

**Dashing Whippets
Summer 2015 Training Plan
(for 5K-half marathon)**

Overview: This plan is geared to racers in distances from 5K to the half marathon. Key races include the Dashing Whippets 5K (8/15), Bronx Ten-Miler (9/27), and Grete's Gallop Half Marathon (10/04). Experienced runners should have logged at least 25 miles per week for at least two months before beginning this plan.

Week / Dates	Goal	Mon	Tue (Road Work)	Wed	Thu (Track Work)	Fri	Weekend (Long run)	Mileage
#1 Mon 8/03 - Sun 8/09	Aerobic conditioning	35-50min easy run	1.5M warmup 3M at half marathon pace 1.5M cooldown	25-40min easy run or aerobic cross-training	20min warmup, drills 6-8 x 1000m @ 10K pace (200m recovery) 15min cooldown	Rest	One day: 40-55min easy plus 4x100m strides Other day: 1:30-1:40 at long run pace	30 - 43M
#2 Mon 8/10 - Sun 8/16	Aerobic conditioning and neuromuscular fitness	35-50min easy run	1.5M warmup 6-8 x 400m uphill at 5K pace (jog back to recover) 1.5M cooldown	25-40min easy run or aerobic cross-training	20min warmup, drills 6-7M total, middle 4M at marathon pace, finish with 5x100m strides 15min cooldown	Rest	Saturday: DWRT 5K Other day: 40-55min easy running plus 4x100m strides	28 - 41M
#3 Mon 8/17 - Sun 8/23	Aerobic conditioning	35-50min easy run	1.5M warmup 40-45 minutes at marathon pace 1.5M cooldown	25-40min easy run or aerobic cross-training	20min warmup, drills Canova Ks - 8-10 x 1000 meters alternating between HMP and MP with no rest 15min cooldown	Rest	One day: 40-55min easy plus 4x100m strides Other day: 1:40-1:50 at long run pace	31 - 48M
#4 Mon 8/24 - Sun 8/30	Specific endurance	35-50min easy run	1.5M warmup 4-5M at half marathon pace 1.5M cooldown	25-40min easy run or aerobic cross-training	20min warmup, drills 1600m at 15K pace (400m recovery) 8 x 200m at 5K pace (200m recovery) 1600m at 15K pace 15min cooldown	Rest	One day: 40-55min easy plus 4x100m strides Other day: 1:30 of running, mostly at long run pace, but do the middle 3 miles at marathon pace	29 - 46M
#5 Mon 8/31 - Sun 9/06	Aerobic conditioning	35-50min easy run	1.5M warmup 55-60 minutes at marathon pace 1.5M cooldown	25-40min easy run or aerobic cross-training	20min warmup, drills 5-7 x 1200m at 10K pace (400m recovery) 15min cooldown	Rest	One day: 40-55min easy plus 4x100m strides Other day: 1:30-1:45 at progression run pace	34 - 50M
#6 Mon 9/07 - Sun 9/13	Lactate clearance	35-50min easy run	1.5M warmup 3 x 2M at half marathon pace (3:00 recovery) 1.5M cooldown	25-40min easy run or aerobic cross-training	20min warmup, drills Long descending ladder: 2400m at 15K pace, 1600m at between 10K and 15K pace, 2 x 800m at 10K pace (400m jog between each) 15min cooldown	Rest	One day: 40-55min easy plus 4x100m strides (or race Fifth Avenue Mile) Other day: 1:45-2:00 at long run pace	34 - 50M
#7 Mon 9/14 - Sun 9/20	Aerobic conditioning and specific endurance	35-50min easy run	1.5M warmup 60-70 minutes at marathon pace 1.5M cooldown	25-40min easy run or aerobic cross-training	20min warmup, drills 5-6 x 1600m at 15K pace (1:30 recovery) 15min cooldown	Rest	One day: 40-55min easy plus 4x100m strides Other day: 11-13 miles at estimated marathon pace, plus 1-2 miles of easy running	37 - 52M
#8 Mon 9/21 - Sun 9/27	Pre-race week	35-50min easy run	1.5M warmup 3-4 hll sets of 15 minutes run on a hilly course at a constant speed between marathon and half marathon pace (5:00 recovery jog between sets) 1.5M cooldown	25-40min easy run or aerobic cross-training	60-80 min easy with 4x100m strides (If peaking at Bronx Ten-Miler, stop at 50 minutes of easy running)	Rest	Saturday: Rest or jog a few easy miles Sunday: Bronx Ten-Miler	31 - 45M
#9 Mon 9/28 - Sun 10/04	Pre-race week	Rest, or 20min easy run	1.5M warmup 3-4M at half marathon pace 1.5M cooldown	Rest	40 min of mostly easy jogging, but surge to half marathon pace for 400m every 10 mins	Rest	Saturday: Rest or jog a few easy miles Sunday: Grete's Gallop Half Marathon	23 - 36M

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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).							
Lactate clearance	Training at mixed paces around the lactate threshold point (speed at which lactic acid accumulates, an indicator of oncoming fatigue). This training results in a higher threshold, i.e. the ability to run faster in races without risking fatigue.							
Rest days	One to three days per week 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, but AVOID overdoing strength work -- recovery is critical to developing speed.							
Weekends	Weekend workouts are flexible. The plan above may imply you should do your long run on Sundays, but you can do a long run on either day.							
Aerobic cross-training	Any easy run shorter than 30 minutes can be replaced with a comparable duration of LOW INTENSITY aerobic system cross-training, such as swimming, cycling, skating or hiking.							
Easy pace	Goal: build aerobic conditioning. Very low-intensity effort; should be able to talk on the phone without the caller knowing you are running.							
Long Run pace	Goal: build aerobic conditioning and running economy. This is a little faster than easy pace, but is still 45-60 seconds per mile slower than marathon pace.							
Progression pace	Goal: build aerobic conditioning. Most of the run is at Long Run pace, but the last 25-50% slowly builds to half marathon pace (or, in the case of marathoners, top speed is marathon pace). Finish with 1M easy.							
Hill repeats	Goal: develop neuromuscular fitness. Relatively short repeats (200m to 800m) on uphill at faster than 15K race pace, with full recovery.							
Hill sets	Goal: develop neuromuscular fitness. Timed sets of repeated uphill/downhill (400m to 800m) at a pace that is somewhere between marathon and half marathon pace. Usually 10-20 minutes in length with no rest, followed by 5 minutes of easy jogging after each set.							
Canova Ks and Canova Miles	Goal: lactate clearance and development of running economy for half marathon and longer. After warming up, do a continuous run that alternates between half marathon pace (for 1K or 1M) and marathon pace (for 1K or 1M), with no rest between pace changes. Finish with one easy mile.							
Speed intervals	Goal: develop neuromuscular fitness or specific endurance. Numerous repeats of runs from 200m to 2M 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 exercises	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 (etc.) race pace	Current estimated race pace -- should be your best estimate of the 5K, 10K, half marathon you are capable of TODAY rather than personal record (PR) or goal pace. Exception: Marathon pace is your GOAL or PROJECTED marathon pace in a marathon at the end of training, even if you aren't ready to do 26.2M at that speed today.							

Dashing Whippets Short Race Training Plan, Late Summer 2015

Printed 8/25/2015 13:04:05

Source file: <https://docs.google.com/spreadsheets/d/10pPulqRMuquH7dCFXJvjBpe76cHBNKZVzsQDY3l2Fa8/edit?usp=sharing>