

**Dashing Whippets
Late Fall 2015 Training Plan
(for non-marathoners)**

Overview: This seven-week plan prepares runners for the Ted Corbitt 15K (on December 12). It is intended for runners who did NOT do a Fall marathon, or completed one before mid-October. Athletes should have logged at least 20 miles per week for at least a month before beginning this plan.

Week / Dates	Goal	Mon	Tue (Road Work)	Wed	Thu (Track Work)	Fri	Weekend (Long run)	Mileage
#1 Mon 10/26 - Sun 11/01	Aerobic conditioning & Neuromuscular fitness	30-45min easy run (or rest)	1-1.5M warmup 5 mile run: 3M at marathon pace, then 2M at half marathon pace 1M cooldown	25-40min easy run or aerobic cross-training	20min warmup, drills 12-16 x 200m uphill at Daniels Interval pace (jog back to recover) 15min cooldown	Rest	One day: 35-55min easy plus 4x100m strides Other day: 1:15-1:30 at long run pace	26 - 40M
#2 Mon 11/02 - Sun 11/08	Aerobic conditioning	30-45min easy run (or rest)	1-1.5M warmup 3 x 2M at half marathon pace (4min jog recovery) 1M cooldown	25-40min easy run or aerobic cross-training	20min warmup, drills 6-8 x 400m uphill at 5K-10K pace (jog back to recover) 15min cooldown	Rest	Saturday: 40-60min easy plus 4x100m strides Sunday: Compete in USATF-NY Cross Country race, OR 1:20-1:30 at long run pace	27 - 42M
#3 Mon 11/09 - Sun 11/15	Aerobic conditioning and lactate clearance	30-45min easy run (or rest)	1-1.5M warmup 4-5 x 800m uphill at 10K-15K pace (jog back to recover) 1M cooldown	25-40min easy run or aerobic cross-training	20min warmup, drills 10-12 x 400m at Daniels Interval pace (200m jog recovery) 15min cooldown	Rest	Saturday: 40-60min easy plus 4x100m strides Sunday: Compete in NYRR Cross Country race, OR 1:20-1:40 at long run pace	27 - 44M
#4 Mon 11/16 - Sun 11/22	Lactate clearance	30-45min easy run (or rest)	1-1.5M warmup 5-6M Lactate Alternation Run: 0.5M @ half mara pace then 0.5M @ HM pace + 0:20/mile (no rest between pace changes) 1M cooldown	25-40min easy run or aerobic cross-training	20min warmup, drills 4-6 x 800(10K)400(5K) superset (400m jog recovery) 15min cooldown	Rest	One day: 40-60min easy + 4 strides Other day: 1:30-1:50 at long run pace	29 - 48M
#5 Mon 11/23 - Sun 11/29	Lactate clearance	30-45min easy run (or rest)	1-1.5M warmup 45-55 minute progression run: Start slower than marathon pace, speed up 30sec/mile every 10 minutes 1M cooldown	25-40min easy run or aerobic cross-training	4-6M of easy running, OR... 1M warmup, 4M at 15K pace, 1M cooldown	Rest	One day: 40-60min easy + 4 strides Other day: 1:40-2:00 at long run pace	30 - 50M
#6 Mon 11/30 - Sun 12/06	Specific endurance	30-45min easy run (or rest)	1-1.5M warmup 5-6 mile run: first and last mile at 15K pace, middle miles at half marathon pace 1M cooldown	25-40min easy run or aerobic cross-train	20min warmup, drills 5-7 x 1600m at 15K pace (1:00-1:30 jog recovery) 15min cooldown	Rest	One day: 40-60min easy + 4 strides Other day: 1:30-1:45 at progression pace	32 - 50M
#7 Mon 12/07 - Sun 12/13	Pre-race week	30-45min easy run (or rest)	1-1.5M warmup 2 x 3M at 15K pace (4min jog recovery) 1M cooldown	Rest, or short easy run	20min warmup, drills 30 minutes of running, mostly easy, but stride 100m after each half mile	Rest	Ted Corbitt 15K on Saturday (Rest or short easy run on Sunday)	24 - 32M
#8 Mon 12/14 - Sun 12/20	Stay in shape	30-45min easy run (or rest)	1-1.5M warmup 30-40 minutes at marathon pace 1M cooldown	25-40min easy run or aerobic cross-train	20min warmup, drills 3-5 x 1600m at 15K pace (1:30-2:00 jog recovery) 15min cooldown	Rest	One day: 40-60min easy Other day: 1:20-1:45 at long run pace	24 - 40M
#9 Mon 12/21 - Sun 12/27	Stay in shape	30-45min easy run (or rest)	1-1.5M warmup 3 x 2M at half marathon pace (3min jog recovery) 1M cooldown	25-40min easy run or aerobic cross-train	Rest, OR... 20min warmup, drills 2 x 1.5M at 15K pace (800m jog recovery) 15min cooldown	Rest	One day: 40-60min easy Other day: 1:20-1:45 at long run pace	24 - 40M
#10 Mon 12/28 - Sun 1/03	Stay in shape	30-45min easy run (or rest)	1-1.5M warmup 2 Miles at half marathon pace (3min jog recovery), then 4 x 400m uphill at 5K pace (jog back) 1M cooldown	25-40min easy run or aerobic cross-train	Rest, OR... 20min warmup, drills 2 x 2M at 15K pace (800m jog recovery) 15min cooldown	Rest	One day: 40-60min easy Other day: 1:20-1:45 at long run pace	24 - 40M

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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.							
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.							
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.							
Lactate alternation run	Goal: train the body to clear lactic acid efficiently. After warming up, do a continuous run that alternates between a faster pace (such as half marathon pace minus 10 seconds per mile) and a moderate pace (such as half marathon pace plus 30 seconds per mile), with no rest between pace changes. Finish with one easy mile.							
Daniels Interval Pace	Goal: develop neuromuscular fitness. This is slightly faster than 5K pace, recommended by the Daniels Running Formula. Use a recent race result to calculate your VDOT level, then look up Daniels Interval Pace -- alternatively, estimate your 5K pace and subtract 5-10 seconds/mile.							
Supersets: X(RP1)Y(RP2)	Goal: develop specific endurance by training the body to clear lactic acid efficiently. Speed intervals composed of two or more segments run at different race paces. X(RP1)Y(RP2) means run X meters at race pace RP1, immediately followed by Y meters at race pace RP2. For example, 800(10K)400(5K) means run 800m at 10K race pace, then 400m at 5K race pace, with no break between the segments.							
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.							

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