

Dashing Whippets Training Program: **Dashing Whippets Summer 2011 Training Program**

Overview of Plans: This 14-week plan helps runners develop speed and endurance for these 2011 NYRR team points races: Mini 10K (6/11), Portugal Day (6/19), Run for Central Park (7/16), Team Championships (8/06), Percy Sutton (8/27).

	Intermediate Mileage Plan (page 2)	Moderate Mileage Plan (page 5)	Base Building Plan (page 8)
Plan Summary	Helps seasoned runners to build on their recent efforts and get much faster by doing high volumes of tempo/threshold runs and speedwork	Developing runners will steadily increase their volume/intensity of mileage by lengthening long runs and increasing tempo/threshold runs and speedwork	Beginners and advanced beginners will slowly increase their aerobic capacity to allow the safe introduction of more intense workouts, resulting in major improvements in speed
Prerequisites	Participants should have run 25+ miles per week for past three months, with one long run (8+ miles) and two high-intensity (speed/tempo/hills) sessions per week	Participants should have run 15-25 miles per week for most weeks in past two months, with occasional long runs (6-8+ miles) and speed sessions every few weeks	Participants should have run 10-15 miles per week for most weeks in past month
Weekly Volume	5-6 workouts per week 28-42 miles per week	4-5 workouts per week 20-32 miles per week	4-5 workouts per week 14-23 miles per week
Hill Training	1-2 miles of intense hills every two weeks	0.75 - 1.5 miles of intense hills every two weeks	No hill work for first 3-4 weeks, then 0.5 - 1.0 miles of intense hills every two weeks
Tempo/Threshold Runs	A 5-8 mile tempo/threshold run every two weeks	A 4-6 mile tempo/threshold run every two weeks	No tempo/threshold runs for first 8 weeks, then a 3-6 mile tempo/threshold run every two weeks
Speedwork	3-5 miles of speedwork per week	2-4 miles of speedwork per week	Very little speedwork for first 4 weeks, then 1.5 - 3.0 miles of speedwork per week
Long Runs	One long run per week, starting at 8-10 miles, going up to 15 miles	One long run per week, starting at 6-8 miles, going up to 12 miles	One long run per week, starting at 5-6 miles, going up to 9 miles

Cycles **Dates and Areas of Focus**
 Late Spring May 23 to June 26, 2011
 (5 weeks) Period of relatively modest mileage -- maintain (or build) fitness while participating in June 11 or June 19 NYRR Team Points 10K and five-mile races.

After the Late Spring cycle, runners should continue to the Summer cycle OR begin a fall marathon training program.

Summer June 27 to July 17, 2011
 (9 weeks) Increase mileage. For Base Building plan, introduce hills and speedwork. For Moderate and Intermediate plans, introduce Lactate Alternation threshold runs and Superset speed workouts -- both of which improve the body's efficiency when racing. Reduce training intensity slightly around the time of the July 16 NYRR Team Points four-mile race.
 July 18 to August 7, 2011
 Increase mileage to peak volume. For Base Building plan, introduce threshold/tempo runs and increase intensity of hills and speedwork. For Moderate and Intermediate plans, lengthen Lactate Alternation threshold runs, and increase intensity of Superset speed workouts. Do a mini-taper just before the August 6 NYRR Team Points five-miler.
 August 8 to 28, 2011
 Maintain peak mileage. Reap benefits from hills, threshold runs and speed workouts by maximizing intensity (not necessarily increasing the total distance). Reduce mileage before the August 27 NYRR Team Points 5K.

Dashing Whippets NYRR Points Races Training Plan, Summer 2011

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Dashing Whippets Training Plan Name: **Summer NYRR Points Races Training Plan (intermediate mileage)**

Overview: This 14-week plan helps runners peak during these 2011 NYRR team points races: Mini 10K (6/11), Portugal Day (6/19), Run for Central Park (7/16), Team Championships (8/06), Percy Sutton (8/27). This version is for experienced runners who have been safely logging 25+ 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 Mileage (est)

Late Spring Cycle (5 Weeks)

#1 Mon 5/23 - Sun 5/29	Recovery / Base Building	Rest or short easy run	Easy run, 4-5M	20-30min easy run or cross-train	1M warmup, form drills Speedplay, 3-4M 0.5M cooldown, core strength	Rest	3-5M easy run	Long Run: 8-10M easy Strides, core strength	19 - 29M
#2 Mon 5/30 - Sun 6/05	Fitness Maintenance	Rest or short easy run	Hill run, 5M	20-30min easy run or cross-train	1M warmup, form drills vVO2 benchmark: 6mins of all out running 1M cooldown, core strength	Rest	3-5M easy run	Long run: 9-12M easy Strides, core strength	22 - 32M
#3 Mon 6/06 - Sun 6/12	Race Week / Fitness Maintenance	Rest or short easy run	Moderate Tempo 4-6M	20-30min easy run or cross-train	1M warmup, form drills Men: Pyramid (400, 800, 1600, 800, 400) at 10K pace, recover 25% Women: 30min easy, 1 stride per 400m 0.5M cooldown	Rest	Women: NYRR Mini 10K race Men: 10-13M long run	Men: 3-5M easy run Women: Rest or short easy run	Men: 24-33M Women: 15-23M
#4 Mon 6/13 - Sun 6/19	Race Week / Fitness Maintenance	Rest or short easy run	Men: Hill run, 4-5M Women: Easy run, 4-5M	20-30min easy run or cross-train	1M warmup, form drills Women: Pyramid (400, 800, 1600, 800, 400) at 10K pace, recover 25% Men: 30min easy, 1 stride per 400m 0.5M cooldown	Rest	Women: 3-5M easy Men: Rest or short easy run	Men: NYRR Portugal Day 5M race Women: 10-13M long run	Women: 24-33M Men: 14-22M
#5 Mon 6/20 - Sun 6/26	Base Building	Rest or short easy run	Women: Hill run, 4-5M Men: Easy run, 4-5M	20-30min easy run or cross-train	1M warmup, form drills 6-8 x 800m @ Speed pace (recover 400m) 0.5M cooldown, core strength	Rest	3-5M easy run	Long run: 10-13M easy Strides, core strength	25 - 34M

Summer Cycle (9 weeks)

#1 Mon 6/27-7/03	Neuromuscular Fitness	Rest or short easy run	Hill repeats: 1.5M warmup, Strides 8-12 x 200m uphill (4min recovery) 1.5M cooldown	25-40min easy run or cross-train	1.5M warmup, form drills Supersets: 4-6 x 800(10K)-400(5K), recover 800m 1M cooldown, core strength	Rest	3-5M easy run	Long run: 11-14M easy or progression run Strides, core strength	28 - 38M
#2 Mon 7/04 - Sun 7/10	Lactate Clearance	Rest or short easy run	Lactate alternation run: 1M warmup 3-4M continuous run: 0.5M @ half mara + :40/M then 0.5M @ half mara pace 1M cooldown	25-40min easy run or cross-train	1.5M warmup, form drills Supersets: 4-5 x 1200(10K)-400(5K), recover 800m 1M cooldown, core strength	Rest	3-5M easy run	Long run: 12-14M easy or speedplay Strides, core strength	31 - 40M
#3 Mon 7/11 - Sun 7/17	Race Week	Rest or short easy run	Hill repeats: 1.5M warmup, Strides 8-12 x 200m uphill (3min recovery) 1.5M cooldown	25-40min easy run or cross-train	1.5M warmup, form drills 6-10 x 400m @ Speed pace (recover 400m) 1M cooldown, core strength	Rest	NYRR Run for Central Park 4M race	3-5M easy	20 - 27M

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Week # / Dates	Goal	Mon	Tue (Road Work)	Wed	Thu (Track Work)	Fri	Sat	Sun	Mileage (est)
#4 Mon 7/18 - Sun 7/24	Lactate Clearance	Rest or short easy run	Lactate alternation run: 1M warmup 4-5M continuous run: 0.5M @ half mara + :30/M then 0.5M @ half mara pace 1M cooldown	25-40min easy run or cross-train	1.5M warmup, form drills Supersets: 3-4 x 400(5K)-1200(10K), recover 800m 1M cooldown, core strength	Rest	3-5M easy	Long run: 12-14M easy or progression run Strides, core strength	33 - 42M
#5 Mon 7/25 - Sun 7/31	Neuromuscular Fitness	Rest or short easy run	Hill repeats: 1.5M warmup, Strides 6-10 x 400m uphill (4min recovery) 1.5M cooldown	25-40min easy run or cross-train	1.5M warmup, form drills Supersets: 3-4 x 1200(10K)-400(5K), recover 800m 1M cooldown, core strength	Rest	3-5M easy	Long run: 13-15M easy Strides, core strength	33 - 42M
#6 Mon 8/01 - Sun 8/07	Race Week	Rest or short easy run	Lactate alternation run: 1M warmup 5-6M continuous run: 0.5M @ half mara + :30/M then 0.5M @ half mara pace 1M cooldown	25-40min easy run or cross-train	1M warmup, form drills 30-40min easy running with 1 stride per 400m	Rest	NYRR Team Championships 5M race	Rest or short easy run	19 - 26M
#7 Mon 8/08 - Sun 8/14	Lactate Clearance	Rest or short easy run	Hill run, 6-7M	25-40min easy run or cross-train	1.5M warmup, form drills Supersets: 3-4 x 400(5K)-1200(10K), recover 800-1000m 1M cooldown, core strength	Rest	3-5M easy	Long run: 13-15M easy or progression run Strides, core strength	33 - 42M
#8 Mon 8/15 - Sun 8/21	Lactate Clearance	Rest or short easy run	Lactate alternations: 1M warmup 6M continuous run: 0.5M @ half mara + :20/M then 0.5M @ half mara - 0:10/M 1M cooldown	25-40min easy run or cross-train	1.5M warmup, form drills Supersets: 2-3 x 1600(10K)-400(5K), recover 1200m 1M cooldown, core strength	Rest	3-5M easy	Long run: 11-14M easy Strides, core strength	31 - 40M
#9 Mon 8/22 - Sun 8/28	Race Week	Rest or short easy run	Hill repeats: 1.5M warmup, Strides 3-4 x 800m uphill (6min recovery) 1.5M cooldown	25-40min easy run or cross-train	1M warmup, form drills 30-40min easy running with 1 stride per 400m	Rest	NYRR Percy Sutton 5K race	Rest	15 - 21M

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.

Dashing Whippets Training Plan Name: **Summer NYRR Points Races Training Plan (intermediate mileage)**

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Week # / Dates	Goal	Mon	Tue (Road Work)	Wed	Thu (Track Work)	Fri	Sat	Sun	Mileage (est)
Rest days	Monday, Wednesday and Friday 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, or on one weekend day. But AVOID overdoing strength work, especially on Monday and Wednesday -- recovery is critical to developing strength.								
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.								
Cross-training	Any easy run shorter than 45 minutes can be replaced with a comparable duration of LOW INTENSITY 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.								
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	Goal: build aerobic conditioning. A run that starts with 1M easy, then builds to a speed that is close to half marathon pace, and ends with 1M easy.								
Hill run	Goal: build aerobic conditioning. Do a run on a hilly course. Surge on the uphill (half marathon pace). On the flats and downhills, run VERY easy.								
Hill repeats	Goal: develop neuromuscular fitness. Relatively short repeats (200m to 800m) on uphill 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 100m to 2.5K 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 strength	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 of the 1500m, 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 of http://www.mcmillanrunning.com/mcmillanrunningcalculator.htm								

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Dashing Whippets Training Plan
Summer NYRR Points Races Training Plan (moderate mileage)

Overview: This 14-week plan helps runners peak during these 2011 NYRR team points races: Mini 10K (6/11), Portugal Day (6/19), Run for Central Park (7/16), Team Championships (8/06), Percy Sutton (8/27). This version is for runners who have been safely logging 15-25 miles per week for most of the past two months, with occasional speedwork and long runs.

Week # / Dates Goal Mon Tue (Road Work) Wed Thu (Track Work) Fri Sat Sun Mileage (est)

Late Spring Cycle (5 Weeks)

#1 Mon 5/23 - Sun 5/29	Recovery / Base Building	Rest or short easy run	Easy run, 3-5M	Rest	0.5M warmup, form drills Speedplay, 3-4M Core strength	Rest	2-4M easy run	Long Run: 6-9M easy Strides, core strength	13 - 22M
#2 Mon 5/30 - Sun 6/05	Fitness Maintenance	Rest or short easy run	Hill run, 4M	Rest or 20min easy run or cross-train	1M warmup, form drills vVO2 benchmark: 6mins of all out running 1M cooldown, core strength	Rest	2-4M easy run	Long run: 7-9M easy Strides, core strength	15 - 24M
#3 Mon 6/06 - Sun 6/12	Race Week / Fitness Maintenance	Rest or short easy run	Moderate Tempo 3-5M	Rest or 20min easy run or cross-train	1M warmup, form drills Men: Pyramid (400, 800, 1600, 800, 400) at 10K pace, recover 25% Women: 30min easy, 1 stride per 400m 0.5M cooldown	Rest	Women: NYRR Mini 10K race Men: 8-10M long run	Men: 2-4M easy run Women: Rest or short easy run	Men: 18-26M Women: 14-22M
#4 Mon 6/13 - Sun 6/19	Race Week / Fitness Maintenance	Rest or short easy run	Men: Hill run, 3-4M Women: Easy run, 3-4M	Rest or 20min easy run or cross-train	1M warmup, form drills Women: Pyramid (400, 800, 1600, 800, 400) at 10K pace, recover 25% Men: 30min easy, 1 stride per 400m 0.5M cooldown	Rest	Women: 2-4M easy Men: Rest or short easy run	Men: NYRR Portugal Day 5M race Women: 8-10M long run	Women: 18-26M Men: 13-21M
#5 Mon 6/20 - Sun 6/26	Base Building	Rest or short easy run	Women: Hill run, 3-4M Men: Easy run, 3-4M	Rest or 20min easy run or cross-train	1M warmup, form drills 4-6 x 800m @ Speed pace (recover 400m) 0.5M cooldown, core strength	Rest	2-4M easy run	Long run: 8-10M easy Strides, core strength	18 - 26M

Summer Cycle (9 weeks)

#1 Mon 6/27-7/03	Neuromuscular Fitness	Rest or short easy run	Hill repeats: 1M warmup, Strides 6-10 x 200m uphill (4min recovery) 1M cooldown	Rest or 20min easy run or cross-train	1M warmup, form drills Supersets: 3-5 x 800(10K)-400(5K), recover 800m 0.5M cooldown, core strength	Rest	2-4M easy run	Long run: 9-11M easy or progression run Strides, core strength	20 - 29M
#2 Mon 7/04 - Sun 7/10	Lactate Clearance	Rest or short easy run	Lactate alternation run: 1M warmup 3M continuous run: 0.5M @ half mara + :40/M then 0.5M @ half mara pace 1M cooldown	Rest or 20min easy run or cross-train	1M warmup, form drills Supersets: 3-4 x 1200(10K)-400(5K), recover 800m 0.5M cooldown, core strength	Rest	2-4M easy run	Long run: 9-11M easy or progression run Strides, core strength	22 - 30M
#3 Mon 7/11 - Sun 7/17	Race Week	Rest or short easy run	Hill repeats: 1M warmup, Strides 6-10 x 200m uphill (3min recovery) 1M cooldown	Rest or 20min easy run or cross-train	1M warmup, form drills 4-8 x 400m @ Speed pace (recover 400m) 0.5M cooldown, core strength	Rest	NYRR Run for Central Park 4M race	2-4M easy	14 - 21M

Dashing Whippets Training Plan Name: **Summer NYRR Points Races Training Plan (moderate mileage)**

Overview: This 14-week plan helps runners peak during these 2011 NYRR team points races: Mini 10K (6/11), Portugal Day (6/19), Run for Central Park (7/16), Team Championships (8/06), Percy Sutton (8/27). This version is for runners who have been safely logging 15-25 miles per week for most of the past two months, with occasional speedwork and long runs.

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#5 Mon 7/25 - Sun 7/31	Neuromuscular Fitness	Rest or short easy run	Hill repeats: 1M warmup, Strides 4-8 x 400m uphill (4min recovery) 1M cooldown	Rest or 20min easy run or cross-train	1M warmup, form drills Supersets: 2-3 x 1200(10K)-400(5K), recover 800m 0.5M cooldown, core strength	Rest	2-4M easy	Long run: 10-12M easy Strides, core strength	24 - 32M
#6 Mon 8/01 - Sun 8/07	Race Week	Rest or short easy run	Lactate alternation run: 1M warmup 4-5M continuous run: 0.5M @ half mara + :30/M then 0.5M @ half mara pace 1M cooldown	Rest or 20min easy run or cross-train	1M warmup, form drills 30-40min easy running with 1 stride per 400m	Rest	NYRR Team Championships 5M race	Rest or short easy run	16 - 23M
#7 Mon 8/08 - Sun 8/14	Lactate Clearance	Rest or short easy run	Hill run, 4-6M	Rest or 20min easy run or cross-train	1M warmup, form drills Supersets: 2-4 x 400(5K)-1200(10K), recover 800-1000m 0.5M cooldown, core strength	Rest	2-4M easy	Long run: 10-12M easy or progression run Strides, core strength	25 - 32M
#8 Mon 8/15 - Sun 8/21	Lactate Clearance	Rest or short easy run	Lactate alternation run: 1M warmup 4-5M continuous run: 0.5M @ half mara + :20/M then 0.5M @ half mara - 0:10/M 1M cooldown	Rest or 20min easy run or cross-train	1M warmup, form drills Supersets: 2 x 1600(10K)-400(5K), recover 1200m 0.5M cooldown, core strength	Rest	2-4M easy	Long run: 10-12M easy Strides, core strength	23 - 31M
#9 Mon 8/22 - Sun 8/28	Race Week	Rest or short easy run	Hill repeats: 1M warmup, Strides 3-4 x 800m uphill (6min recovery) 1M cooldown	Rest or 20min easy run or cross-train	1M warmup, form drills 30-40min easy running with 1 stride per 400m	Rest	NYRR Percy Sutton 5K race	Rest	13 - 19M

Terminology & Workout Descriptions

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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.								
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Speed intervals	Goal: develop neuromuscular fitness or specific endurance. Numerous repeats of runs from 100m to 2.5K 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 strength	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 of the 1500m, 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 of http://www.mcmillanrunning.com/mcmillanrunningcalculator.htm								

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Dashing Whippets Training Plan Name: **Summer Base Building Plan for beginners and advanced beginners**

Overview: This plan is tailored to runners who have averaged 10-15 miles per week over the past month. Its purpose is to establish a base level of fitness that allows you to safely move up to the "Moderate Mileage" training plan used by many Whippets to train for races.

Week # / Dates	Goal	Mon	Tue (Road Work)	Wed	Thu (Track Work)	Fri	Sat	Sun	Mileage (est)
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Late Spring Cycle (5 Weeks)

#1 Mon 5/23 - Sun 5/29	Recovery	Rest	Easy run, 3-4M	Rest	0.5M warmup, form drills Speedplay, 3M Core strength	Rest	Rest, 2M easy run, or crosstrain	Long Run: 5-6M easy Strides, core strength	11 - 16M
#2 Mon 5/30 - Sun 6/05	Base Building	Monday Funday easy, 3-4M	Easy run, 3-4M	Rest	1M warmup vVO2 benchmark: 6mins of all out running 1M cooldown	Rest	Rest, 2M easy run, or crosstrain	Long run: 5-7M easy Strides, core strength	14 - 29M
#3 Mon 6/06 - Sun 6/12	Base Building	Monday Funday easy, 3-4M	Easy run, 4M	Rest	0.5M warmup, form drills Men: Speedplay, 3-4M Women: 30min easy, 1 stride per 400m	Rest	Women: NYRR Mini 10K race Men: 6-7M long run	Men: Rest or 2M easy run Women: Rest	15 - 21M
#4 Mon 6/13 - Sun 6/19	Base Building	Monday Funday easy, 3-4M	Men: Hill run, 3-4M Women: Easy run, 3-4M	Rest	0.5M warmup, form drills Women: Speedplay, 3-4M Men: 30min easy, 1 stride per 400m	Rest	Women: Rest or 2M easy run Men: Rest	Men: NYRR Portugal Day 5M race Women: 6-7M long run	15 - 21M
#5 Mon 6/20 - Sun 6/26	Base Building	Monday Funday easy, 3-4M	Women: Hill run, 3-4M Men: Easy run, 3-4M	Rest	0.5M warmup, form drills 3-4 x 800m @ half marathon pace (recover 400m) 0.5M cooldown, core work	Rest	Rest, 2M easy run, or crosstrain	Long run: 6-7M easy Strides, core strength	16 - 21M

Summer Cycle (9 weeks)

#1 Mon 6/27-7/03	Aerobic Conditioning	Monday Funday easy, 3-4M	Hill run, 3-4M	Rest	0.5M warmup, form drills Speedplay, 3-4M Core strength	Rest	Rest, 2M easy run, or crosstrain	Long run: 6-7M easy or progression run Strides, core strength	16 - 21M
#2 Mon 7/04 - Sun 7/10	Aerobic Conditioning	Monday Funday easy, 3-4M	Easy run, 4-5M	Rest	0.5M warmup, form drills 4-5 x 800m @ 10K pace (recover 400m) 0.5M cooldown, core work	Rest	Rest, 2M easy run, or crosstrain	Long run: 6-7M easy Strides, core strength	17 - 22M
#3 Mon 7/11 - Sun 7/17	Neuromuscular Fitness	Monday Funday easy, 3-4M	Hill repeats: 1M warmup, Strides 4-6 x 200m uphill (3min recovery) 1M cooldown	Rest	0.5M warmup, form drills 4-6 x 400m @ 5K pace (recover 400m) 0.5M cooldown, core work	Rest	NYRR Run for Central Park 4M race	Rest	15 - 18M
#4 Mon 7/18 - Sun 7/24	Neuromuscular Fitness	Monday Funday easy, 3-4M	Easy run, 4-5M OR 2M easy, then 1-2M Tempo, then 1M easy	Rest	0.5M warmup, form drills Speedplay, 3-4M Core strength	Rest	Rest, 2M easy run, or crosstrain	Long run: 6-8M easy or progression run Strides, core strength	17 - 23M
#5 Mon 7/25 - Sun 7/31	Neuromuscular Fitness	Monday Funday easy, 3-4M	Hill repeats: 1M warmup, Strides 3-6 x 400m uphill (4min recovery) 1M cooldown	Rest	0.5M warmup, form drills 2-3 x 1600 at half mara pace (recover 800m) 0.5M cooldown, core work	Rest	Rest, 2M easy run, or crosstrain	Long run: 6-8M easy Strides, core strength	17 - 23M
#6 Mon 8/01 - Sun 8/07	Race week	Monday Funday easy, 3-4M	Easy run, 4-6M OR 2M easy, then 1-2M Tempo, then 1-2M easy	Rest	0.5M warmup, form drills 30-40min easy running with 1 stride per 400m	Rest	NYRR Team Championships 5M race	Rest	16 - 20M
#7 Mon 8/08 - Sun 8/14	Aerobic Conditioning	Monday Funday easy, 3-4M	Hill run, 4-5M	Rest	0.5M warmup, form drills 2-3 x 1600 at half mara pace (recover 800m) 0.5M cooldown, core work	Rest	Rest or crosstrain	Long run: 7-9M easy or progression run Strides, core strength	18 - 23M

Dashing Whippets Training Plan Name: **Summer Base Building Plan for beginners and advanced beginners**

Overview: This plan is tailored to runners who have averaged 10-15 miles per week over the past month. Its purpose is to establish a base level of fitness that allows you to safely move up to the "Moderate Mileage" training plan used by many Whippets to train for races.

Week # / Dates	Goal	Mon	Tue (Road Work)	Wed	Thu (Track Work)	Fri	Sat	Sun	Mileage (est)
#8 Mon 8/15 - Sun 8/21	Aerobic Conditioning	Monday Funday easy, 3-4M	4-5M Moderate Tempo run	Rest	0.5M warmup, form drills 4-6 x 800m @ 10K pace (recover 400m) 0.5M cooldown, core work	Rest	Rest or crosstrain	Long run: 7-9M easy Strides, core strength	18 - 23M
#9 Mon 8/22 - Sun 8/28	Race week	Monday Funday easy, 3-4M	Hill repeats: 1M warmup, Strides 2-3 x 800m uphill (6min recovery) 1M cooldown	Rest	0.5M warmup, form drills 30-40min easy running with 1 stride per 400m	Rest	NYRR Percy Sutton 5K race	Rest	13 - 17M

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.
- Rest days** Monday, Wednesday and Friday 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, or on one weekend day. But AVOID overdoing strength work, especially on Monday and Wednesday -- recovery is critical to developing strength.
- 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.
- Cross-training** Any easy run shorter than 45 minutes can be replaced with a comparable duration of LOW INTENSITY 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.
- 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** Goal: build aerobic conditioning. A run that starts with 1M easy, then builds to a speed that is close to half marathon pace, and ends with 1M easy.
- Hill run** 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.
- Hill repeats** Goal: develop neuromuscular fitness. Relatively short repeats (200m to 800m) on uphill at faster than 10K race pace, with full recovery.
- Speed intervals** Goal: develop neuromuscular fitness or specific endurance. Numerous repeats of runs from 100m to 2.5K 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 strength** 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 of the 1500m, 5K, 10K, half marathon you are capable of TODAY rather than personal record (PR) or goal pace.