

Dashing Whippets
Winter 2015 Training Plan for
5K and 10K races

Overview: This 13-week plan helps runners succeed in the NYRR Washington Heights 5K race on March 1, and the Scotland Run 10K on April 4. Experienced runners should have logged at least 15 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
<i>Segment: Build Base and Perform Well at March 5K (8 weeks)</i>								
#1 Mon 1/05 - Sun 1/11	Base building	30min easy run or rest	Hill repeats: 1M warmup 10-16 x 200m uphill @ 5K pace (200m recovery) 1M cooldown	20-30min easy run or cross-train	20min warmup, drills 6-8 x 800m @ 15K pace (0:50 recovery) 15min cooldown	Rest	One day: 30-40min easy plus 4x100m strides Other day: 1:10-1:30 at long run pace	20 - 35M
#2 Mon 1/12 - Sun 1/18	Aerobic conditioning & neuromuscular fitness	30min easy run or rest	Half mara tempo workout: 1M warmup 2-3 x 2M at half marathon pace (5:00 jogging recovery) 1M cooldown	20-30min easy run or cross-train	20min warmup, drills 8-12 x 400m @ 5K pace (200m recovery) 2x200m @ mile pace (200m recovery) 15min cooldown	Rest	One day: 30-40min easy plus 4x100m strides Other day: 1:20-1:30 at long run pace	26 - 39M
#3 Mon 1/19 - Sun 1/25	Aerobic conditioning & lactate clearance	30min easy run or rest	Tempo+Speed workout: 1M warmup 3M @ half marathon pace. Then 2:00 recovery, then 2 x 800m at 5K pace (1:00 recovery). 1M cooldown	20-30min easy run or cross-train	20min warmup, drills 4-6 x 1200m at 10K pace (1:30 recovery) 2-4x200m @ mile pace (200m recovery) 15min cooldown	Rest	One day: 30-40min easy plus 4x100m strides Other day: 1:20 at progression pace	26 - 39M
#4 Mon 1/26 - Sun 2/01	Neuromuscular fitness	30min easy run or rest	Hill repeats: 1M warmup 6-9 x 400m uphill @ 10K pace (400m recovery) 1M cooldown	20-30min easy run or cross-train	20min warmup, drills 5-7 x 800m @ 5K pace (400m recovery) 4x200m @ mile pace (200m) 15min cooldown	Rest	One day: 30-40min easy plus 4x100m strides Other day: Do a race (from 5K to 5M), add 20min warmup, 45min cooldown	23 - 35M
#5 Mon 2/02 - Sun 2/08	Neuromuscular fitness & lactate clearance	30min easy run or rest	Lactate alternation run: 1M warmup 4-6M continuous run, as 0.5M @ half mara pace -0:15/mile, then 0.5M @ half mara pace +0:15/mile 1M cooldown	20-30min easy run or cross-train	20min warmup, drills 4-6 x 1000m @ 5K pace (2:00 recovery) 4x200m @ mile pace (200m) 15min cooldown	Rest	One day: 30-40min easy plus 4x100m strides Other day: 1:30-1:45 at long run pace	27 - 40M
#6 Mon 2/09 - Sun 2/15	Aerobic conditioning	30min easy run or rest	Half mara tempo workout: 1M warmup 4-5M @ half marathon pace 1M cooldown	20-30min easy run or cross-train	20min warmup, drills 3-4 x 1600m @ 10K pace (2:00 recovery) 4x200m @ mile pace (200m) 15min cooldown	Rest	One day: 30-40min easy plus 4x100m strides Other day: 1:30 at progression pace	27 - 40M
#7 Mon 2/16 - Sun 2/22	Specific endurance	30min easy run or rest	Hill repeats: 1M warmup 4-5 x 800m uphill @ 10-15K pace (800m recovery) 1M cooldown	20-30min easy run or cross-train	20min warmup, drills 3-4 x 400(5K)1200(10K) supersets (400m recovery) 2x200m @ mile pace (200m) 15min cooldown	Rest	One day: 30-40min easy plus 4x100m strides Other day: 1:40-1:55 at long run pace	27 - 40M

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#8 Mon 2/23 - Sun 3/01	Race week	30min easy run or rest	Progression run: 1M warmup 40-50min continuous run, start at long run pace, speed up 30sec/mile every 10min 1M cooldown	Rest or 20min easy run or cross-train	20min warmup, drills 800m, 600m, 400m @ 5K pace (100m recovery) 15min cooldown	Rest	Sat: Rest or short easy run Sun: Race Washington Heights 5K	16 - 26M

Segment: Progress to a Mini-Peak at April 10K (5 weeks)

#1 Mon 3/02 - Sun 3/08	Aerobic conditioning & lactate clearance	30min easy run or rest	Long tempo intervals: 1M warmup 3-4 x 2000m at 15K pace on a hilly course (2:00 recovery) 1M cooldown	20-35min easy run or cross-train	20min warmup, form drills 2 x 1200m @ 10K pace (2:30 recovery) 3 x 800m @ 5K pace (2:00) 4 x 400m @ <5K pace (1:30) 2 x 200m @ mile pace (1:30 recovery) 15min cooldown, core work	Rest	One day: 35-45min easy plus 4x100m strides Other day: 1:30-1:40 at progression pace	29 - 41M
#2 Mon 3/09 - Sun 3/15	Specific endurance	30min easy run or rest	Hill repeats: 1M warmup 6-10 x 400m uphill @ 5-10K pace (400m recovery) 1M cooldown	20-35min easy run or cross-train	20min warmup, drills 4-6 x 1600m @ 15K pace (1:15 recovery) 2x200m @ mile pace (200m) 15min cooldown	Rest	One day: 35-45min easy plus 4x100m strides Other day: 1:45-2:00 at long run pace	29 - 42M
#3 Mon 3/16 - Sun 3/22	Lactate clearance	30min easy run or rest	Half mara tempo workout: 1M warmup 2 x 3M at half marathon pace (5:00 jogging recovery) 1M cooldown	20-35min easy run or cross-train	20min warmup, drills 4-5 x 1200(10K)400(5K) supersets (400m recovery) 2x200m @ mile pace (200m) 15min cooldown	Rest	One day: 35-45min easy plus 4x100m strides Other day: 1:40-1:50 at progression pace	30 - 44M
#4 Mon 3/23 - Sun 3/29	Specific endurance & lactate clearance	30min easy run or rest	Lactate alternation run: 1M warmup 5-7M continuous run, as 0.5M @ half mara pace -0:15/mile, then 0.5M @ half mara pace +0:15/mile (no breaks) 1M cooldown	20-35min easy run or cross-train	20min warmup, drills 3-4 x 2000m @ 10K pace (2:00 recovery) 2x200m @ mile pace (200m) 15min cooldown	Rest	One day: 35-45min easy plus 4x100m strides Other day: 1:50-2:00 at long run pace	30 - 44M
#5 Mon 3/30 - Sun 4/05	Peak performance	30min easy run or rest	Hill repeats: 1M warmup 3-5 x 800m uphill @ 10-15K pace (800m recovery) 1M cooldown	Rest or 15-30min easy run or cross-train	Form drills 2-3M EASY including 1 stride per half mile	Rest	Race Scotland 10K	16 - 28M

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.

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Week / Dates	Goal	Mon	Tue (Road Work)	Wed	Thu (Track Work)	Fri	Weekend (Long run)	Mileage
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.							
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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