

THE LONGHORN RUN COLLECTIVE

# TRAINING GUIDE

SPRING 2026

WITH COACHING FROM

**NICOLE MCLAGAN, PH.D.**

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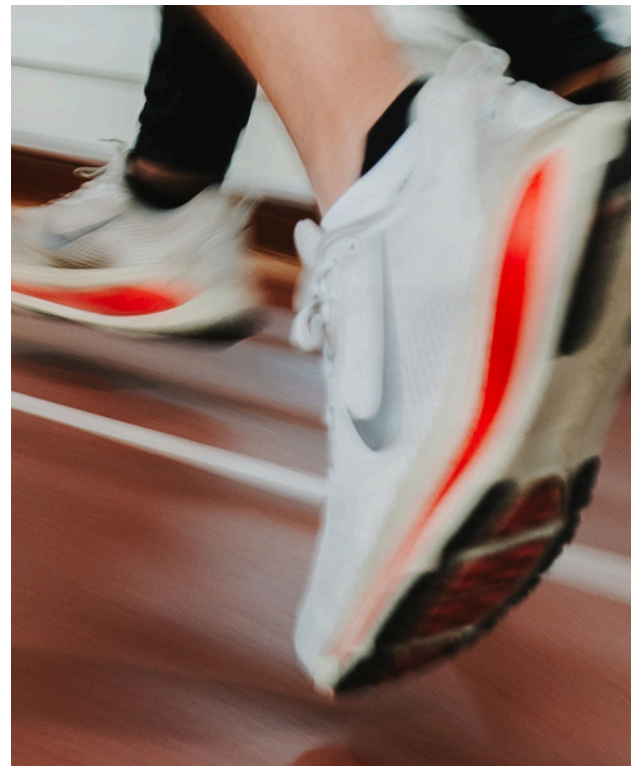
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# MEET YOUR COACH

## NICOLE MCLAGAN, PH.D.

Nicole is the architect behind your training, bringing a specially curated approach to every mile you run. She doesn't just know how to run; she understands the science of how you move. With a Ph.D. in Biomechanics from The University of Texas at Austin and a background as a D1 track and cross-country athlete, Nicole has provided the "why" behind every workout.

With a deep respect for the science of the sport—from the physics to the physiology—she specializes in turning complex training methods into actionable, empowering workouts for every fitness level.

At UT, Nicole is an Assistant Professor of Practice within the Department of Kinesiology and Health Education and serves as the Program Director for the Division of Physical Education. Teaching a wide range of cardiovascular and aerobic physical education (PED) courses here at UT, Nicole's courses are rooted in the Department of Kinesiology and Health Education's core principles—to help individuals reach their maximum physical potential through movement—empowering them to succeed socially, emotionally, and intellectually.

Her "all or something" philosophy ensures that whether you are chasing a 10k or just finding your stride for the first time, you have the tools and the confidence to rise to the challenge. Nicole has provided the science, and we're providing the community to build the runner. Let's run!

# ABOUT THE TRAINING PLAN



## HOW TO USE IT

This 8-week training plan is your guide. When balancing the high-performance goals of a runner with the busy reality of being a student, embrace Nicole's "all or something" philosophy. If a hectic week of exams means you can't hit every mile, use a "Swing Day" to adjust your intensity or prioritize recovery so you can move better tomorrow. Remember that this plan is a tool for growth, not a set of rules.

If you're using this guide digitally, all the workouts on pages 5 and 6 have been hyperlinked.

## DEFINITIONS

**Move Your Body:** It's simple, 30 minutes of intentional activity. Whether you're hitting the elliptical, taking a walk, running, swimming, doing yoga, or showing up for your intramural game, it all counts toward building a stronger you. Movement might look different week to week. Just be sure to get it done.

**Swing Day:** Think of this as a flexible slot in your schedule where the intensity of your movement "swings" based on your current energy levels, recovery needs, and mindset.

**The Power Swing:** If you're feeling strong, add a weightlifting session or a high-intensity TeXercise class.

**The Flow Swing:** If you need something low-gear, keep it moving with a walk, yoga, or stretches.

**The Recovery Swing:** If you're feeling run down, prioritize total rest or a session at the Nike Recovery Studio inside Gregory Gym to move better tomorrow.

**Preferred Running Speed:** Find a consistent pace for the whole run to build your aerobic base and confidence.

# DYNAMIC STRETCHING

## Why We Do It:

- Warming up can help reduce post-workout soreness.
- A dynamic warm-up activates the central nervous system and increases muscle temperature, thus improving nerve signal speed and muscular power.
- Enhances blood circulation to muscles, supporting better oxygen delivery and nutrient transports.
- Properly warmed-up muscles and joints achieve greater flexibility and range of motion, supporting correct exercise form and lowering risk of injury.



## The Necessities

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Knee hug to chest

---

Walking lunge with twist over the front leg

---

Quad pull - standing flamingo with opposite arm extension

---

Hamstring scoops

---

Butt kicks

---

High Knees

---

Skips - perform a set of skips of joy, for distance, and for height

---

Hip openers - open the gate and shut the gate (3 each side)

---

Single leg hops (10 each side)

---

## Additional Movements to perform with a Resistance Band

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Monster walks with band around the ankles - sitting in a squat walking forward (10 each side)

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Lateral side steps with band around the ankles (10 each side)

---

Squat with band on thighs (10 total)

---

Knee drive with band around mid-foot (5 each side)

---

# PACE CHART

Cool Down	Very easy running used to gradually lower heart rate and promote recovery. RPE: 2 to 3 out of 10   Heart rate: Zone 1
Warm Up	Easy aerobic running to raise heart rate, increase muscle temperature and prepare connective tissue. RPE: 3 to 4 out of 10   Heart rate: Zone 1-2
Preferred Running Speed	Comfortable, steady aerobic pace sustainable for an extended duration with marked fatigue RPE: 4 to 5 out of 10   Heart rate: Zone 2
60% Effort	Moderate aerobic intensity that elevates heart rate while remaining controlled, building endurance with low-moderate lactate. RPE: 6 out of 10   Heart rate: Zone 3
80-85% Effort	Hard but controlled pace near lactate threshold that improves speed endurance. RPE: 7 to 8 out of 10   Zone 3-4
All Out	Maximal or near-maximal effort with very high heart rate and rapid fatigue. Pace for short sprints or finishes. RPE: 9 to 10 out of to   Heart rate: Zone 5

# 5K TRAINING PLAN

week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	Workout: The Over Easy <input type="checkbox"/>	Move Your Body <input type="checkbox"/>	Swing Day <input type="checkbox"/>	Steady State Run: 10-15 mins <input type="checkbox"/>	Swing Day <input type="checkbox"/>	Weight Training <input type="checkbox"/>	Long Run: 10-20 mins <input type="checkbox"/>
2	Workout: Targets <input type="checkbox"/>	Move Your Body <input type="checkbox"/>	Swing Day <input type="checkbox"/>	Steady State Run: 15-20 mins <input type="checkbox"/>	Swing Day <input type="checkbox"/>	Weight Training <input type="checkbox"/>	Long Run: 15-25 mins <input type="checkbox"/>
3	Workout: Choose Your Own Adventure <input type="checkbox"/>	Move Your Body <input type="checkbox"/>	Swing Day <input type="checkbox"/>	Steady State Run: 20-25 mins <input type="checkbox"/>	Swing Day <input type="checkbox"/>	Weight Training <input type="checkbox"/>	Long Run: 20-30 mins <input type="checkbox"/>
4	Workout: Song Switch Fartlek <input type="checkbox"/>	Move Your Body <input type="checkbox"/>	Swing Day <input type="checkbox"/>	Steady State Run: 25-30 mins <input type="checkbox"/>	Swing Day <input type="checkbox"/>	Weight Training <input type="checkbox"/>	Long Run: 2-3 miles <input type="checkbox"/>
5	Workout: The Sandwich <input type="checkbox"/>	Move Your Body <input type="checkbox"/>	Swing Day <input type="checkbox"/>	Steady State Run: 30-35 mins <input type="checkbox"/>	Swing Day <input type="checkbox"/>	Weight Training <input type="checkbox"/>	Long Run: 2.5-3.5 miles <input type="checkbox"/>
6	Workout: Partner [or solo] 400s <input type="checkbox"/>	Move Your Body <input type="checkbox"/>	Swing Day <input type="checkbox"/>	Steady State Run: 35-45 mins <input type="checkbox"/>	Swing Day <input type="checkbox"/>	Weight Training <input type="checkbox"/>	Long Run: 3.5-4.5 miles <input type="checkbox"/>
7	Workout: Zoomies Tabata <input type="checkbox"/>	Move Your Body <input type="checkbox"/>	Swing Day <input type="checkbox"/>	Steady State Run: 35-45 mins <input type="checkbox"/>	Swing Day <input type="checkbox"/>	Weight Training <input type="checkbox"/>	Long Run: 4.5-5 miles <input type="checkbox"/>
8	Workout: Strides <input type="checkbox"/>	Move Your Body <input type="checkbox"/>	Swing Day <input type="checkbox"/>	Steady State Run: 25-30 mins <input type="checkbox"/>	Swing Day <input type="checkbox"/>	Weight Training <input type="checkbox"/>	RACE DAY! <input type="checkbox"/>

# 10K TRAINING PLAN

week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	Workout: The Over Easy <input type="checkbox"/>	Move Your Body <input type="checkbox"/>	Swing Day <input type="checkbox"/>	Steady State Run: 15-25 mins <input type="checkbox"/>	Swing Day <input type="checkbox"/>	Weight Training <input type="checkbox"/>	Long Run: 3 miles <input type="checkbox"/>
2	Workout: Targets <input type="checkbox"/>	Move Your Body <input type="checkbox"/>	Swing Day <input type="checkbox"/>	Steady State Run: 25-35 mins <input type="checkbox"/>	Swing Day <input type="checkbox"/>	Weight Training <input type="checkbox"/>	Long Run: 3.5-4 miles <input type="checkbox"/>
3	Workout: Choose Your Own Adventure <input type="checkbox"/>	Move Your Body <input type="checkbox"/>	Swing Day <input type="checkbox"/>	Steady State Run: 30 mins <input type="checkbox"/>	Swing Day <input type="checkbox"/>	Weight Training <input type="checkbox"/>	Long Run: 4.5-5.5 miles <input type="checkbox"/>
4	Workout: Song Switch Fartlek <input type="checkbox"/>	Move Your Body <input type="checkbox"/>	Swing Day <input type="checkbox"/>	Steady State Run: 30-45 mins <input type="checkbox"/>	Swing Day <input type="checkbox"/>	Weight Training <input type="checkbox"/>	Long Run: 5-6 miles <input type="checkbox"/>
5	Workout: The Sandwich <input type="checkbox"/>	Move Your Body <input type="checkbox"/>	Swing Day <input type="checkbox"/>	Steady State Run: 45-50 mins <input type="checkbox"/>	Swing Day <input type="checkbox"/>	Weight Training <input type="checkbox"/>	Sandwich Run: 2 mi easy, 2 mi moderate/hard, 2 mi easy <input type="checkbox"/>
6	Workout: Partner [or solo] 400s <input type="checkbox"/>	Move Your Body <input type="checkbox"/>	Swing Day <input type="checkbox"/>	Steady State Run: 50-60 mins <input type="checkbox"/>	Swing Day <input type="checkbox"/>	Weight Training <input type="checkbox"/>	Long Run (hills): 6.5-7.5 <input type="checkbox"/>
7	Workout: Zoomies Tabata <input type="checkbox"/>	Move Your Body <input type="checkbox"/>	Swing Day <input type="checkbox"/>	Steady State Run: 60-65 mins <input type="checkbox"/>	Swing Day <input type="checkbox"/>	Weight Training <input type="checkbox"/>	Long Run: 7-8 miles <input type="checkbox"/>
8	Workout: Strides <input type="checkbox"/>	Move Your Body <input type="checkbox"/>	Swing Day <input type="checkbox"/>	Steady State Run: 25-30 mins <input type="checkbox"/>	Swing Day <input type="checkbox"/>	Weight Training <input type="checkbox"/>	RACE DAY! <input type="checkbox"/>

# WORKOUT 1:

# THE OVER EASY

THIS IS A RUN-BY FEEL WORKOUT. STAY MOVING, LISTEN TO YOUR BODY, AND DECIDE WHEN IT'S TIME TO PUSH AND CHALLENGE YOURSELF OR PULL BACK AND RECOVER.



For the workout, we'll move through three to four five-minute sections. Each section includes four minutes at your preferred running speed (PRS), followed by a one-minute interval.

This is where the "over" and "easy" come into play. During each one-minute interval, you get to choose your effort. You can go "over" and pick up the pace (run faster), or go "easy" and recover (walking is totally fine if you have to).

Listen to your body during these intervals. You're brain might say, "Go easy, this is hard," but let your body (muscles, legs, joints) be the deciding factor. Go hard, go easy, or mix it up with a combination of both.

**Total duration:** 25-30 minutes

**Warmup:** Dynamic stretches + 5-10 mins. warm up run

**Workout:**

Complete 4 rounds of these 5-minute blocks. Maintain a steady baseline while occasionally pushing your effort.

Duration	Action	Intensity
4 minutes	Base Run	Comfortable pace
1 minute	Peak Effort	Hard effort

**Cool down:** 5 minutes

## Coach's Notes:

- Comfortable pace should feel easy to sustain
- Hard effort should push you out of your comfortable pace, but not your max effort
- Volume: If you're feeling strong, feel free to add a few extra rounds to increase the total volume of the workout

# WORKOUT 2:

# TARGETS

EXPECT THIS ONE TO FEEL TOUGH BUT PURPOSEFUL, IT'S ABOUT POWER AND CONTROL. THIS WORKOUT IS DESIGNED TO BUILD STRENGTH AND SPEED WITH EACH REP.

You'll need a hill for this workout—ideally short and steep. For the sprint section, find a flat stretch of road where you can pick up the pace for about 50–75 meters, or roughly 20 seconds if you're timing it. These pick-ups should be fast—think true sprints.

If possible, set up a loop that includes both your hill and your flat sprint section. You'll repeat the hill effort and flat sprint anywhere from six to eight times, focusing on strong, controlled efforts throughout.

## Coach's Notes:

- Reference page 6 to find your target paces for this workout.
- Increase volume. Aim for at least 5 rounds. If you're conditioned, push for 10 rounds
- Focus on technique. Maintain an upright posture, lean into the hill, shorten your stride.
- Location: If you're on campus, Caven-Clark Field is great for this workout (see diagram below).



**Total duration:** 25-30 minutes

**Warmup:** Dynamic warm up + 5-10 mins. warm up run

## Workout:

Each "lap" consists of four distinct phases. Repeat 5-10 full laps. Focus on your transition between effort and recovery.

Phase	Action	Intensity
No. 1 The Hill	Run uphill	High: Hard effort, drive your knees up
No. 2 Transition	Jog easy	Active recovery: Low-intensity at your preferred pace
No. 3 The Flat	Sprint	Max: All-out effort on level ground
No. 4 Reset	Jog easy	Active recovery: Bring your heart rate down

**Cool down:** 5 minutes

# WORKOUT 3:

# CHOOSE YOUR OWN ADVENTURE

We are switching it up to show you that your training can be flexible! My mantra is "all or something"—a gentle reminder that something is always better than nothing.

You can complete this workout in any of the following modalities (cardio-focused):

- Run
- Outdoor Bike/Stationary Bike
- Elliptical
- Stairmaster
- Swim
- Rower



**Total duration:** 35-40 minutes

**Warmup:** Dynamic warm up + 5-10 mins. warm up run

**Workout:**

Duration	Action	Intensity
10 minutes	1x1 Intervals	Repeat 5x: 1-minute Hard Effort followed by 1-minute Active Recovery

**Cool down:** 10 minutes at PRS

**Coach's Notes:**

- **Hard Effort:** This is your target effort. Reference page 6 to find your 60% effort. Your heart rate and breathing should increase.
- **Active Recovery:** Slow it down, but keep moving. Your heart rate should be lower than your hard effort, but will remain slightly elevated.
- **Volume:** If you want or need it, feel free to add a few more interval rounds

# WORKOUT 4:

# SONG SWITCH

# FARTLEK



THIS WORKOUT SHOULD BE FUELED BY A CURATED PLAYLIST OF YOUR OWN PERSONAL ANTHEMS.

I created this run in honor of seeing Taylor Swift in concert. I went to one of her last shows and to say I was impressed would be the understatement of the century. I left wondering: *how does she do it night after night?*

I later learned she prepared for the tour by running on a treadmill every day while singing her setlist out loud. This workout requires music while you run (or you can choose to do it without music and just follow the timing instead). If you do plan to use music, make sure to curate a playlist just for this run. Pick songs that you love and that keep you motivated.

### Coach's Notes:

- Challenge: This workout is structured to have equal run to recovery. If you're looking to push yourself, shorten that recovery interval to a minimum of 90 seconds.

**Total duration:** 35-60 minutes

**Warmup:** Dynamic warm up + 5-10 mins. warm up run

### Workout:

Phase	Duration	Action	Intensity
No. 1 The Opening Act	7 minutes or ~2 songs	PRS	Comfortable, conversational pace
No. 2 The Main Set	35 minutes or ~6-10 songs	Fartlek Intervals	Alternate every other song, push for a harder pace ~70% for one songs, then recover for the next
No. 3 The Encore	6 minutes or ~2 songs	Run or walk	Comfortable, conversational pace

# WORKOUT 5:

# THE SANDWICH

This run should test you mentally and show you how much stronger you are now than when you started.

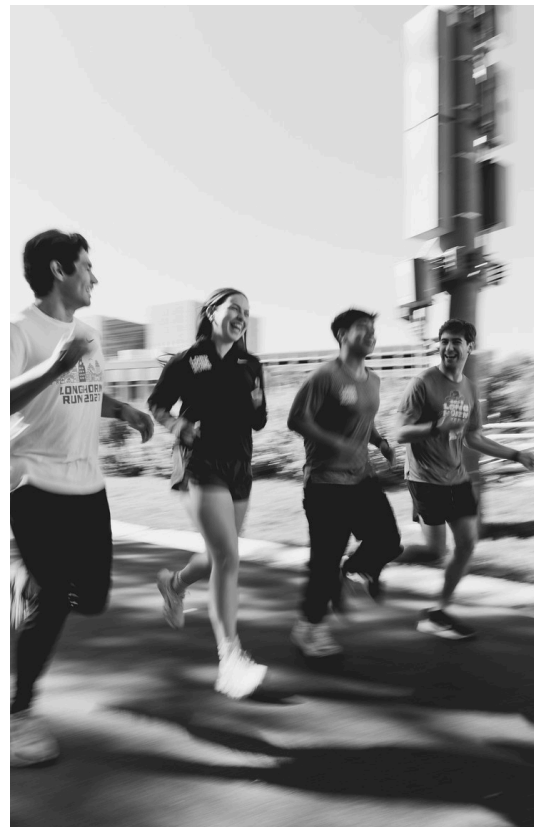
The goal of this workout is to sandwich a high-intensity effort between two steady blocks of running.

**Total duration:** 25–55 Minutes (Pace dependent)

**Warmup:** Dynamic warm up + 5-10 mins. warm up run

**Workout:**

Phase	Action	Intensity
No. 1 The Start	1-Mile Run	PRS
No. 2 The Filling	1-Mile Run	Hard Effort: Think 80-85% effort or goal pace
No. 3 The Finish	1-Mile Run	Cool down at PRS



**Coach's Notes:**

- If you're running the 10K on Race Day, the No. 2 Phase should be a 2-Mile Run at your hard effort.
- At this point in your training, this workout should show you that you have increased your cardio fitness over the last few weeks!
- Reference the Pace Chart on page 6 to find your 80-85% effort

## WORKOUT 6: PARTNER OR SOLO 400S

THIS WORKOUT IS SMART, PROVEN, AND TECHNICAL. YOUR LIMITS WILL BE TESTED, BUT YOU HAVE EXACTLY WHAT IT TAKES.

Keep your HARD days hard and your easy days EASY. This interval workout is geared towards teaching your body how to run fast without going beyond your limit. This workout tests your cardio system and conditions your body to run at a faster pace. THIS IS A HARD EFFORT WORKOUT!

A little history on why this type of work matters. Interval training at a specified pace is scientifically designed to



stress your VO<sub>2</sub> max, or the maximum amount of oxygen your body can use during exercise, which is the key to increasing your aerobic capacity. We're following in the footsteps of Jack Daniels (the legendary coach, not the whiskey maker!), who spent his career perfecting the "Daniels Running Formula." His goal was to improve your "VDOT," or your functional running capacity. By targeting specific race-pace intervals, this workout will help you find your target pace.

**Total duration:** 40-65 minutes

**Warmup:** Dynamic warm up + 5-10 mins. warm up run

**Workout:**

*Option 1: Best for those with access to a 400m track or measured path*

Phase	Duration + Volume	Intensity
No. 1 The Warmup	6-8 minutes	PRS
No. 2 The Work	6 to 10 x400m	80% Effort: Fast but controlled; heart rate and breathing should be elevated
No. 3 The Recovery	Equal Time	Rest: Recover for the same amount of time it took to run the 400m
No. 4 The Finish	5 minutes	Cool down at PRS

*Option 2: Best for those running on trails or roads where distance isn't marked*

Phase	Duration + Volume	Intensity
No. 1 The Warmup	6-8 minutes	PRS
No. 2 The Work	6 to 10 x2 minute intervals	80% Effort: Fast but controlled; heart rate and breathing should be elevated
No. 3 The Recovery	2 minutes	Standing Rest
No. 4 The Finish	5 minutes	Cool down at PRS

# WORKOUT 7:

# ZOOMIES TABATA



INTERVALS POWERED BY THE SCIENCE OF IZUMI TABATA—SHORT BURSTS, SMART RECOVERY, AND SERIOUS FUN

If you have a dog, you've likely watched them have the zoomies at some point. Pups will get these surges of energy and sprint a few times around in circles, then coming to rest before going for more. This workout is like the zoomies but based on the science of Izumi Tabata. Hence – the ZOOMIES!

You likely have heard this term, “tabata,” before in a workout class or HIIT session. It's less commonly associated with a running workout - but the method allows for you to work hard without having to go all out! This workout can be easily adapted for a treadmill if you can't get outside!

**Total duration:** 23-34 minutes

**Warmup:** Dynamic warm up + 5-10 mins. warm up run

**Workout:**

Level	Workout
Beginners	6 minutes of 40 seconds hard, 20 seconds easy 2 minutes of 20 seconds hard, 10 seconds easy
Intermediate	8 minutes of 40 seconds hard, 20 seconds easy 2 minutes of 20 seconds hard, 10 seconds easy
Advanced	10 minutes of 40 seconds hard, 20 seconds easy 4 minutes of 20 seconds hard, 10 seconds easy

**Cool down:** 10 minutes

# WEIGHT TRAINING: STRENGTH WORKOUTS FOR RUNNERS

Strength training does more than just build muscle; it improves your running technique, lowers your risk of injury, and can make you a faster runner. By dedicating time to these functional movements, you aren't just getting stronger—you're teaching your body how to handle the impact of every mile with more power and less fatigue.

Exercise	Instructions	Coach's Notes
Bulgarian Split Squat	Elevate back foot on a bench or box. Lower your back knee toward the floor then push back up.	Challenge: add a dumbbell or kettlebell for
Glute Bridge March	Lie on your back with knees bent and feet flat. Lift your hips toward the ceiling. While holding your hips up, alternate lifting one foot off of the floor, marching in place.	Challenge: add a weight across your hips
Step Up + Knee Dive	Using a sturdy bench or box, step up and driving the knee up towards your chest. With control, step back down. Alternate sides.	Make it easier: perform the step up without the knee drive Challenge: hold weights at your side like a suitcase, or a barbell across your back
Box Drops	Standing on a sturdy bench or box, step off with one foot and land on both feet. Don't jump off. Try and land as quietly as possible.	Focus: land soft
Pogo Jumps	Bounce on the balls of your feet keeping your legs straight. Think quick, trying to spend as little time on the ground.	Challenge: try and jump higher while keeping your ankles "stiff" like springs
Lunge Matrix	With one leg planted, move your other leg performing a forward lunge, lateral lunge, and a reverse lunge before returning your feet together. Alternate sides.	Challenge: hold a weight across your chest
Single Leg Squat	Standing in front of a bench or box, lift one leg off of the ground. Keeping one leg elevated, sit your hips back and down (like your sitting in a chair). Lightly touch the bench or box before driving back up to a standing position. Alternate sides.	Make it easier: use a higher chair to find your balance Challenge: hover over the seat without touching it before standing back up
Prone Plank	Resting on your forearms and toes. Don't let you drop to the floor or pike up.	Make it easier: put your knees on the floor instead of your toes Challenge: add a weight to your back
Side Plank	Lying on your side, propped on your elbow, lift your hips.	Make it easier: keep your bottom knee on the ground for support Challenge: raise your top arm straight to the ceiling
Rotational Chop	With resistance bands or a cable machine. Standing sideways to it, pull the band across your body from your shoulder down toward your opposite hip. Keep your core engaged.	Challenge: use a heavier weight or move further away from the anchor

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THE LONGHORN RUN COLLECTIVE

# WE'LL SEE YOU AT THE FINISH LINE

GREGORY GYMNASIUM

LHR<sup>20</sup><sub>26</sub>

## LONGHORN RUN 2026

SAVE THE DATE  
**SATURDAY,  
APRIL 18**

Learn more at [utlonghornrun.com](http://utlonghornrun.com)

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