

**Dashing Whippets
Spring/Summer 2015
Non-Marathoner Training Plan**

Overview: This 11-week plan prepares runners for the following Club Points races: NYRR 4-miler (June 7), Mini 10K (June 13), FRNY Pride Run 5M (June 27), and the NYRR Team Championships 5M (August 1). It also helps marathoners develop a base before fall marathon training begins. It is intended for athletes who have run at least 4 hours per week for at least the past month, with occasional long runs and speed work.

Week # / Dates	Goal	Mon	Tue (Road Work)	Wed	Thu (Track Work)	Fri	Sat	Mileage
<i>Late Spring Cycle (6 weeks): Stay in shape for June races. Marathoners build a base before start of training.</i>								
#1 Mon 5/18 - Sun 5/24	Base building (post-Brooklyn Half recovery)	Rest	Rest, OR... 1-1.5M warmup 45 minutes of running, mostly easy pace, but surge to 10K pace for 1 minute out of every 10 1-1.5M cooldown	20-35min easy run or aerobic cross-training	45 minute easy run, OR... 20min warmup, drills 3-5 x 800m (400m recovery), starting at marathon pace, speed up 8-12sec/mile after each repeat 15min cooldown	Rest	One day: 35-55min easy plus 4x100m strides Other day: 55-75min at long run pace	22 - 37M
#2 Mon 5/25 - Sun 5/31	Aerobic Conditioning	30-40min easy run (or rest)	1-1.5M warmup 4x25m uphill sprints, THEN... 3-5M at marathon pace 1-1.5M cooldown	20-35min easy run or aerobic cross-training	20min warmup, drills Pyramid: 400, 800, 1200, 1600, 1200, 800, 400, all at 15K pace (400m recovery) 15min cooldown	Rest	One day: DWRT Track Meet, OR 60-80min at long run pace Other day: 40-55min easy plus 4x100m strides	25 - 41M
#3 Mon 6/01 - Sun 6/07	Race Week / Lactate Clearance	30-40min easy run (or rest)	1-1.5M warmup 3x50m uphill sprints, THEN... 2M at half marathon pace (2min jog), 4-6 x 400m uphill at 10K pace (jog back down to recover) 1-1.5M cooldown	20-35min easy run or aerobic cross-training	20min warmup, drills If racing this weekend: 800, 600, 400 at goal race pace (200m recovery) If not racing this weekend: 4-6 x 800m at 5K pace (400m recovery) 15min cooldown	Rest	Saturday: 30 minutes easy Sunday: NYRR 4-mile race, or 70-90 minutes at long run pace	23 - 41M
#4 Mon 6/08 - Sun 6/14	Race Week / Lactate Clearance	30-40min easy run (or rest)	1-1.5M warmup 2x50m, 1-2x75m uphill sprints, THEN... 3 x 1.5M at half marathon pace (5min recovery after each) 1-1.5M cooldown	20-35min easy run or aerobic cross-training	20min warmup, drills If racing this weekend: 800, 600, 400 at goal race pace (200m recovery) If not racing this weekend: 4-6 x 800m at 5K pace (400m recovery) 15min cooldown	Rest	Saturday: NYRR Mini 10K (or 40 minutes easy) Sunday: Rest if you raced Saturday, or do 70-90 minutes at long run pace	23 - 41M
#5 Mon 6/15 - Sun 6/21	Neuromuscular Fitness	30-40min easy run (or rest)	1-1.5M warmup 2x50m, 1x75m, 1x100m uphill sprints, THEN... 12-16 x 200m uphill at faster than 5K pace 1-1.5M cooldown	20-35min easy run or aerobic cross-training	20min warmup, drills 4-6 x 1200m @ 10K pace (400m recovery) 15min cooldown	Rest	One day: 40-55min easy plus 4x100m strides Other day: 70-80min at progression pace	27 - 42M
#6 Mon 6/22 - Sun 6/28	Race Week / Aerobic Conditioning	30-40min easy run (or rest)	1-1.5M warmup 3x50m, 2x100m uphill sprints 2M at marathon pace, 2M at half marathon pace, 1M at 15K pace (no rest between pace changes) 1-1.5M cooldown	20-35min easy run or aerobic cross-training	20min warmup, drills 4-6 repeats of 800m easy, 200m hard 15min cooldown	Rest	Saturday: FRNY Pride Run 5M race Sunday: Rest if you raced Saturday, or 75-90 minutes at long run pace if you didn't race	23 - 40M

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<i>Early Summer Cycle (5 weeks): Fall marathoners begin training. Non-marathoners peak at Club Championships race.</i>								
#7 Mon 6/29 - Sun 7/05	Aerobic Conditioning	30-40min easy	1-1.5M warmup 4x50m, 2x75m uphill sprints 4-5M at marathon pace, but surge to 15K pace on two long uphill 1-1.5M cooldown	25-40min easy run or cross-train	20min warmup, form drills 3-5 x 1600m @ 15K pace (1:15 recovery) 15min cooldown	Rest	One day: 40-55min easy plus 4x100m strides Other day: 75-90min at long run pace	30 - 42M
#8 Mon 7/06 - Sun 7/12	Lactate Clearance	30-40min easy	1-1.5M warmup 2x50m, 1x75m, 1x100m uphill 2-3 x 2M at half marathon pace (5min recovery after each) 1-1.5M cooldown	25-40min easy run or cross-train	20min warmup, form drills Ladder: 1x2400m @ 15K pace, 1x1600m @ 15K to 10K pace, 2x800m @ 10K pace (400m recovery after each) 15min cooldown	Rest	One day: 40-55min easy plus 4x100m strides Other day: 75-90min at long run pace	30 - 44M
#9 Mon 7/13 - Sun 7/19	Neuromuscular Fitness	30-40min easy	1-1.5M warmup 3x75m, 1x100m uphill sprints 6-8 x 400m uphill at 5K-10K pace (jog back to recover) 1-1.5M cooldown	25-40min easy run or cross-train	20min warmup, form drills 12-16 x 400m @ 5K pace (1:00 recovery) 15min cooldown	Rest	One day: 45-60min easy plus 4x100m strides Other day: 80min at progression run pace	30 - 44M
#10 Mon 7/20 - Sun 7/26	Lactate Clearance	30-40min easy	1-1.5M warmup 2x75m, 2x100m uphill sprints 4-6M Lactate Alternation Run: 0.5M @ half mara pace, 0.5M at half mara pace + 0:20-0:30/mile (no rest between pace changes) 1-1.5M cooldown	25-40min easy run or cross-train	20min warmup, form drills 6-8 x 800m @ 10K pace (200m recovery) 15min cooldown	Rest	One day: 45-60min easy plus 4x100m strides Other day: 80-90min at long run pace	30 - 45M
#11 Mon 7/27 - Sun 8/02	Peak Performance	3-5M easy (or rest)	1-1.5M warmup 2x75m, 2x100m uphill sprints 5M continuous run: first and last mile at half marathon pace, middle 3M at 15K pace + 0:10-0:20/mile 1-1.5M cooldown	Rest or short easy run	1M warmup, form drills 30-40 minutes of easy running that includes 5-8 100m strides (roughly every 5 minutes)	Rest	Saturday: NYRR Team Championships 5M Sunday: Rest or short easy run	26 - 42M

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.

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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.							
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.							
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.							
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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