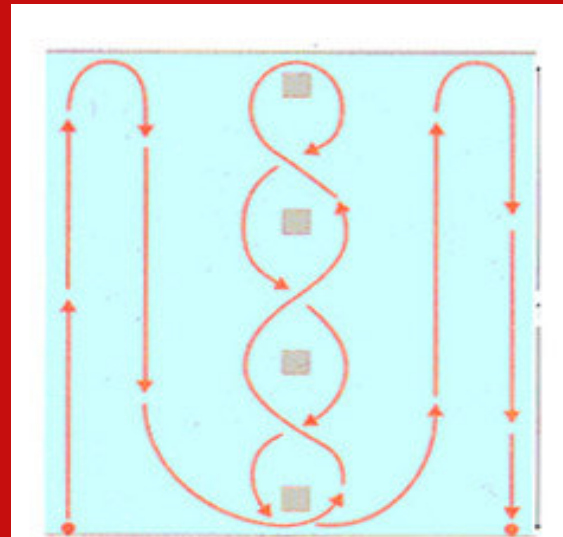
<p><u>Day 1</u> run - 5:00 / Stretch Repeat 8 times run ½ mile at goal pace Walk 1:00 Run ¼ mile at goal pace Walk 2:00</p> <p>Stretch All ab exercises listed – 50 reps each</p>	<p><u>Day 2</u> run - 5:00 / Stretch</p> <p>Repeat 5 times Run 10:00 fast Squats – 25 Lunges 20 / leg</p> <p>Agility drills: IL test, M drill, box drill, shuttle run x 2 of each</p>	<p><u>Day 3</u> <u>Long Distance run</u></p> <p>Run 50 minutes non-stop – distance - _____?</p> <p>Stretch</p> <p>All ab exercises listed – 50 reps each</p>	<p><u>Day 4</u> Warmup - 5:00 / Stretch</p> <p>swim 1500m hypoxic pyramid OR</p> <p>bike 1 hour on manual mode increasing levels every 5:00</p> <p>or run 10 x ¼ mile runs at goal pace – rest 1:00 in between</p>	<p><u>Day 5</u> run - 5:00 / Stretch Run 3 miles easy</p> <p>Leg PT: Repeat 8 times Squats – 20 / Lunges 20/leg Run ¼ mile at goal pace</p> <p>Agility drills: IL test, M drill, box drill, shuttle run x 2 of each</p>
<p><u>Day 1</u> run - 5:00 / Stretch</p> <p><b><u>Repeat 8 times</u></b> ¼ mile at goal pace Rest 1:00 Repeat 4 times ½ mile at goal pace Rest 2:00</p> <p>Stretch</p>	<p><u>Day 2</u> WARMUP - 5:00 / Stretch</p> <p>Swim, bike or elliptical glide <u>1 hour</u> using pyramids of choice</p> <p>Agility drills: IL test, M drill, box drill, shuttle run x 2 of each</p>	<p><u>Day 3</u> run - 5:00 / Stretch</p> <p>Distance Run</p> <p>40 minutes of running shoot for 5 miles</p> <p>distance - _____</p>	<p><u>Day 4</u> run - 5:00 / Stretch</p> <p>1 mile repeats: <b><u>Repeat 5 times</u></b> 1 mile timed run walk ¼ mile</p>	<p><u>Day 5</u> run - 5:00 / Stretch</p> <p>SWIM – 30:00 BIKE 30:00 RUN 2 MILES TIMED</p> <p>Agility drills: IL test, M drill, box drill, shuttle run x 2 of each</p>
<p><u>Day 1</u> run - 5:00 / Stretch</p> <p>Repeat 10 times ¼ mile at goal pace rest with 1:00 walk</p>	<p><u>Day 2</u> run - 5:00 / Stretch</p> <p>Repeat 8 times ½ mile at goal pace rest with 2:00 walk</p>	<p><u>Day 3</u> run - 5:00 / Stretch</p> <p>2 mile easy jog 3 mile fast at goal pace</p> <p>2 mile easy jog</p>	<p><u>Day 4</u> run - 5:00 / Stretch</p> <p>Agility drills: IL test, M drill, box drill, shuttle run x 2 of each</p> <p>Swim 30:00 or <u>Bike 30:00</u> Elliptical glide 30:00</p>	<p><u>Day 5</u> run - 5:00 / Stretch</p> <p>Timed Run – 3-5 mile run</p> <p>6 Week progress: 3 mile time _____ 5 mile time _____</p>

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### OPTIONS: Four drills to assist with agility

Agility Test - The Illinois Agility Test is a challenging 15-20 seconds test that requires the students to run fast, stop quickly, change directions, and move the body from a laying position to a running stride as quickly as possible. The course is 30 feet long and 15 feet wide. Place four cones 10 feet apart at the 7.5 ft. line and the first and fourth cone at the zero and 30 ft line. A picture is worth a 1000 words.



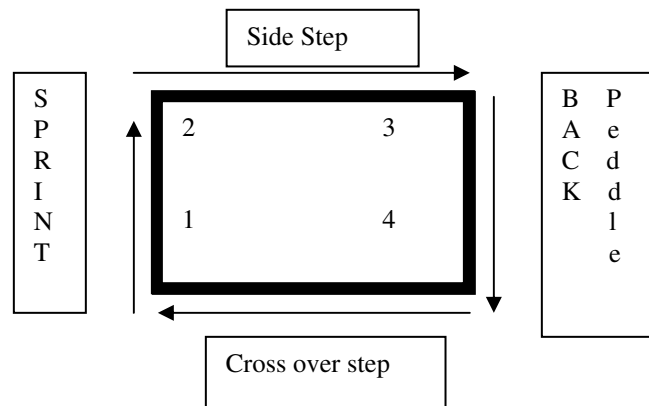
Start

Finish

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### CONCEPTS

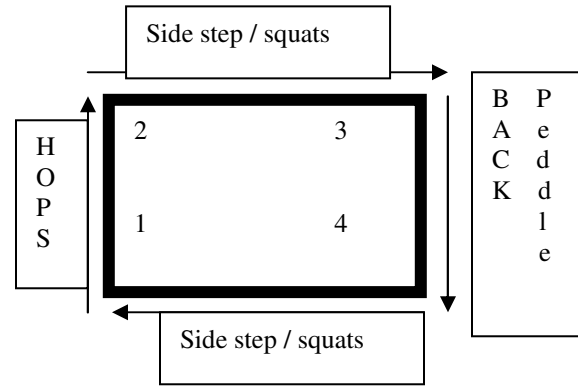
- **20 yard Box drills** – set up two boxes with four cones -
- Have group start at the first cone and sprint to the 2<sup>nd</sup> cone, side step to the third cone, back peddle to the 4<sup>th</sup> cone, and cross over step back to the 1st cone.



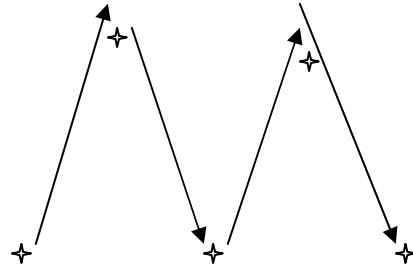
- Stay low and start in a three point stance or standing running stance
- As students get comfortable with drill, have students pivot and turn at each cone

**Leg power drills:** Keep cones in the same box drill formation. This time have the students start at the first cone in a standing position, then move forward by broad jumping to the 2<sup>nd</sup> cone, side step squats to the 3<sup>rd</sup> cone, back peddle to the 4<sup>th</sup> cone, and finish up with side stepping squats to the starting position.

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**20 yard M Drills** – Set cones in an M formation and have students run forward through the cones, but pivoting and changing directions at every cone.



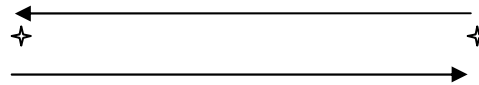
- Repeat forward running 5 times each student.
- Have students sprint forward AND back peddle through the M drill changing direction at each cone.

\* Great ball handling drill for soccer athletes

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**120 yd Shuttle run:** Set up two cones 20 yards apart. Have students lie on their back at the first cone. Blow whistle. Students will now run to 2<sup>nd</sup> cone, pivot, turn around and run back to the 1st cone. A total of three round trips must occur before students can stop running – this will total 120 yds. This is an actual FBI fitness test and will help you with your agility test:





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