

Whippets 10K **Beginning/Returning**  
Plan Name: **Runner**

**Runner Profile:** New to regular running or returning after taking a break. Has run on occasion, recently totaling less than 12 miles per week. Can run at least 30 minutes straight and can commit to 3-4 runs per week. Has tremendous potential to improve by focusing on aerobic training.

Week # / Dates	Goal	Mon	Tue (Tempo/Hills)	Wed (Recovery)	Thu (Speed Intervals)	Fri	Sat (Easy)	Sun (Long run)	Mileage (est)
#0 Mon 10/18 - Sun 10/24	Base building	Rest	Do the Whippets hill run or 2-4M easy run	Rest	3-4M easy run	Rest	Rest	3-4M easy run	8 - 12 M
#1 Mon 10/25 - Sun 10/31	Base building	Rest	3-4M easy run Strides, form drills	Rest	0.5-1M warmup, drills 2-3M easy run including 1 stride per quarter mile 0.5M cooldown, core strength	Rest	20-30min easy run or 30min cross-train	Long Run: 5-7M easy Strides, core strength	10 - 15 M
#2 Mon 11/01 - Sun 11/07	Aerobic conditioning	Rest	4-5M easy run Strides, form drills	Rest	0.5-1M warmup, drills 4-6 x 400m @ half mara pace (4min recovery) 0.5M cooldown, core strength	Rest	20-30min easy run or 30min cross-train	Long Run: 6-8M easy Strides, core strength (NYC Marathon -- Can move this to Saturday)	11 - 16 M
#3 Mon 11/08 - Sun 11/14	Aerobic conditioning	Rest	Moderate Tempo 3-4M (described below) Strides, form drills	Rest or 20-30min cross-train	0.5-1M warmup, drills 3-4 x 800m @ 10K pace (4-5min recovery) 0.5M cooldown, core strength	Rest	20-30min easy run or 30min cross-train	Long Progression: 5-6M easy then 1-2M @ half mara pace Strides, form drills	14 - 18 M
#4 Mon 11/15 - Sun 11/21	Develop specific endurance	Rest	Hill repeats: 1.5M warmup, Strides 6-8x200m uphill (4min recovery) 1.5M cooldown	Rest or 20-30min cross-train	0.5-1M warmup, drills Pyramid workout (400, 800, 1600, 800, 400) @ 10K pace (recover 1-2min/400m) 0.5M cooldown, core strength	Rest	20-30min easy run or 30min cross-train	Long Tempo: 2M easy, 2-3M half mara pace, 2M easy Strides, core strength	15 - 19 M
#5 Mon 11/22 - Sun 11/28	Sharpen specific endurance	Rest	Hard Tempo 3-4.5M (described below) Strides, form drills	Rest or 20-30min cross-train	0.5-1M warmup, drills 3-4 x 1600m @ 10K pace (3-4min recovery) 0.5M cool, core strength (Thanksgiving -- can move this to Friday)	Rest	20-30min easy run or 30min cross-train	Long Tempo: 2M easy, 1M 10K pace, 2M half mara pace, 1M 10K pace, 1M easy Strides, core strength	16 - 19M
#6 Mon 11/29 - Sun 12/05	Race week	Rest	4-6M easy run	Rest or 20-30min cross-train	Form drills 2-3M EASY including 1 stride per half mile Core strength	Rest	Rest / Stretch	Race	6 - 9 M + 10K

### Terminology & Workout Descriptions

- Aerobic conditioning** Capacity and stamina of the heart to supply muscles with oxygen for the main energy supply in races longer than 800 meters. Typically improved via long runs and tempo runs.
- Neuromuscular fitness** Strength and efficiency of muscles that convert energy into forward motion. Typically improved via strides, form drills, strength training, and shorter high-speed interval runs with full recovery.
- Specific endurance** The appropriate blend of aerobic conditioning and neuromuscular fitness to achieve the best possible result in a race of a specific length (for example, a 10K). Typically improved via longer race-pace interval runs with very short recovery (<3 mins).
- Rest days** Monday, Wednesday and Friday should have little or no sustained aerobic activity. It is OK for dedicated gym members to do strength/flexibility work (resistance/weights, plyometrics, stretch, etc.) on these days, as well as Saturday. But AVOID overdoing ANYTHING on Wednesday -- recovery is critical to developing strength.
- Easy run** Goal: build aerobic conditioning. Very low-intensity effort; should be able to have a phone conversation without the other party knowing you are running
- Cross-training** Any easy run shorter than 45 minutes can be replaced with a comparable duration of LOW INTENSITY cross-training, such as swimming, cycling, skating or hiking.
- Progression run** Goal: build aerobic conditioning. Most of the run is at an easy pace, but the last 10-30% is at half marathon pace.

- Moderate tempo** Goal: build aerobic conditioning. Repeated cycles of 0.5M easy, 1.5M @ half marathon pace. Finish with 0.5-1M easy. No rest between pace changes.
- Hard tempo** Goal: develop specific endurance. Repeated cycles of 0.5M @ half marathon pace, 1.0M @ 10K pace. Finish with 0.5-1M easy pace. No rest between pace changes.
- Long tempo** Goal: develop specific endurance. Longer run with longer cycles at various paces, as described in the grid above. No rest between pace changes.
- Hill run** Goal: build aerobic conditioning. Do a run on a hilly course. Surge on the uphill (half marathon pace). On the flats and downhill, run VERY easy.
- Hill repeats** Goal: develop neuromuscular fitness. Relatively short repeats (200m to 400m) on uphill at faster than 10K race pace, with full recovery.
- Speed intervals** Goal: develop neuromuscular fitness or specific endurance. Numerous repeats of runs from 400m to 1.5 miles at race pace or faster, with active recovery between repeats.
- #min recovery** All recovery periods after speed intervals should be active (slow jogging) to flush buildup of lactic acid and keep heart working at steady pace. If you start to get fatigued during interval workouts, do NOT lengthen recovery period -- instead, slow down pace of speedwork.
- Strides, Form drills, Core strength** Goal: develop neuromuscular fitness. Various exercises to strengthen muscles, teach good form, and improve running economy. Strides: 80-100 meters of steady acceleration, hold at 90% of full speed, steady deceleration. Form drills and core strengthening exercises: Will be taught at each workout to runners who aren't familiar with them.
- 10K pace** Current 10K race pace -- should be your best estimate of the 10K you are capable of TODAY rather than personal record (PR) or goal pace.
- Half mara pace** Current half marathon race pace -- should be your best estimate of the half marathon you are capable of TODAY rather than PR or goal pace. Typically, half marathon race pace is 4-8% slower than 10K race pace. An estimate is calculated in the table below.
- Speed pace** McMillan speed pace -- 3-11% faster than current 10K pace. View "Speed (Long Distance Runners)" column of <http://www.mcmillanrunning.com/mcmillanrunningcalculator.htm> or use the table below for an estimate.

**Table: 10K pace, speedwork paces, half marathon pace**

Current 10K pace (min/mile)	Speed 400m = 10K+11%	Speedwork 800m = 10K+7%	Speedwork 1200m = 10K+4%	Speedwork 1600m = 10K+3%	Half Mara Pace (est)
11:00	2:28	5:08	7:55	10:43	11:27 to 11:57
10:30	2:21	4:54	7:34	10:14	10:56 to 11:24
10:00	2:15	4:40	7:12	9:44	10:25 to 10:52
9:30	2:08	4:26	6:51	9:15	9:53 to 10:19
9:00	2:01	4:12	6:29	8:46	9:22 to 9:46
8:30	1:54	3:58	6:07	8:17	8:51 to 9:14
8:00	1:48	3:44	5:46	7:47	8:20 to 8:41
7:30	1:41	3:30	5:24	7:18	7:48 to 8:09
7:00	1:34	3:16	5:02	6:49	7:17 to 7:36
6:30	1:27	3:02	4:41	6:20	6:46 to 7:03
6:00	1:21	2:48	4:19	5:50	6:15 to 6:31

Whippets 10K  
Plan Name: **Developing Runner**

**Runner Profile:** Has regularly done at least 3 runs weekly, 10-18 miles in recent weeks. Has done some speed work and longer runs on occasion, but they have not been a regular part of a weekly workout schedule. Has tremendous potential to improve via neuromuscular training (speedwork).

Week # / Dates	Goal	Mon	Tue (Tempo/Hills)	Wed (Recovery)	Thu (Speed Intervals)	Fri	Sat (Easy)	Sun (Long run)	Mileage (est)
#0 Mon 10/18 - Sun 10/24	Base building	Rest	Do the Whippets hill run or 3-5M easy run	Rest	Do the Whippets interval workout or 3-4M easy run	Rest	3-4M easy run	Long easy run: 50-70min easy	13 - 18 M
#1 Mon 10/25 - Sun 10/31	Base building	Rest	Progression run: 3.5-4M easy then 0.5-1M at half mara pace Strides, form drills	Rest or 20-30min cross-train	0.5-1M warmup, drills 4-6 x 400m @ 10K pace (4min recovery) 0.5M cooldown, core strength	Rest	3-4M easy run	Long Run: 6-8M easy Strides, core strength	16 - 21 M
#2 Mon 11/01 - Sun 11/07	Aerobic conditioning & neuromuscular fitness	Rest	Hill run: 4-5M going easy on flats and downhills, half mara pace on uphill Strides, form drills	Rest or 20-30min cross-train	0.5-1M warmup, drills 6-8 x 400m @ Speed pace (4min recovery) 0.5M cooldown, core strength	Rest	3-4M easy run	Long Run: 7-9M easy Strides, core strength (NYC Marathon -- Can move this to Saturday)	18 - 23 M
#3 Mon 11/08 - Sun 11/14	Aerobic conditioning & neuromuscular fitness	Rest	Moderate Tempo 3-5M (described below) Strides, form drills	Rest or 20-30min cross-train	0.5-1M warmup, drills 4-5 x 800m @ 10K pace (4-5min recovery) 0.5M cooldown, core strength	Rest	3-4M easy run	Long Progression: 5-6M easy then 2-3M @ half mara pace Strides, core strength	18 - 23 M
#4 Mon 11/15 - Sun 11/21	Develop specific endurance	Rest	Hill repeats: 1.5M warmup, Strides 6-8x200m uphill (4min recovery) 1.5M cooldown	Rest or 20-30min cross-train	0.5-1M warmup, drills Pyramid workout (400, 800, 1600, 800, 400) @ 10K pace (recover 1-2min/400m) 0.5M cooldown, core strength	Rest	3-4M easy run	Long Tempo: 2M easy, 3-4M half mara pace, 2M easy Strides, core strength	18 - 22 M
#5 Mon 11/22 - Sun 11/28	Sharpen specific endurance	Rest	Hard Tempo 3-4.5M (described below) Strides, form drills	Rest or 20-30min cross-train	0.5-1M warmup, drills 3-4 x 1600m @ 10K pace (3-4min recovery) 0.5M cool, core strength (Thanksgiving -- can move this to Friday)	Rest	3-4M easy run	Long Tempo: 2M easy, 1M 10K pace, 2M half mara pace, 1M 10K pace, 1M easy Strides, core strength	18 - 21 M
#6 Mon 11/29 - Sun 12/05	Race week	Rest	4-6M easy run	Rest or 20-30min cross-train	Form drills 2-3M EASY including 1 stride per half mile Core strength	Rest	Rest / Stretch	Race	6 - 9 M + 10K

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- Specific endurance** The appropriate blend of aerobic conditioning and neuromuscular fitness to achieve the best possible result in a race of a specific length (for example, a 10K). Typically improved via longer race-pace interval runs with very short recovery (<3 mins).
- Rest days** Monday, Wednesday and Friday should have little or no sustained aerobic activity. It is OK for dedicated gym members to do strength/flexibility work (resistance/weights, plyometrics, stretch, etc.) on these days, as well as Saturday. But AVOID overdoing ANYTHING on Wednesday -- recovery is critical to developing strength.
- Easy run** Goal: build aerobic conditioning. Very low-intensity effort; should be able to have a phone conversation without the other party knowing you are running
- Cross-training** Any easy run shorter than 45 minutes can be replaced with a comparable duration of LOW INTENSITY cross-training, such as swimming, cycling, skating or hiking.
- Progression run** Goal: build aerobic conditioning. Most of the run is at an easy pace, but the last 10-30% is at half marathon pace.

- Moderate tempo** Goal: build aerobic conditioning. Repeated cycles of 0.5M easy, 1.5M @ half marathon pace. Finish with 0.5-1M easy. No rest between pace changes.
- Hard tempo** Goal: develop specific endurance. Repeated cycles of 0.5M @ half marathon pace, 1.0M @ 10K pace. Finish with 0.5-1M easy pace. No rest between pace changes.
- Long tempo** Goal: develop specific endurance. Longer run with longer cycles at various paces, as described in the grid above. No rest between pace changes.
- Hill run** Goal: build aerobic conditioning. Do a run on a hilly course. Surge on the uphill (half marathon pace). On the flats and downhill, run VERY easy.
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- Speed intervals** Goal: develop neuromuscular fitness or specific endurance. Numerous repeats of runs from 400m to 1.5 miles at race pace or faster, with active recovery between repeats.
- #min recovery** All recovery periods after speed intervals should be active (slow jogging) to flush buildup of lactic acid and keep heart working at steady pace. If you start to get fatigued during interval workouts, do NOT lengthen recovery period -- instead, slow down pace of speedwork.
- Strides, Form drills, Core strength** Goal: develop neuromuscular fitness. Various exercises to strengthen muscles, teach good form, and improve running economy. Strides: 80-100 meters of steady acceleration, hold at 90% of full speed, steady deceleration. Form drills and core strengthening exercises: Will be taught at each workout to runners who aren't familiar with them.
- 10K pace** Current 10K race pace -- should be your best estimate of the 10K you are capable of TODAY rather than personal record (PR) or goal pace.
- Half mara pace** Current half marathon race pace -- should be your best estimate of the half marathon you are capable of TODAY rather than PR or goal pace. Typically, half marathon race pace is 4-8% slower than 10K race pace. An estimate is calculated in the table below.
- Speed pace** McMillan speed pace -- 3-11% faster than current 10K pace. View "Speed (Long Distance Runners)" column of <http://www.mcmillanrunning.com/mcmillanrunningcalculator.htm> or use the table below for an estimate.

**Table: 10K pace, speedwork paces, half marathon pace**

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10:30	2:21	4:54	7:34	10:14	10:56 to 11:24
10:00	2:15	4:40	7:12	9:44	10:25 to 10:52
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9:00	2:01	4:12	6:29	8:46	9:22 to 9:46
8:30	1:54	3:58	6:07	8:17	8:51 to 9:14
8:00	1:48	3:44	5:46	7:47	8:20 to 8:41
7:30	1:41	3:30	5:24	7:18	7:48 to 8:09
7:00	1:34	3:16	5:02	6:49	7:17 to 7:36
6:30	1:27	3:02	4:41	6:20	6:46 to 7:03
6:00	1:21	2:48	4:19	5:50	6:15 to 6:31

Whippets 10K **Intermediate Fast**  
 Plan Name: **Twitch**

**Runner Profile:** Has regularly done at least 4 runs weekly, totaling 15-30 miles, including speed work or long runs. Holds back significantly at start of races, otherwise will "die", but is capable of a fast finish. Is fatigued by longer training runs at non-easy paces. This intermediate plan has slightly more speedwork and shorter long runs.

Week # / Dates	Goal	Mon	Tue (Tempo/Hills)	Wed (Recovery)	Thu (Speed Intervals)	Fri	Sat (Easy)	Sun (Long run)	Mileage (est)
#0 Mon 10/18 - Sun 10/24	Base building	Rest	Do the Whippets hill run or 3-5M easy run	Rest	Do the Whippets interval workout (3-4 x 1600m)	Rest	4-5M easy run	Long easy run: 60-75min easy	17 - 22 M
#1 Mon 10/25 - Sun 10/31	Base building	Rest	Moderate Tempo 4-5M (described below) Strides, form drills	20-30min easy run or 30min cross-train	0.5-1M warmup, drills 8-12 x 400m @ Speed pace (3min recovery) 0.5M cooldown, core strength	Rest	4-5M easy run	Long Run: 8-10M easy Strides, core strength	20 - 29 M
#2 Mon 11/01 - Sun 11/07	Aerobic conditioning & neuromuscular fitness	Rest	Hill repeats: 1.5M warmup, Strides 8-12x200m uphill (3min recovery) 1.5M cooldown	20-30min easy run or 30min cross-train	0.5-1M warmup, drills 6-8 x 800m @ Speed pace (3-4min recovery) 0.5M cooldown, core strength	Rest	4-5M easy run	Long Run: 9-11M easy Strides, core strength (NYC Marathon -- Can move this to Saturday)	23 - 31 M
#3 Mon 11/08 - Sun 11/14	Aerobic conditioning & neuromuscular fitness	Rest	Moderate Tempo 4-6M (described below) Strides, form drills	20-30min easy run or 30min cross-train	0.5-1M warmup, drills 4-6 x 1200m @ Speed pace (4-5min recovery) 0.5M cooldown, core strength	Rest	4-5M easy run	Long Progression: 7-8M easy then 2-3M @ half mara pace Strides, core strength	23 - 32 M
#4 Mon 11/15 - Sun 11/21	Develop specific endurance	Rest	Hill repeats: 1.5M warmup, Strides 6-8x400m uphill (4min recovery) 1.5M cooldown	20-30min easy run or 30min cross-train	0.5-1M warmup, drills Pyramid workout (400, 800, 1200, 1600, 1200, 800, 400) @ 10K pace (recover 0:45/400m) 0.5M cooldown, core strength	Rest	4-5M easy run	Long Tempo: 2-3M easy, 3-4M half mara pace, 2M easy Strides, core strength	23 - 31 M
#5 Mon 11/22 - Sun 11/28	Sharpen specific endurance	Rest	Hard Tempo 4-6M (described below) Strides, form drills	20-30min easy run or 30min cross-train	0.5-1M warmup, drills 5 x 1600m @ 10K pace (2-3min recovery) 0.5M cool, core strength (Thanksgiving -- can move this to Friday)	Rest	4-5M easy run	Long Tempo: 2M 10K pace, 1M half mara pace, 1-2M 10K pace, 1M half mara pace, 1M easy Strides, core strength	21 - 28 M
#6 Mon 11/29 - Sun 12/05	Race week	Rest	Whippets Relay Workout (2-3 x 1.5M fast) or 4-6M easy run	20-30min easy run or 30min cross-train	Form drills 2-3M EASY including 1 stride per half mile Core strength	Rest	Rest or repeat Weds workout	Race	8 - 17 M + 10K

### Terminology & Workout Descriptions

**Aerobic conditioning** Capacity and stamina of the heart to supply muscles with oxygen for the main energy supply in races longer than 800 meters. Typically improved via long runs and tempo runs.

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**Specific endurance** The appropriate blend of aerobic conditioning and neuromuscular fitness to achieve the best possible result in a race of a specific length (for example, a 10K). Typically improved via longer race-pace interval runs with very short recovery (<3 mins).

**Rest days** Monday, Wednesday and Friday should have little or no sustained aerobic activity. It is OK for dedicated gym members to do strength/flexibility work (resistance/weights, plyometrics, stretch, etc.) on these days, as well as Saturday. But AVOID overdoing ANYTHING on Wednesday -- recovery is critical to developing strength.

**Easy run** Goal: build aerobic conditioning. Very low-intensity effort; should be able to have a phone conversation without the other party knowing you are running

**Cross-training** Any easy run shorter than 45 minutes can be replaced with a comparable duration of LOW INTENSITY cross-training, such as swimming, cycling, skating or hiking.

- Progression run** Goal: build aerobic conditioning. Most of the run is at an easy pace, but the last 10-30% is at half marathon pace.
- Moderate tempo** Goal: build aerobic conditioning. Repeated cycles of 0.5M easy, 1.5M @ half marathon pace. Finish with 0.5-1M easy. No rest between pace changes.
- Hard tempo** Goal: develop specific endurance. Repeated cycles of 0.5M @ half marathon pace, 1.0M @ 10K pace. Finish with 0.5-1M easy pace. No rest between pace changes.
- Long tempo** Goal: develop specific endurance. Longer run with longer cycles at various paces, as described in the grid above. No rest between pace changes.
- Hill run** Goal: build aerobic conditioning. Do a run on a hilly course. Surge on the uphill (half marathon pace). On the flats and downhill, run VERY easy.
- Hill repeats** Goal: develop neuromuscular fitness. Relatively short repeats (200m to 400m) on uphill at faster than 10K race pace, with full recovery.
- Speed intervals** Goal: develop neuromuscular fitness or specific endurance. Numerous repeats of runs from 400m to 1.5 miles at race pace or faster, with active recovery between repeats.
- #min recovery** All recovery periods after speed intervals should be active (slow jogging) to flush buildup of lactic acid and keep heart working at steady pace. If you start to get fatigued during interval workouts, do NOT lengthen recovery period -- instead, slow down pace of speedwork.
- Strides, Form drills, Core strength** Goal: develop neuromuscular fitness. Various exercises to strengthen muscles, teach good form, and improve running economy. Strides: 80-100 meters of steady acceleration, hold at 90% of full speed, steady deceleration. Form drills and core strengthening exercises: Will be taught at each workout to runners who aren't familiar with them.
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8:30	1:54	3:58	6:07	8:17	8:51 to 9:14
8:00	1:48	3:44	5:46	7:47	8:20 to 8:41
7:30	1:41	3:30	5:24	7:18	7:48 to 8:09
7:00	1:34	3:16	5:02	6:49	7:17 to 7:36
6:30	1:27	3:02	4:41	6:20	6:46 to 7:03
6:00	1:21	2:48	4:19	5:50	6:15 to 6:31

Whippets 10K  
Plan Name: **Intermediate Stamina**

Runner Profile:

Has regularly done at least 4 runs weekly, totaling 15-30 miles, including speed work or long runs. Starts fast in races and keeps a steady pace throughout, but it can be a struggle to pass competitors at the end of the race. Can sustain longer training runs at aggressive paces. This intermediate plan has slightly longer long runs and less speedwork.

Week # / Dates	Goal	Mon	Tue (Tempo/Hills)	Wed (Recovery)	Thu (Speed Intervals)	Fri	Sat (Easy)	Sun (Long run)	Mileage (est)
#0 Mon 10/18 - Sun 10/24	Base building	Rest	Do the Whippets hill run or 3-5M easy run	Rest	Do the Whippets interval workout (3-4 x 1600m)	Rest	4-6M easy run	Long easy run: 60-75min easy	17 - 23 M
#1 Mon 10/25 - Sun 10/31	Base building	Rest	Moderate Tempo 4-6M (described below) Strides, form drills	30-40min easy run or 30min cross-train	0.5-1M warmup, drills 6-10 x 400m @ Speed pace (3min recovery) 0.5M cooldown, core strength	Rest	4-6M easy run	Long Run: 8-11M easy Strides, core strength	20 - 30 M
#2 Mon 11/01 - Sun 11/07	Aerobic conditioning & neuromuscular fitness	Rest	Hill repeats: 1.5M warmup, Strides 6-8x200m uphill (3min recovery) 1.5M cooldown	30-40min easy run or 30min cross-train	0.5-1M warmup, drills 4-6 x 800m @ Speed pace (3-4min recovery) 0.5M cooldown, core strength	Rest	4-6M easy run	Long Run: 10-12M easy Strides, core strength (NYC Marathon -- Can move this to Saturday)	23 - 33 M
#3 Mon 11/08 - Sun 11/14	Aerobic conditioning & neuromuscular fitness	Rest	Moderate Tempo 5-7M (described below) Strides, form drills	30-40min easy run or 30min cross-train	0.5-1M warmup, drills 3-4 x 1600m @ 10K pace (4-5min recovery) 0.5M cooldown, core strength	Rest	4-6M easy run	Long Progression: 8-9M easy then 2-3M @ half mara pace Strides, core strength	24 - 35 M
#4 Mon 11/15 - Sun 11/21	Develop specific endurance	Rest	Hill repeats: 1.5M warmup, Strides 4-6x400m uphill (4min recovery) 1.5M cooldown	30-40min easy run or 30min cross-train	0.5-1M warmup, drills Pyramid workout (400, 800, 1200, 1600, 1200, 800, 400) @ 10K pace (recover 0:45/400m) 0.5M cooldown, core strength	Rest	4-6M easy run	Long Tempo: 2-3M easy, 4M half mara pace, 2-3M easy Strides, core strength	24 - 33 M
#5 Mon 11/22 - Sun 11/28	Sharpen specific endurance	Rest	Hard Tempo 4-6M (described below) Strides, form drills	30-40min easy run or 30min cross-train	0.5-1M warmup, drills 5 x 1600m @ 10K pace (2-3min recovery) 0.5M cool, core strength (Thanksgiving -- can move this to Friday)	Rest	4-6M easy run	Long Tempo: 2M 10K pace, 1M half mara pace, 2M 10K pace, 1M half mara pace, 1M easy Strides, core strength	22 - 30 M
#6 Mon 11/29 - Sun 12/05	Race week	Rest	Whippets Relay Workout (2-3 x 1.5M fast) or 4-6M easy run	30-40min easy run or 30min cross-train	Form drills 2-3M EASY including 1 stride per half mile Core strength	Rest	Rest or repeat Weds workout	Race	9 - 18 M + 10K

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**Easy run** Goal: build aerobic conditioning. Very low-intensity effort; should be able to have a phone conversation without the other party knowing you are running

**Cross-training** Any easy run shorter than 45 minutes can be replaced with a comparable duration of LOW INTENSITY cross-training, such as swimming, cycling, skating or hiking.

- Progression run** Goal: build aerobic conditioning. Most of the run is at an easy pace, but the last 10-30% is at half marathon pace.
- Moderate tempo** Goal: build aerobic conditioning. Repeated cycles of 0.5M easy, 1.5M @ half marathon pace. Finish with 0.5-1M easy. No rest between pace changes.
- Hard tempo** Goal: develop specific endurance. Repeated cycles of 0.5M @ half marathon pace, 1.0M @ 10K pace. Finish with 0.5-1M easy pace. No rest between pace changes.
- Long tempo** Goal: develop specific endurance. Longer run with longer cycles at various paces, as described in the grid above. No rest between pace changes.
- Hill run** Goal: build aerobic conditioning. Do a run on a hilly course. Surge on the uphill (half marathon pace). On the flats and downhill, run VERY easy.
- Hill repeats** Goal: develop neuromuscular fitness. Relatively short repeats (200m to 400m) on uphill at faster than 10K race pace, with full recovery.
- Speed intervals** Goal: develop neuromuscular fitness or specific endurance. Numerous repeats of runs from 400m to 1.5 miles at race pace or faster, with active recovery between repeats.
- #min recovery** All recovery periods after speed intervals should be active (slow jogging) to flush buildup of lactic acid and keep heart working at steady pace. If you start to get fatigued during interval workouts, do NOT lengthen recovery period -- instead, slow down pace of speedwork.
- Strides, Form drills, Core strength** Goal: develop neuromuscular fitness. Various exercises to strengthen muscles, teach good form, and improve running economy. Strides: 80-100 meters of steady acceleration, hold at 90% of full speed, steady deceleration. Form drills and core strengthening exercises: Will be taught at each workout to runners who aren't familiar with them.
- 10K pace** Current 10K race pace -- should be your best estimate of the 10K you are capable of TODAY rather than personal record (PR) or goal pace.
- Half mara pace** Current half marathon race pace -- should be your best estimate of the half marathon you are capable of TODAY rather than PR or goal pace. Typically, half marathon race pace is 4-8% slower than 10K race pace. An estimate is calculated in the table below.
- Speed pace** McMillan speed pace -- 3-11% faster than current 10K pace. View "Speed (Long Distance Runners)" column of <http://www.mcmillanrunning.com/mcmillanrunningcalculator.htm> or use the table below for an estimate.

**Table: 10K pace, speedwork paces, half marathon pace**

Current 10K pace (min/mile)	Speed 400m = 10K+11%	Speedwork 800m = 10K+7%	Speedwork 1200m = 10K+4%	Speedwork 1600m = 10K+3%	Half Mara Pace (est)
11:00	2:28	5:08	7:55	10:43	11:27 to 11:57
10:30	2:21	4:54	7:34	10:14	10:56 to 11:24
10:00	2:15	4:40	7:12	9:44	10:25 to 10:52
9:30	2:08	4:26	6:51	9:15	9:53 to 10:19
9:00	2:01	4:12	6:29	8:46	9:22 to 9:46
8:30	1:54	3:58	6:07	8:17	8:51 to 9:14
8:00	1:48	3:44	5:46	7:47	8:20 to 8:41
7:30	1:41	3:30	5:24	7:18	7:48 to 8:09
7:00	1:34	3:16	5:02	6:49	7:17 to 7:36
6:30	1:27	3:02	4:41	6:20	6:46 to 7:03
6:00	1:21	2:48	4:19	5:50	6:15 to 6:31