

H2F 12-WEEK 2-MILE RUN TACTICAL PROTOCOL

AFT SUCCESS MATRIX | WEEKS 1 TO 12 STRUCTURED BUILDING PROGRAM

⚠ THE H2F JOCKEY RULES FOR RECOVERY:

- **Hydration Anchor:** Minimum 100 Ounces of plain water daily to flush tissue waste and keep lower joints lubricated.
- **Super Shoe Guardrails:** Carbon-plated racing shoes are permitted *ONLY* on Day 3 Track Intervals. Run Day 1 and Day 2 in standard un-plated trainers to protect tendons.
- **Nutrition Overdrive:** High-intensity days must be fueled with clean whole foods (meats, fresh berries, green veggies, nuts) to keep glycogen walls locked.

PHASE 1: FOUNDATION & VOLUME ACQUISITION

WEEK 1 & WEEK 2

DAY 1 (Lactate Threshold): 10-Min Warm-up → 2.5 Miles continuous running at a sustained, uncomfortable pace (30-45s slower than 2-mile sprint). → 5-Min Cool-down.

DAY 2 (Aerobic Base): 3.5 Miles continuous running at a strict conversational pace (Zone 2). Builds real-world foot-strike stamina.

DAY 3 (VO2 Max Intervals): 5-Min Warm-up → 6 Rounds of 400 meters (1 Lap) at 10-15s faster than target AFT pace. Recovery: exactly 90s active walking/jogging loop between sets.

WEEK 3 & WEEK 4

DAY 1 (Lactate Threshold): 10-Min Warm-up → 2.5 Miles continuous running. Focus on maintaining an airtight, uniform cadence over the final mile.

DAY 2 (Aerobic Base): 4.5 Miles continuous running at conversational Zone 2 pace. Expands heart stroke volume.

DAY 3 (VO2 Max Intervals): 5-Min Warm-up → 6 Rounds of 400 meters. Drop active recovery rest window down to exactly 75 seconds between rounds. No stopping.

PHASE 2: LACTATE THRESHOLD SHIFT

WEEK 5 & WEEK 6

DAY 1 (Threshold Progression): 5-Min Warm-up → 3.0 Miles continuous running. Push an aggressive baseline rhythm. Mile 3 split must match or cleanly beat Miles 1 and 2.

DAY 2 (Base Expansion): 4.5 Miles continuous outdoor road running at a strict conversational Zone 2 cadence.

DAY 3 (Anaerobic Capacity): 5-Min Warm-up → 5 Rounds of 800 meters (2 Laps / Half-Mile). Hold target October test pace down to the second. Recovery: 2 minutes active jogging loop.

WEEK 7 & WEEK 8

DAY 1 (Threshold Progression): 5-Min Warm-up → 3.0 Miles continuous running. Target a 5-10 second acceleration split on Mile 3 to practice finishing under deep distress.

DAY 2 (Base Expansion): 5.5 Miles continuous outdoor running. Rhythmic, steady conversational Zone 2 tempo.

DAY 3 (Anaerobic Capacity): 5-Min Warm-up → 5 Rounds of 800 meters. Cut recovery window down to exactly 90 seconds of active walking/jogging between sets.

PHASE 3: PEAK VELOCITY & CRUSH CAPACITY

WEEK 9 & WEEK 10

DAY 1 (Target Pace Tempos): 5-Min Warm-up → 2.0 Miles continuous running exactly at October target test pace. Rest 2 minutes flat, then launch into 1.0-Mile aggressive sprint finish.

DAY 2 (Impact Reduction): 45 Minutes of low-impact stationary cycling (Zone 2) OR a 4-mile flat outdoor road power walk. Protects joints while maintaining capacity.

DAY 3 (Goal-Pace Sprints): 5-Min Warm-up → 8 Rounds of 400 meters (1 Lap) at 5-10s faster than objective AFT run pace. Recovery: exactly 60s active walking between rounds.

WEEK 11 & WEEK 12

DAY 1 (Target Pace Tempos): 5-Min Warm-up → 2.0 Miles continuous running exactly at October pace. 1-Min rest, followed by an all-out 1.0-Mile finish to simulate final test pacing conditions.

DAY 2 (Impact Reduction): 45 Minutes low-resistance stationary spinning. Completely non-impact flushing to prepare the legs for high-velocity outputs.

DAY 3 (Final Test Sharpness): 5-Min Warm-up → 4 Rounds of 400 meters at goal pace with 60s rest → Total physical recovery taper for test day.