

Whippets
Training Plan
Name: **Base Building Plan for
beginners and advanced
beginners**

Runner Profile: This plan is tailored to runners who have averaged less than 20 miles per week over the past two months. Its purpose is to establish a base level of fitness that allows you to safely move up to the "Moderate Mileage" training plan used by many Whippets to train for races.

Week # / Dates	Goal	Mon (Easy)	Tue (Distance)	Wed (Recovery)	Thu (Track Work)	Fri	Sat (Easy)	Sun (Long run)	Mileage (est)
<i>Spring 2011 plan (6 weeks)</i>									
#1 Mon 4/11 - Sun 4/17	Base building	Monday Friday Run, 3-4M	Easy run, 4-5M	Rest or very short recovery run	0.5-1M warmup, drills 3 x 800m @ half marathon pace (recover 400m) 0.5M cooldown, core strength	Rest	Rest or short easy run	Long Run: 5-7M easy	13 - 24M
#2 Mon 4/18 - Sun 4/24	Base building	Monday Friday Run, 3-4M	Hill run, 3-4M	Rest or very short recovery run	0.5-1M warmup, drills 3-4M easy jogging with 1 stride per 400m	Rest	3-4M easy run	Long Run: 6-8M easy	15 - 25M
#3 Mon 4/25 - Sun 5/01	Base building	Monday Friday Run, 3-4M	Easy run, 4-6M OR 2M easy, 1-2M Tempo, 1-2M easy	Rest or very short recovery run	0.5-1M warmup, drills 3 x 800m @ half marathon pace (recover 400m) 0.5M cooldown, core strength	Rest	3-4M easy run	Long Run: 6-8M easy	17 - 27M
#4 Mon 5/02 - Sun 5/08	Base building	Monday Friday Run, 3-4M	Hill run, 4-5M	Rest or very short recovery run	0.5-1M warmup, drills 3-4M easy jogging with 1 stride per 400m	Rest	3-4M easy run	Long Run: 7-9M easy	17 - 28M
#5 Mon 5/09 - Sun 5/15	Base building	Monday Friday Run, 3-4M	Easy run, 4-6M OR 2M easy, 1-2M Tempo, 1-2M easy	Rest or very short recovery run	0.5-1M warmup, drills 3 x 800m @ half marathon pace (recover 400m) 0.5M cooldown, core strength	Rest	3-4M easy run	Long Run: 8-10M easy	18 - 28M
#6 Mon 5/16 - Sun 5/22	Taper	Monday Friday Run, 3-4M	Easy run, 3-5M	Rest or very short recovery run	Easy run, 2M	Rest	NYRR Brooklyn Half (or long run: 12M)	Rest	21 - 24M

Terminology & Workout Descriptions

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, especially on Monday and 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 them 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.

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). Run VERY easy on flats and downhill.

Speed intervals Goal: develop neuromuscular fitness or specific endurance. Numerous repeats of runs from 100m to 4K 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.

Dashing Whippets 10K and Half Marathon Training Plan, Spring 2011

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