

Whippets **Late Winter 5K Plan**
 Training Plan **(for Intermediate**
 Name: **Runners)**

Race Profile: This eight-week plan is oriented toward runners who have regularly run 18-30+ miles per week, including weekly speed sessions. It combines short and long speedwork to help runners succeed in the NYRR Coogans 5K race on March 6.

| Week # / Dates | Goal | Mon | Tue (Tempo/Hills) | Wed (Recovery) | Thu (Track Work) | Fri | Sat (Easy run) | Sun (Long run) | Mileage (est) |
|------------------------|--------------------------------------|------|---|----------------------------------|--|------|---------------------------------|---|---------------|
| #1 Mon 1/10 - Sun 1/16 | Base building & aerobic conditioning | Rest | Moderate Tempo 4-5M Strides, form drills | 20-30min easy run or cross-train | 0.5-1M warmup, drills 4-6 x 400(200)400 compound set @ 5K pace (recover 1000m) 0.5M cool, core strength | Rest | 2-4M easy run | Long run: 6-9M easy Strides, core strength | 20 - 30M |
| #2 Mon 1/17 - Sun 1/23 | Aerobic conditioning | Rest | Hill repeats: 1.5M warmup, Strides 4-6 x 400m uphill (4min recovery) 1.5M cooldown | 20-30min easy run or cross-train | 0.5-1M warmup, drills Pyramid workout (400, 800, 1200, 1600, 1200, 800, 400) @ 10K pace (recover 1-1:30/400m) 0.5M cool, core strength | Rest | 2-4M easy run | Long run: 7-10M easy Strides, core strength | 21 - 30M |
| #3 Mon 1/24 - Sun 1/30 | Neuromuscular fitness | Rest | Moderate Tempo 5-7M Strides, form drills | 20-30min easy run or cross-train | 0.5-1M warmup, drills 15 x 200m @ faster than 5K pace (recover 200m) 0.5M cooldown, core strength | Rest | 3-5M easy run | Long Progression: 4-6M easy then 2-3M @ half marathon pace Strides, core strength | 20 - 30M |
| #4 Mon 1/31 - Sun 2/06 | Neuromuscular fitness | Rest | Hill repeats: 1.5M warmup, Strides 8-12 x 200m uphill (3min recovery) 1.5M cooldown | 20-30min easy run or cross-train | 0.5-1M warmup, drills 3-4 x 2000m at 10K pace (recover 1000m) 0.5M cooldown, core strength | Rest | 3-5M easy run | 7-10M easy run OR 3M easy run, then 4M NYRR race | 22 - 31M |
| #5 Mon 2/07 - Sun 2/13 | Specific endurance | Rest | Moderate Tempo 6-8M Strides, form drills | 20-30min easy run or cross-train | 0.5-1M warmup, drills 3-4 x 1600m @ 5K pace (recover 5-6min) 0.5M cooldown, core strength | Rest | 3-5M easy run | Long Progression: 5-7M easy then 3M @ half marathon pace Strides, core strength | 23 - 32M |
| #6 Mon 2/14 - Sun 2/20 | Specific endurance | Rest | Hill repeats: 1.5M warmup, Strides 6-8 x 400m uphill (4min recovery) 1.5M cooldown | 20-30min easy run or cross-train | 0.5-1M warmup, drills 2 x 800(400)800(400)800 compound set @ Speed pace (recover 1600m) 0.5M cooldown, core strength | Rest | 3-5M easy run | Long Progression: 3-5M easy then 5M @ half marathon pace Strides, core strength | 24 - 31M |
| #7 Mon 2/21 - Sun 2/27 | Specific endurance | Rest | Moderate Tempo 5-7M Strides, form drills | 20-30min easy run or cross-train | 0.5-1M warmup, drills 4-6 x 800m @ Speed pace (3-4min recovery) 0.5M cooldown, core strength | Rest | 2-4M easy run | Moderate Tempo 5-7M Strides, core strength | 17 - 27M |
| #8 Mon 2/28 - Sun 3/06 | Peak performance | Rest | Hill repeats: 1.5M warmup, Strides 2-4 x 800m uphill (4min recovery) 1.5M cooldown | 20-30min easy run or cross-train | Form drills 2-3M EASY including 1 stride per half mile Core strength | Rest | Rest or repeat Thursday workout | NYRR Coogans 5K Race | 12 - 20M |

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).

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Race Profile: This eight-week plan is oriented toward runners who have regularly run 18-30+ miles per week, including weekly speed sessions. It combines short and long speedwork to help runners succeed in the NYRR Coogans 5K race on March 6.

- Rest days** Monday, Wednesday and Friday should have little or no sustained activity. It is OK for dedicated gym members to do strength/flexibility work (resistance/weights, plyometrics, stretch, etc.) on these days, or on one weekend day. But AVOID overdoing strength work unless working with a qualified trainer, especially 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 20-40% 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.
- Hill run** Goal: build aerobic conditioning. Do a run on a hilly course. Surge on the uphills (half marathon pace). On the flats and downhills, run VERY easy.
- Hill repeats** Goal: develop neuromuscular fitness. Relatively short repeats (200m to 800m) on uphills at faster than 10K race pace, with full recovery.
- Speed intervals** Goal: develop neuromuscular fitness or specific endurance. Numerous repeats of short runs at a demanding pace, with active recovery between repeats.
- 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.
- Half marathon, 10K, 5K, 1500m race pace** Current race pace -- should be your best estimate of of the 1500m, 5K, 10K, half marathon you are capable of TODAY rather than personal record (PR) or goal pace.
- Compound Set: X(Y)X or X(Y)X(Y)X** Speed work with multiple segments and no rest between them: Run the unparenthesized distances at race pace, separated by an easy-pace run of the distance in parentheses. After, do a lengthy jog to allow full recovery. For example, "400(200)400 at 1500m pace" is 400m at 1500m race pace, then 200m easy, then 400m at 1500m pace again. This set would typically be followed by 4-6 minutes of slow jogging before the next one.
- Speed pace** 800m at McMillan speed pace -- around 3% faster (10-15sec per 800m) than 5K pace. See table below for estimates.

Table: 5K Pace, Speed Pace and estimate of other paces

| 5K Race Pace | Speed Pace (per 800m) | Est. 10K Pace (per mile) | Est. Half Marathon Pace (per mile) |
|--------------|-----------------------|--------------------------|------------------------------------|
| 10:30 | 5:02 to 5:08 | 10:48 to 11:01 | 11:23 to 11:42 |
| 10:00 | 4:48 to 4:54 | 10:18 to 10:30 | 10:51 to 11:09 |
| 9:30 | 4:33 to 4:39 | 9:47 to 9:58 | 10:18 to 10:35 |
| 9:00 | 4:19 to 4:24 | 9:16 to 9:27 | 9:45 to 10:02 |
| 8:30 | 4:04 to 4:09 | 8:45 to 8:55 | 9:13 to 9:28 |
| 8:00 | 3:50 to 3:55 | 8:14 to 8:24 | 8:40 to 8:55 |
| 7:30 | 3:36 to 3:40 | 7:43 to 7:52 | 8:08 to 8:21 |
| 7:00 | 3:21 to 3:25 | 7:12 to 7:21 | 7:35 to 7:48 |
| 6:30 | 3:07 to 3:11 | 6:41 to 6:49 | 7:03 to 7:14 |
| 6:00 | 2:52 to 2:56 | 6:10 to 6:18 | 6:30 to 6:41 |
| 5:30 | 2:38 to 2:41 | 5:39 to 5:46 | 5:58 to 6:07 |

Whippets **Late Winter 5K Plan**
 Training Plan **(for Developing**
 Name: **Runners)**

Race Profile: This eight-week plan is oriented toward runners who have regularly run 10-18 miles per week, with occasional speed work. It builds aerobic capacity and introduces short and long speedwork to help runners succeed in the NYRR Coogans 5K race on March 6.

| Week # / Dates | Goal | Mon | Tue (Tempo/Hills) | Wed (Recovery) | Thu (Track Work) | Fri | Sat (Easy run) | Sun (Long run) | Mileage (est) |
|------------------------|--------------------------------------|------|--|--|--|------|---------------------------|---|---------------|
| #1 Mon 1/10 - Sun 1/16 | Base building & aerobic conditioning | Rest | Hill run, 3-4M Strides, form drills | Rest | 0.5-1M warmup, drills 6-8 x 400m at 10K pace (recover 4min) 0.5M cooldown, core strength | Rest | Rest or 2-3M easy run | Long run: 5-7M easy Strides, core strength | 12 - 19M |
| #2 Mon 1/17 - Sun 1/23 | Aerobic conditioning | Rest | Hill repeats: 1.5M warmup, Strides 4-6 x 200m uphill (4min recovery) 1.5M cooldown | Rest or 15-25min easy run or cross-train | 0.5-1M warmup, drills Pyramid workout (400, 800, 1600, 800, 400) @ 10K pace (recover half the distance) 0.5M cooldown, core strength | Rest | 2-4M easy run | Long run: 5-7M easy Strides, core strength | 16 - 22M |
| #3 Mon 1/24 - Sun 1/30 | Neuromuscular fitness | Rest | Moderate Tempo 3-5M Strides, form drills | Rest or 15-25min easy run or cross-train | 0.5-1M warmup, drills 10-15 x 200m @ 5K pace (recover 200m) 0.5M cooldown, core strength | Rest | 2-4M easy run | Long run: 6-8M easy Strides, core strength | 16 - 24M |
| #4 Mon 1/31 - Sun 2/06 | Neuromuscular fitness | Rest | Hill repeats: 1.5M warmup, Strides 6-8 x 200m uphill (3min recovery) 1.5M cooldown | Rest or 15-25min easy run or cross-train | 0.5-1M warmup, drills 5-6 x 800m at 5K pace (recover 4-5min) 0.5M cooldown, core strength | Rest | 2-4M easy run | Long run: 6-8M easy Strides, core strength | 17 - 25M |
| #5 Mon 2/07 - Sun 2/13 | Specific endurance | Rest | Moderate Tempo 4-6M Strides, form drills | Rest or 15-25min easy run or cross-train | 0.5-1M warmup, drills 3 x 1600m @ 10K pace (recover 5-6min) 0.5M cooldown, core strength | Rest | 2-4M easy run | Long Progression: 4- 5M easy then 2M @ half marathon pace Strides, core strength | 17 - 24M |
| #6 Mon 2/14 - Sun 2/20 | Specific endurance | Rest | Hill repeats: 1.5M warmup, Strides 3-6 x 400m uphill (4min recovery) 1.5M cooldown | Rest or 15-25min easy run or cross-train | 0.5-1M warmup, drills 2 x 800(400)800(400)800 compound set @ 5K pace (recover 1600m) 0.5M cooldown, core strength | Rest | 2-4M easy run | Long Progression: 4- 5M easy then 2-3M @ half marathon pace Strides, core strength | 19 - 26M |
| #7 Mon 2/21 - Sun 2/27 | Specific endurance | Rest | Moderate Tempo 4-5M Strides, form drills | Rest or 15-25min easy run or cross-train | 0.5-1M warmup, drills 3-5 x 800m @ Speed pace (3-4min recovery) 0.5M cooldown, core strength | Rest | 2-4M easy run | Long run: 5-7M easy Strides, core strength | 14 - 23M |
| #8 Mon 2/28 - Sun 3/06 | Peak performance | Rest | Hill repeats: 1.5M warmup, Strides 2-3 x 800m uphill (4min recovery) 1.5M cooldown | Rest | Form drills 2-3M EASY including 1 stride per half mile Core strength | Rest | Rest or 15-25min easy run | NYRR Coogans 5K Race | 12 - 20M |

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