

Dashing Whippets Training Plan Name: **December 2011 Five-Mile Race (35+M/week plan)**

Overview: This six-week plan helps non-marathoners peak at the NYRR team points race on December 4, a five-mile race. This version is for experienced runners who have been safely logging 30+ miles per week for most of the past three months, including both weekly speedwork and long runs.

Week / Dates	Goal	Mon	Tue (Road Work)	Wed	Thu (Track Work)	Fri	Sat	Sun (Long Run)	Mileage	Strength Work*
#1 Mon 10/24 - Sun 10/30	Neuromuscular Fitness and Aerobic Conditioning	4M easy	Hill repeats: 1M warmup, Strides 12-14 x 200m uphill (200m recovery) 0.5M cooldown	25-40min easy run or aerobic cross-train	1.5M warmup, form drills 8-10 x 400m @ Speed pace (400m recovery) 1M cooldown	Rest	Rest or 4M easy run	Long run: 8-10M easy	27 - 36M	* Please read details below! 5min core stability 5min dynamic strgth 10min jog/stretch
#2 Mon 10/31 - Sun 11/06	Lactate Clearance	4M easy	Lactate alternation run: 1M warmup 4M continuous run: 0.5M @ half mara pace + 0:30/mile then 0.5M @ half mara pace + 0:10/mile 1M cooldown	25-40min easy run or aerobic cross-train	1.5M warmup, form drills 4-5 x 1600m @ Speed pace (400m recovery) 1M cooldown	Rest	Long run: 9-10M easy	4-6M easy run before or after watching NYC Marathon	31 - 38M	5min core stability 5min dynamic strgth 5min flexibility 10min jog/stretch
#3 Mon 11/07 - Sun 11/13	Neuromuscular Fitness and Aerobic Conditioning	4M easy	Hill repeats: 1M warmup, Strides 7-8 x 400m uphill (400m recovery) 0.5M cooldown	25-40min easy run or aerobic cross-train	1.5M warmup, form drills 2 x 2400m @ 10K pace (800m recovery) 1-2 x 1600m @ Speed pace (400m recovery) 1M cooldown	Rest	4-6M easy run	Long run: 9-11M progression run	32 - 40M	10min core stability 5min dynamic strgth 5min flexibility 10min jog/stretch
#4 Mon 11/14 - Sun 11/20	Lactate Clearance	4M easy	Lactate alternation run: 1M warmup 4-5M continuous run: 0.5M @ half mara + 0:20/mile then 0.5M @ half mara 1M cooldown	25-40min easy run or aerobic cross-train	1.5M warmup, form drills 1 x 1200m @ Speed pace 2 x 800m @ Speed pace 3-4 x 400m @ Speed (recover 400m after each) 1M cooldown	Rest	4-6M easy run	Long run: 10-12M progression run	33 - 40M	10min core stability 5min dynamic strgth 10min flexibility 10min jog/stretch
#5 Mon 11/21 - Sun 11/27	Specific Endurance	4M easy	Race pace intervals (on a measured course): 1.5M warmup, Strides 2 x 2M @ 5M race pace 1 x 1M @ 5M race pace (recover 400m after each) 1M cooldown	25-40min easy run or aerobic cross-train	5-6M easy run OR Moderate Tempo run: 1M warmup then 3-4M @ half mara pace then 1M cooldown	Rest	4-6M easy run	Long run: 10-12M speedplay	35 - 40M	10min core stability 10min dynamic strength 5min flexibility 10min jog/stretch
#6 Mon 11/28 - Sun 12/04	Race Week	Rest or 4M easy run	Moderate Tempo run: 1M warmup then 2-3M @ half mara pace then 1M cooldown	25-40min easy run or aerobic cross-train	0.5M warmup, form drills 20-30min easy running with 1 stride per 400m	Rest	Rest or short easy run	NYRR Join the Voices 5M race	15 - 25M	10min core stability 5min flexibility 10min jog/stretch

Terminology & Workout Descriptions

Strength work If you already engage in a regular program of strength/flexibility development at least once per week (e.g. yoga, weight training, exercise class, personal trainer, etc.), continue with your program and DISREGARD this column. Otherwise, add indicated strength workouts to the end of one easy run per week, or do it on a rest day preceded by 10 mins of easy jogging. Do NOT add strength training to the end of an intense workout such as speed intervals, tempo runs, or long runs.

- Core stability drills Navel-to-spine; Supine bridge; Supine eagle; Superman
- Dynamic strength Side lunge; Donkey kicks; Rocket jumps; Lying hip abduction
- Flexibility drills Straight leg kicks; Carioca; Lateral leg swing; Balancing on one leg
- Definitions: <http://bit.ly/phKKRQ>

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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Training Plan
Name: **December 2011
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Overview: This six-week plan helps non-marathoners peak at the NYRR team points race on December 4, a five-mile race. This version is for experienced runners who have been safely logging 30+ miles per week for most of the past three months, including both weekly speedwork and long 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 generally has long runs on Sundays, but you can do a long run on either day, as you prefer.
- Easy run** Goal: build aerobic conditioning. Very low-intensity effort; should be able to talk on the phone without the caller knowing you are running.
- 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.
- Progression run** Goal: build aerobic conditioning. Most of the run is at an easy pace, but the last 20-40% slowly builds to half marathon pace. Finish with 1M easy.
- Speedplay** Goal: build aerobic conditioning. First half of run is at an easy pace. Second half alternates between 2 minutes of hard surging and 5 minutes of easy running. Finish with 5-10 minutes easy.
- Moderate tempo run** Goal: build aerobic conditioning. A run that starts with 0.5-1M easy, then builds to a speed that is close to half marathon pace, and ends with 0.5-1M easy.
- 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.
- Lactate alternation run** Goal: develop specific endurance by training the body to clear lactic acid efficiently. After warming up, do a continuous run that alternates between a moderate pace (such as half marathon pace plus 30 seconds per mile) and a faster pace (such as half marathon pace minus 10sec per 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 mara, 10K (etc.) race pace** Current 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.
- Speed pace** McMillan speed pace -- 3-11% faster than current 10K pace. View "Speed (Long Distance Runners)" column at this site: <http://www.mcmillanrunning.com/mcmillanrunningcalculator.htm>

Dashing Whippets NYRR Points Races Training Plan, Fall 2011

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Source file: https://docs.google.com/spreadsheets/ccc?key=0Aj1wKjNvrP_1dHVArjVvOUg0ak15aDVilUxiazZUeFE&hl=en_US

Dashing Whippets Training Plan Name: **December 2011 Five-Mile Race (20+M/week plan)**

Overview: This six-week plan helps non-marathoners peak at the NYRR team points race on December 4, a five-mile race. This version is for experienced runners who have been safely logging 15+ miles per week for most of the past two months, including speedwork and long runs on occasion.

Week / Dates	Goal	Mon	Tue (Road Work)	Wed	Thu (Track Work)	Fri	Sat	Sun	Mileage	Strength Work*
#1 Mon 10/24 - Sun 10/30	Neuromuscular Fitness and Aerobic Conditioning	Rest or 3M easy	Hill repeats: 0.5M warmup, Strides 6-8 x 200m uphill (200m recovery) 0.5M cooldown	Rest or aerobic cross-train	1M warmup, form drills 6-8 x 400m @ Speed pace (400m recovery) 0.5M cooldown	Rest	Rest or 2M easy run	Long run: 6-8M easy	15 - 23M	* Please read details below! 5min core stability 5min dynamic strgth 10min jog/stretch
#2 Mon 10/31 - Sun 11/06	Lactate Clearance	Rest or 3M easy	Lactate alternation run: 1M warmup 3M continuous run: 0.5M @ half mara pace + 0:30/mile then 0.5M @ half mara pace + 0:10/mile 1M cooldown	Rest or aerobic cross-train	1M warmup, form drills 3-4 x 1600m @ Speed pace (400m recovery) 0.5M cooldown	Rest	Long run: 7-8M easy	2-4M easy run before or after watching NYC Marathon	18 - 25M	5min core stability 5min dynamic strgth 5min flexibility 10min jog/stretch
#3 Mon 11/07 - Sun 11/13	Neuromuscular Fitness and Aerobic Conditioning	Rest or 3M easy	Hill repeats: 0.5M warmup, Strides 5-6 x 400m uphill (400m recovery) 0.5M cooldown	Rest or aerobic cross-train	1M warmup, form drills 2 x 2400m @ 10K pace (800m recovery) 1 x 1600m @ Speed pace (400m recovery) 0.5M cooldown	Rest	2-4M easy run	Long run: 7-8M easy or progression run	19 - 26M	10min core stability 5min dynamic strgth 5min flexibility 10min jog/stretch
#4 Mon 11/14 - Sun 11/20	Lactate Clearance	Rest or 3M easy	Lactate alternation run: 1M warmup 3-4M continuous run: 0.5M @ half mara + 0:20/mile then 0.5M @ half mara 1M cooldown	Rest or aerobic cross-train	1M warmup, form drills 1 x 1200m @ Speed pace 1-2 x 800m @ Speed 2 x 400m @ Speed pace (recover 400m after each) 0.5M cooldown	Rest	2-4M easy run	Long run: 7-8M progression run	20 - 27M	10min core stability 5min dynamic strgth 10min flexibility 10min jog/stretch
#5 Mon 11/21 - Sun 11/27	Specific Endurance	Rest or 3M easy	Race pace intervals (on a measured course): 1M warmup, Strides 2 x 2M @ 10K race pace 1 x 1M @ 5M race pace (recover 400m after each) 0.5M cooldown	Rest or aerobic cross-train	3-4M easy run OR Moderate Tempo run: 0.5M warmup then 2-3M @ half mara pace then 0.5M cooldown	Rest	2-4M easy run	Long run: 8-9M speedplay	21 - 27M	10min core stability 10min dynamic strength 5min flexibility 10min jog/stretch
#6 Mon 11/28 - Sun 12/04	Race Week	Rest or 3M easy	Moderate Tempo run: 0.5M warmup then 2-3M @ half mara pace then 0.5M cooldown	Rest or aerobic cross-train	0.5M warmup, form drills 20-30min easy running with 1 stride per 400m	Rest	Rest	NYRR Join the Voices 5M race	12 - 16M	10min core stability 5min flexibility 10min jog/stretch

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