

Whippets **Winter 2012**
 Training Plan **5K/10K Plan**
 Name: **(30+M/week)**

This thirteen-week plan is oriented toward runners who have regularly run 25+ miles per week, including
Race Profile: weekly speed sessions and long runs. It combines short and long speedwork to help runners succeed in the
 NYRR Coogans 5K race on March 4, and the Scotland Run 10K in early April.

Week / Dates	Goal	Mon	Tue (Road Work)	Wed	Thu (Track Work)	Fri	Sat	Sun (Long run)	Mileage	Strength Work*
<i>Segment: Build Base and Perform Well at March 5K (8 weeks)</i>										<i>Once per week...</i>
#1 Mon 1/09 - Sun 1/15	Base building & aerobic conditioning	3-4M easy run	Steady State run (half mara pace + 10-20s/mile), 5-7M	25-45min easy run or cross-train	1.5M warmup, drills 6-8 x 400m @ 5K pace (recover 400m) 0.5M cooldown	Rest	2-4M easy run	Long run: 7-9M easy	24 - 34M	* Please read details below! 5min core stability 5min dynamic strgth 10min jog/stretch
#2 Mon 1/16 - Sun 1/22	Base building & neuromuscular fitness	3-4M easy run	Hill repeats: 1.5M warmup, Strides 4-6 x 400m uphill (4min recovery) 0.5M cooldown	25-45min easy run or cross-train	1.5M warmup, drills 4-6 x 800m @ 10K pace (recover 400m) 0.5M cooldown	Rest	3-5M easy run	Long run: 7-10M easy	25 - 35M	5min core stability 5min flexibility 10min jog/stretch
#3 Mon 1/23 - Sun 1/29	Aerobic conditioning & lactate clearance	3-4M easy run	Lactate alternation run: 1M warmup 3-5M continuous run: 0.5M @ half mara pace + 0:30/mile then 0.5M at half mara pace 1M cooldown	25-45min easy run or cross-train	1.5M warmup, drills 3 x 1600m @ Speed pace (recover 800m) 0.5M cooldown	Rest	3-5M easy run	Long Progression: 3-5M easy then 2-3M @ half marathon pace, finish with 1M easy	25 - 35M	5min core stability 5min dynamic strgth 5min flexibility 10min jog/stretch
#4 Mon 1/30 - Sun 2/05	Neuromuscular fitness	3-4M easy run	Hill repeats: 1.5M warmup, Strides 8-12 x 200m uphill (3min recovery) 0.5M cooldown	25-45min easy run or cross-train	1.5M warmup, drills 4-6 x 1200m at Speed pace (recover 400m) 0.5M cooldown	Rest	3-5M easy run	2-3M easy warmup 4M race or fast tempo segment 2-3M cooldown	26 - 36M	5min core stability 5min dynamic strgth 5min flexibility 10min jog/stretch
#5 Mon 2/06 - Sun 2/12	Aerobic conditioning	3-4M easy run	Steady State run (half mara pace + 10-20s/mile), 6-8M	25-45min easy run or cross-train	1.5M warmup, drills 5-7 x 800m @ Speed pace (recover 400m) 0.5M cooldown	Rest	3-5M easy run	Long Progression: 4-6M easy then 3M @ half mara pace, then 1M easy	27 - 37M	10min core stability 5min dynamic strgth 5min flexibility 10min jog/stretch
#6 Mon 2/13 - Sun 2/19	Specific endurance	3-4M easy run	Hill repeats: 1.5M warmup, Strides 5-8 x 400m uphill (4min recovery) 0.5M cooldown	25-45min easy run or cross-train	1.5M warmup, drills Pyramid workout (400, 800, 1200, 1600, 1200, 800, 400) @ 5K pace (recover 25% of distance) 0.5M cooldown	Rest	3-5M easy run	Long Progression: 4-6M easy then 3M @ half mara pace, then 1M easy	28 - 38M	5min core stability 10min dynamic strength 5min flexibility 10min jog/stretch
#7 Mon 2/20 - Sun 2/26	Lactate clearance	3-4M easy run	Lactate alternation run: 1M warmup 4-5M continuous run: 0.5M @ half mara pace + 0:15/mile then 0.5M at half mara pace - 0:15/mile 1M cooldown	25-45min easy run or cross-train	1.5M warmup, drills 6-8 x 800m @ Speed pace (recover 400m) 0.5M cooldown	Rest	3-5M easy run	Speedplay, 8-10M	28 - 38M	5min core stability 5min dynamic strgth 10min flexibility 10min jog/stretch
#8 Mon 2/27 - Sun 3/04	Specific endurance	3-4M easy run	Hill repeats: 1.5M warmup, Strides 2-4 x 800m uphill (4min recovery) 0.5M cooldown	25-45min easy run or cross-train	1.5M warmup, drills 3 x 400(5K)800(10K) superset (recover 800m) 0.5M cooldown	Rest	Rest or short easy run	NYRR Coogans 5K Race	19 - 25M	5min core stability 5min flexibility 10min jog/stretch

<i>Segment: Progress to a Mini-Peak at April 10K (5 weeks)</i>										<i>1-2 times/week...</i>
#1 Mon 3/05 - Sun 3/11	Aerobic conditioning	3-4M easy run	Steady State run (half mara + 10-20s/mile), 7-9M	25-45min easy run or cross-train	1.5M warmup, drills 8-12 x 400m @ 10K pace (400m recovery) 0.5M cooldown	Rest	2-4M easy run	Long run: 9-11M easy	29 - 39M	5min core stability 5min dynamic strgth 10min jog/stretch

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Week / Dates	Goal	Mon	Tue (Road Work)	Wed	Thu (Track Work)	Fri	Sat	Sun (Long run)	Mileage	Strength Work*
#2 Mon 3/12 - Sun 3/18	Lactate clearance	3-4M easy run	Lactate alternation run: 1M warmup 4-5M continuous run: 0.5M @ half mara pace then 0.5M at half mara pace - 0:15/mile 1M cooldown	25-45min easy run or cross-train	1.5M warmup, drills 3-4 x 1200(10K)400(5K) superset (recover 800m) 0.5M cooldown	Rest	3-5M easy run	Long Progression: 4-6M easy then 4M @ half mara pace, then 1M easy	30 - 40M	10min core stability 5min dynamic strgth 5min flexibility 10min jog/stretch
#3 Mon 3/19 - Sun 3/25	Specific endurance	3-4M easy run	Hill repeats: 1.5M warmup, Strides 6-8 x 400m uphill (4min recovery) 0.5M cooldown	25-45min easy run or cross-train	2M warmup, drills 3-4 x 1000m at 5K pace (recover 200m) 1M cooldown	Rest	3-5M easy run	Long Progression: 3-5M easy then 5M @ half mara pace, then 1M easy	30 - 40M	5min core stability 10min dynamic strength 5min flexibility 10min jog/stretch
#4 Mon 3/26 - Sun 4/01	Specific endurance	3-4M easy run	Lactate alternation run: 1M warmup 5-6M continuous run: 0.5M @ half mara pace then 0.5M at half mara pace - 0:15/mile 1M cooldown	25-45min easy run or cross-train	2M warmup, drills 2-3 x 2000m at 10K pace (recover 400m) 1M cooldown	Rest	3-5M easy run	Speedplay, 8-11M	30 - 40M	5min core stability 5min dynamic strgth 10min flexibility 10min jog/stretch
#5 Mon 4/02 - Sun 4/08	Peak performance	3-4M easy run	Hill run, 5-7M (go easy on flats and downhills, surge fast on uphill)	20-30min easy run or cross-train	Form drills 2-3M EASY including 1 stride per half mile	Rest	NYRR Scotland Run 10K Race	Rest or short easy run	19 - 26M	5min core stability 5min dynamic strgth 5min flexibility 10min jog/stretch

Terminology & Workout Descriptions

Strength work (1-2 times per week) 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 or two easy runs 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.

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.

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Week / Dates	Goal	Mon	Tue (Road Work)	Wed	Thu (Track Work)	Fri	Sat	Sun (Long run)	Mileage	Strength Work*
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 25-50% 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.									
Steady state run	Goal: build aerobic conditioning and lactate clearance. A run that starts with 0.5-1M easy, then builds to a speed that is 10-20 seconds per mile slower than 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 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.									
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.									
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 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 5K/10K Training Plan, Winter 2012

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Week / Dates	Goal	Mon	Tue (Road Work)	Wed	Thu (Track Work)	Fri	Sat	Sun (Long run)	Mileage	Strength Work*
<i>Segment: Build Base and Perform Well at March 5K (8 weeks)</i>										<i>Once per week...</i>
#1 Mon 1/09 - Sun 1/15	Base building & aerobic conditioning	Rest	Steady State run (half mara pace + 10-20s/mile), 4-6M	Rest or cross-train	1.5M warmup, drills 4-6 x 400m @ 5K pace (recover 400m) 0.5M cooldown	Rest	2-4M easy run	Long run: 6-8M easy	16 - 23M	* Please read details below! 5min core stability 5min dynamic strgth 10min jog/stretch
#2 Mon 1/16 - Sun 1/22	Base building & neuromuscular fitness	Rest	Hill repeats: 1.5M warmup, Strides 3-5 x 400m uphill (4min recovery) 0.5M cooldown	Rest or cross-train	1.5M warmup, drills 3-5 x 800m @ 10K pace (recover 400m) 0.5M cooldown	Rest	2-4M easy run	Long run: 6-9M easy	17 - 24M	5min core stability 5min flexibility 10min jog/stretch
#3 Mon 1/23 - Sun 1/29	Aerobic conditioning & lactate clearance	Rest	Lactate alternation run: 1M warmup 2-4M continuous run: 0.5M @ half mara pace + 0:30/mile then 0.5M at half mara pace 1M cooldown	Rest or cross-train	1.5M warmup, drills 3 x 1600m @ Speed pace (recover 800m) 0.5M cooldown	Rest	2-4M easy run	Long Progression: 2-4M easy then 2-3M @ half marathon pace, finish with 1M easy	17 - 24M	5min core stability 5min dynamic strgth 5min flexibility 10min jog/stretch
#4 Mon 1/30 - Sun 2/05	Neuromuscular fitness	Rest	Hill repeats: 1.5M warmup, Strides 6-10 x 200m uphill (3min recovery) 0.5M cooldown	Rest or cross-train	1.5M warmup, drills 3-5 x 1200m at Speed pace (recover 400m) 0.5M cooldown	Rest	2-4M easy run	2-3M easy warmup 4M race or fast tempo segment 1-2M cooldown	18 - 25M	5min core stability 5min dynamic strgth 5min flexibility 10min jog/stretch
#5 Mon 2/06 - Sun 2/12	Aerobic conditioning	Rest	Steady State run (half mara pace + 10-20s/mile), 5-7M	Rest or cross-train	1.5M warmup, drills 4-6 x 800m @ Speed pace (recover 400m) 0.5M cooldown	Rest	2-4M easy run	Long Progression: 3-5M easy then 3M @ half mara pace, then 1M easy	19 - 26M	10min core stability 5min dynamic strgth 5min flexibility 10min jog/stretch
#6 Mon 2/13 - Sun 2/19	Specific endurance	Rest	Hill repeats: 1.5M warmup, Strides 4-6 x 400m uphill (4min recovery) 0.5M cooldown	Rest or cross-train	1.5M warmup, drills Pyramid workout (400, 800, 1200, 1600, 1200, 800, 400) @ 5K pace (recover 25% of distance) 0.5M cooldown	Rest	2-4M easy run	Long Progression: 3-5M easy then 3M @ half mara pace, then 1M easy	20 - 27M	5min core stability 10min dynamic strength 5min flexibility 10min jog/stretch
#7 Mon 2/20 - Sun 2/26	Lactate clearance	Rest	Lactate alternation run: 1M warmup 3-4M continuous run: 0.5M @ half mara pace + 0:15/mile then 0.5M at half mara pace - 0:15/mile 1M cooldown	Rest or cross-train	1.5M warmup, drills 4-6 x 800m @ Speed pace (recover 400m) 0.5M cooldown	Rest	2-4M easy run	Speedplay, 8-10M	20 - 27M	5min core stability 5min dynamic strgth 10min flexibility 10min jog/stretch
#8 Mon 2/27 - Sun 3/04	Specific endurance	Rest	Hill run, 3-5M (go easy on flats and downhills, surge fast on uphills)	Rest or cross-train	1.5M warmup, drills 3 x 400(5K)800(10K) superset (recover 800m) 0.5M cooldown	Rest	Rest or short easy run	NYRR Coogans 5K Race	13 - 17M	5min core stability 5min flexibility 10min jog/stretch

<i>Segment: Progress to a Mini-Peak at April 10K (5 weeks)</i>										<i>1-2 times/week...</i>
#1 Mon 3/05 - Sun 3/11	Aerobic conditioning	Rest	Steady State run (half mara pace + 10-20s/mile), 6-8M	Rest or cross-train	1.5M warmup, drills 6-10 x 400m @ 10K pace (400m recovery) 0.5M cooldown	Rest	2-4M easy run	Long run: 8-10M easy	21 - 28M	5min core stability 5min dynamic strgth 10min jog/stretch

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#3 Mon 3/19 - Sun 3/25	Specific endurance	Rest	Hill repeats: 1.5M warmup, Strides 5-7 x 400m uphill (4min recovery) 0.5M cooldown	Rest or cross-train	2M warmup, drills 3-5 x 1000m at 5K pace (recover 200m) 1M cooldown	Rest	2-4M easy run	Long Progression: 2-4M easy then 4-5M @ half mara pace, then 1M easy	22 - 28M	5min core stability 10min dynamic strength 5min flexibility 10min jog/stretch
#4 Mon 3/26 - Sun 4/01	Specific endurance	Rest	Lactate alternation run: 1M warmup 4-5M continuous run: 0.5M @ half mara pace then 0.5M at half mara pace - 0:15/mile 1M cooldown	Rest or cross-train	2M warmup, drills 2-3 x 2000m at 10K pace (recover 400m) 1M cooldown	Rest	2-4M easy run	Speedplay, 8-10M	23 - 29M	5min core stability 5min dynamic strgth 10min flexibility 10min jog/stretch
#5 Mon 4/02 - Sun 4/08	Peak performance	Rest	Hill run, 5-7M (go easy on flats and downhills, surge fast on uphill)	20-30min easy run or cross-train	Form drills 2-3M EASY including 1 stride per half mile	Rest	NYRR Scotland Run 10K Race	Rest or short easy run	13 - 18M	5min core stability 5min dynamic strgth 5min flexibility 10min jog/stretch

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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.									
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