

**Dashing Whippets  
Late Fall 2015 Training Plan  
(for Corbitt 15K and Cross  
Country runners)**

**Overview:** This eight-week plan prepares runners for the Ted Corbitt 15K or Cross Country Club Nationals (both on December 10), with an interim peak at the Fred Lebow 5K Cross Country race on November 20. It is intended for runners who did NOT do a Fall marathon, or completed one before mid-October. Athletes should have logged at least 25 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
<b>#1 Mon 10/17 - Sun 10/23</b>	Neuromuscular fitness	30-45min easy run (or rest)	1-1.5M warmup 12-16 x 200m uphill at 5K pace (jog back to recover) 1M cooldown	25-40min easy run or aerobic cross-training	20min warmup, drills 8-10 x 400m at 5K pace (200m jog recovery) 15min cooldown	Rest	One day: 1:10-1:30 at long run pace  Other day: 40-55min easy + 4 strides	26 - 41M
<b>#2 Mon 10/24 - Sun 10/30</b>	Aerobic conditioning	30-45min easy run (or rest)	1-1.5M warmup 4M at half marathon pace 1M cooldown	25-40min easy run or aerobic cross-training	20min warmup, drills 5-6 x 800m at 10K pace (400m jog recovery) 15min cooldown	Rest	One day: 1:20-1:30 at long run pace, preferably on an UNPAVED surface  Other day: 40-55min easy + 4 strides	28 - 41M
<b>#3 Mon 10/31 - Sun 11/06</b>	Aerobic conditioning & Neuromuscular fitness	30-45min easy run (or rest)	1-1.5M warmup 6-8 x 400m uphill at 5K-10K pace (jog back to recover) 1M cooldown	25-40min easy run or aerobic cross-training	20min warmup, drills 4-5 x 1000m at 10K pace (200m jog recovery) 15min cooldown	Rest	One day: 1:30 at long run pace  Other day: 40-55min easy + 4 strides	28 - 42M
<b>#4 Mon 11/07 - Sun 11/13</b>	Lactate clearance	30-45min easy run (or rest)	1-1.5M warmup / cooldown  Corbitt 15K: 4-5M Lactate Alternation Run: 0.5M @ half mara pace - 0:15/mile then 0.5 M @ HM pace + 0:15/mile (no rest between pace changes)  XC runners: 5 x 1000m repeats at 10K pace on unpaved path (2:00 jog recovery)	25-40min easy run or aerobic cross-training	20min warmup/15min cooldown  4-5 x 800(10K)400(5K) supersets, which is 800m at 10K immediately followed by 400m at 5K with no break. Jog 400m after each superset.  Racing Staten Island XC? Stop at 2-3.	Rest	Recommended for all (including non-XC runners): USATF Cross Country 10K race on 11/13 in Staten Island OR Run 1:10-1:30 at progression run pace  Other day: 40-55min easy + 4 strides	29 - 44M
<b>#5 Mon 11/14 - Sun 11/20</b>	Pre-race week	30-45min easy run (or rest)	1-1.5M warmup / cooldown  Corbitt 15K: 3-4 x 800m uphill at 15K pace (jog back to recover)  XC runners: 3M at half marathon pace (3:00 jog recovery), then 4x400m uphill at 5K-10K pace (jog back)	25-40min easy run or aerobic cross-training	20min warmup/15min cooldown  Racing XC this weekend? 1200m, 800m, 400m, all at 5K pace (200m jog between)  Not racing? 2400m at 15K pace, 1600m at 10K pace, 2x800m at 5K pace (400m jog after each)	Rest	<b>One day: Fred Lebow 5K Cross Country race on 11/20 OR Run 1:40 at long run pace</b>  <b>Other day: 40-55min easy + 4 strides</b>	22 - 43M
<b>#6 Mon 11/21 - Sun 11/27</b>	Aerobic conditioning	30-45min easy run (or rest)	1-1.5M warmup 40-50 minute progression run: Start 60sec/mile slower than marathon pace, speed up 30sec/mile every 10 minutes 1M cooldown	25-40min easy run or aerobic cross-training	Run a race for fun today, OR do 4-6M of easy running	Rest	One day: 1:30-1:40 at long run pace, preferably on an UNPAVED surface  Other day: 40-55min easy + 4 strides	29 - 45M

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<b>#7 Mon 11/28 - Sun 12/04</b>	Specific endurance	30-45min easy run (or rest)	1-1.5M warmup 4-5 x 1200m at 10K pace on an unpaved path (1:30 jog recovery) 1M cooldown	25-40min easy run or aerobic cross-training	20min warmup/15min cooldown  Corbitt 15K: 4x2000m at 15K pace (1:30 jog recovery)  XC runners: 1600m @ 10K pace, 1200m @ 5K/10K pace, 800m @ 5K pace, 400m @ <5K pace (400m jog after each)	Rest	One day: 1:20-1:40 at progression pace  Other day: 40-55min easy + 4 strides	30 - 45M
<b>#8 Mon 12/05 - Sun 12/11</b>	Pre-race week	30-45min easy run (or rest)	1-1.5M warmup 2M at half marathon pace (2:00 jog recovery). 800m at 10K (2:00). 2x400 at 5K (1:00) 1M cooldown	Rest, or short easy run	20min warmup, drills 30 minutes of running, mostly easy, but stride 100m after each half mile	Rest	<b>Saturday 12/10: Ted Corbitt 15K OR Club Nationals Cross Country Race (Rest or easy run on Sunday)</b>	20 - 32M
<b>#9 Mon 12/12 - Sun 12/18</b>	Aerobic conditioning	30-45min easy run (or rest)	1-1.5M warmup 30-35 minutes at marathon pace 1M cooldown	25-40min easy run or aerobic cross-training	20min warmup, drills 8 x 400m at 5K pace (200m jog recovery) 15min cooldown	Rest	One day: 1:20-1:45 at long run pace  Other day: 40-60min easy	25 - 40M
<b>#10 Mon 12/19 - Sun 12/25</b>	Aerobic conditioning	30-45min easy run (or rest)	1-1.5M warmup 4M hill run -- go VERY easy on flats and downhills, but surge to half marathon pace on uphill 1M cooldown	25-40min easy run or aerobic cross-training	20min warmup, drills 3-5 x 1200m at 10K pace (400m jog recovery) 15min cooldown	Rest	One day: 1:20-1:45 at long run pace  Other day: 40-60min easy	25 - 40M
<b>#11 Mon 12/26 - Sun 1/01</b>	Aerobic conditioning	30-45min easy run (or rest)	1-1.5M warmup 2M at half marathon pace (3min jog recovery), then 4 x 400m uphill at 5K-10K pace (jog back) 1M cooldown	25-40min easy run or aerobic cross-training	20min warmup, drills 2 x 2M at 15K pace (400m jog recovery) 15min cooldown	Rest	One day: 1:20-1:45 at long run pace  Other day: 40-60min easy	25 - 40M

**Terminology & Workout Descriptions**

<b>Aerobic conditioning</b>	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.
<b>Neuromuscular fitness</b>	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.
<b>Specific endurance</b>	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 (<2 mins).
<b>Lactate clearance</b>	Training at mixed paces around the lactate threshold point (speed at which lactic acid accumulates, an indicator of oncoming fatigue). This training results in higher threshold, i.e. the ability to run faster in races without risking fatigue.
<b>Rest days</b>	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.
<b>Aerobic cross-training</b>	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.
<b>Long Run pace</b>	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.

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<b>Progression pace</b>	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.							
<b>Hill run</b>	Goal: build aerobic conditioning. Do a run on a hilly course. Surge on the uphill (half marathon pace). On the flats and downhill, run VERY easy.							
<b>Hill repeats</b>	Goal: develop neuromuscular fitness. Relatively short repeats (200m to 800m) on uphill at faster than 15K race pace, with full recovery.							
<b>Lactate alternation run</b>	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.							
<b>Supersets: X(RP1)Y(RP2)</b>	Goal: develop specific endurance by training the body to clear lactic acid efficiently. Speed intervals composed of two or more segments run at different 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 800m at 10K race pace, then 400m at 5K race pace, with no break between the segments.							
<b>Recovery</b>	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.							
<b>Strides, Form drills, Core exercises</b>	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.							
<b>Half marathon, 10K, 5K (etc.) race pace</b>	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 Fall 2016

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