

Whippets  
Training Plan  
Name: **NYC Half 2012  
Plan (35+M/week)**

**Race Profile:** This ten-week plan is oriented toward runners who have regularly run 30+ miles per week, including weekly speed sessions and long runs. It allows athletes to peak at the NYC Half Marathon on March 18.

Week / Dates	Goal	Mon	Tue (Road Work)	Wed	Thu (Track Work)	Fri	Sat	Sun (Long run)	Mileage	Strength Work*
#1 Mon 1/09 - Sun 1/15	Base building & aerobic conditioning	4-5M easy run	Steady State run (half mara pace + 10-20s/mile), 6-8M	3-4M easy run	1.5M warmup, drills 6-8 x 400m @ 10K pace (recover 400m) 0.5M cooldown	Rest	4-5M easy run	Long run: 10-11M easy	33 - 39M	* Please read details below! 5min core stability 5min dynamic strgth 10min jog/stretch
#2 Mon 1/16 - Sun 1/22	Base building & neuromuscular fitness	4-5M easy run	Hill repeats: 1.5M warmup, Strides 5-7 x 400m uphill (4min recovery) 0.5M cooldown	3-4M easy run	1.5M warmup, drills 6-8 x 800m @ Yasso pace (recover 400m) 0.5M cooldown	Rest	4-5M easy run	Manhattan half marathon or 12M easy	35 - 41M	5min core stability 5min flexibility 10min jog/stretch
#3 Mon 1/23 - Sun 1/29	Aerobic conditioning & lactate clearance	4-5M easy run	Lactate alternation run: 1M warmup 4-5M continuous run: 0.5M @ half mara pace + 0:30/mile then 0.5M at half mara pace 1M cooldown	3-4M easy run	1.5M warmup, drills 4 x 1600m @ 10K pace (recover 800m) 0.5M cooldown	Rest	4-5M easy run	Long run: 12-14M easy	35 - 41M	5min core stability 5min dynamic strgth 5min flexibility 10min jog/stretch
#4 Mon 1/30 - Sun 2/05	Neuromuscular fitness	4-5M easy run	Hill repeats: 1.5M warmup, Strides 10-12 x 200m uphill (3min recovery) 0.5M cooldown	3-4M easy run	1.5M warmup, drills 4-6 x 1200m at Speed pace (recover 400m) 0.5M cooldown	Rest	4-5M easy run	4M easy warmup 4M race or fast tempo segment 4M cooldown	34 - 39M	5min core stability 5min dynamic strgth 5min flexibility 10min jog/stretch
#5 Mon 2/06 - Sun 2/12	Aerobic conditioning	4-5M easy run	Steady State run (half mara pace + 10-20s/mile), 7-9M	3-4M easy run	1.5M warmup, drills 5-7 x 800m @ Speed pace (recover 400m) 0.5M cooldown	Rest	4-5M easy run	Long run: 14M easy	36 - 42M	10min core stability 5min dynamic strgth 5min flexibility 10min jog/stretch
#6 Mon 2/13 - Sun 2/19	Neuromuscular fitness	4-5M easy run	Hill repeats: 1.5M warmup, Strides 6-8 x 400m uphill (4min recovery) 0.5M cooldown	3-4M easy run	1.5M warmup, drills Pyramid workout (400, 800, 1200, 1600, 1200, 800, 400) @ 10K pace (recover 25% of distance) 0.5M cooldown	Rest	4-5M easy run	Long Progression: 6-7M easy then 4-5M @ half marathon pace, finish with 1M easy	36 - 42M	5min core stability 10min dynamic strength 5min flexibility 10min jog/stretch
#7 Mon 2/20 - Sun 2/26	Lactate clearance	4-5M easy run	Lactate alternation run: 1M warmup 5M continuous run: 0.5M @ half mara pace + 0:15/mile then 0.5M at half mara pace - 0:15/mile 1M cooldown	3-4M easy run	1.5M warmup, drills 6-8 x 800m @ Speed pace (recover 400m) 0.5M cooldown	Rest	4-5M easy run	Long run: 14M easy	38 - 44M	5min core stability 5min dynamic strgth 10min flexibility 10min jog/stretch
#8 Mon 2/27 - Sun 3/04	Neuromuscular fitness	4-5M easy run	Hill repeats: 1.5M warmup, Strides 3-5 x 800m uphill (4min recovery) 0.5M cooldown	3-4M easy run	1.5M warmup, drills 3 x 400(5K)800(10K) superset (recover 800m) 0.5M cooldown	Rest	Long run: 10-12M easy	NYRR Coogans 5K Race or 4-5M easy run	30 - 37M	5min core stability 5min flexibility 10min jog/stretch
#9 Mon 3/05 - Sun 3/11	Lactate clearance	4-5M easy run	Steady State run (half mara + 10-20s/mile), 8-10M	3-4M easy run	1.5M warmup, drills Pyramid workout (400, 800, 1200, 1600, 1200, 800, 400) @ 10K pace (recover 25% of distance) 0.5M cooldown	Rest	4-5M easy run	Speedplay, 14M	38 - 44M	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*
#10 Mon 3/12 - Sun 3/18	Taper	Rest or 3M easy	Easy run, 5-6M	Rest	Form drills 1M easy, 2M at half mara pace, 1M easy	Rest	2M easy or rest	<b>NYC Half Marathon</b>	23 - 29M	10min 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>
- Rest days** One to two 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.
- 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).
- 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.
- 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>

Whippets  
Training Plan  
Name: **NOLA Half 2012  
Plan (30+M/week)**

**Race Profile:** This plan is oriented toward runners who have regularly run 25+ miles per week, including weekly speed sessions and long runs, to prepare them for the NOLA Half Marathon in early March.

Week / Dates	Goal	Mon	Tue (Road Work)	Wed	Thu (Track Work)	Fri	Sat	Sun (Long run)	Mileage	Strength Work*
#1 Mon 1/09 - Sun 1/15	Base building & aerobic conditioning	3-4M easy run	Steady State run (half mara pace + 10-20s/mile), 6-8M	3M easy run or cross-training	1.5M warmup, drills 6-8 x 400m @ 10K pace (recover 400m) 0.5M cooldown	Rest	3-4M easy run	Long run: 10-11M easy	30 - 36M	* 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 5-7 x 400m uphill (4min recovery) 0.5M cooldown	3M easy run or cross-training	1.5M warmup, drills 6-8 x 800m @ Yasso pace (recover 400m) 0.5M cooldown	Rest	3-4M easy run	Manhattan half marathon or 12M easy	31 - 37M	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 4-5M continuous run: 0.5M @ half mara pace + 0:30/mile then 0.5M at half mara pace 1M cooldown	3M easy run or cross-training	1.5M warmup, drills 3-4 x 1600m @ 10K pace (recover 800m) 0.5M cooldown	Rest	3-4M easy run	Long run: 12-14M easy	32 - 38M	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 10-12 x 200m uphill (3min recovery) 0.5M cooldown	3M easy run or cross-training	1.5M warmup, drills 4-5 x 1200m at Speed pace (recover 400m) 0.5M cooldown	Rest	3-4M easy run	4M easy warmup 4M race or fast tempo segment 4M cooldown	30 - 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), 7-9M	3M easy run or cross-training	1.5M warmup, drills 5-7 x 800m @ Speed pace (recover 400m) 0.5M cooldown	Rest	3-4M easy run	Long run: 12-14M easy	32 - 38M	10min core stability 5min dynamic strgth 5min flexibility 10min jog/stretch
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#7 Mon 2/20 - Sun 2/26	Lactate clearance	3-4M easy run	Lactate alternation run: 1M warmup 5M continuous run: 0.5M @ half mara pace + 0:15/mile then 0.5M at half mara pace - 0:15/mile 1M cooldown	3M easy run or cross-training	1.5M warmup, drills 6-8 x 800m @ Speed pace (recover 400m) 0.5M cooldown	Rest	3-4M easy run	Speedplay, 12M	33 - 39M	5min core stability 5min dynamic strgth 10min flexibility 10min jog/stretch
#8 Mon 2/27 - Sun 3/04	Taper	Rest or 3M easy	Easy run, 4-5M	Rest	Form drills 1M easy, 2M at half mara pace, 1M easy	Rest	2M easy or rest	<b>New Orleans Half Marathon</b>	22 - 28M	5min core stability 5min flexibility 10min jog/stretch

**Terminology & Workout Descriptions**

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Dashing Whippets Half Marathon Training Plan, Winter 2012

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