

Dashing Whippets Winter 2017 Training Plan for 5K and 10K races

Overview: This 13-week plan helps runners succeed in the NYRR Washington Heights 5K race on March 5, and the UAE Healthy Kidney 10K on April 9. 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 (9 weeks)</i>								
#1 Mon 1/02 - Sun 1/08	Base building & aerobic conditioning	30min easy run or rest	Aerobic base: 1.5-2M warmup 4M at marathon pace 1-1.5M cooldown	20-30min easy run or cross-train	20min warmup, drills 15-20 x 200m @ 5K pace (200m recovery) 15min cooldown	Rest	One day: 30-45min easy plus 4x100m strides Other day: 1:10-1:30 at long run pace	22 - 39M
#2 Mon 1/09 - Sun 1/15	Aerobic conditioning & neuromuscular fitness	30min easy run or rest	Hill repeats: 1.5-2M warmup 6-8 x 400m uphill @ 10K pace (400m recovery) 1-1.5M 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: 30-45min easy plus 4x100m strides Other day: 1:20-1:30 at long run pace	23 - 40M
#3 Mon 1/16 - Sun 1/22	Aerobic conditioning & lactate clearance	30min easy run or rest	Half mara tempo workout: 1.5-2M warmup 2-3 x 2M at half marathon pace (3:00 jogging recovery) 1-1.5M cooldown	20-30min easy run or cross-train	20min warmup, drills 5-7 x 800m @ 5K pace (400m recovery) 2x200m @ mile pace (200m) 15min cooldown	Rest	One day: 30-45min easy plus 4x100m strides Other day: 1:30-1:40 at long run pace	25 - 42M
#4 Mon 1/23 - Sun 1/29	Aerobic conditioning	30min easy run or rest	Tempo+Speed workout: 1.5-2M warmup 3M @ 15K pace. Then 3:00 recovery, then 2-3 x 800m at 10K pace (1:00 recovery). 1-1.5M cooldown	20-30min easy run or cross-train	20min warmup, drills 4-6 x 1200m at 10K pace (400m jog recovery) 2-4 x 200m @ mile pace (200m jog recovery) 15min cooldown Race Option: Run the 5000m at NYRR Night at the Races #3 to get a benchmark for your 5k fitness.	Rest	One day: 30-45min easy plus 4x100m strides Other day: 1:20-1:45 at long run pace	25 - 43M
#5 Mon 1/30 - Sun 2/05	Neuromuscular fitness & lactate clearance	30min easy run or rest	Hill repeats: 1.5-2M warmup 12-16 x 200m uphill @ 5K pace (200m recovery) 1-1.5M cooldown	20-30min easy run or cross-train	20min warmup, drills 4-6 x 1000m @ 5K pace (2:30 recovery) 2-4 x 200m @ mile pace (200m recovery) 15min cooldown	Rest	Saturday: 30-45min easy plus 4x100m strides Sunday: Gridiron 4M . Make sure to do a 20min warmup and 20-30min cooldown.	22 - 38M
#6 Mon 2/06 - Sun 2/12	Lactate clearance	30min easy run or rest	Lactate alternation run: 1.5-2M warmup 4-6M continuous run, as 0.5M @ half mara pace -0:15/mile, then 0.5M @ half mara pace +0:15/mile (no rest between pace changes) 1-1.5M 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: 30-45min easy plus 4x100m strides Other day: 1:20-1:30 at progression pace Race Option on Sunday: Run the 3000m or 5000m at the USATF-NY Indoor Championships .	26 - 43M
#7 Mon 2/13 - Sun 2/19	Lactate clearance	30min easy run or rest	Half mara tempo workout: 1.5-2M warmup 4-5M @ half marathon pace 1-1.5M cooldown	20-30min easy run or cross-train	20min warmup, drills 3-4 x 1200(10K)400(5K) supersets (400m recovery) 2x200m @ mile pace (200m) 15min cooldown	Rest	One day: 30-45min easy plus 4x100m strides Other day: 1:40-1:50 at long run pace	26 - 44M

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#8 Mon 2/20 - Sun 2/26	Specific endurance	30min easy run or rest	15K tempo repeats: 1.5-2M warmup 2-3 x 2M @ 15K pace (3:00 recovery) 1-1.5M cooldown	20-30min easy run or cross-train	20min warmup, 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) 15min cooldown	Rest	One day: 30-45min easy plus 4x100m strides Other day: 1:20-1:40 at long run pace	26 - 45M
#9 Mon 2/27 - Sun 3/05	Race week	30min easy run or rest	Hill repeats: 1.5-2M warmup 3-5 x 800m uphill @ 10-15K pace (800m recovery) 1-1.5M cooldown	Rest or 20min easy run or cross-train	20min warmup, drills 800m, 600m, 400m @ 5K pace (200m recovery) 15min cooldown	Rest	Saturday: Rest or short easy run Sunday: Race Washington Heights 5K	14 - 26M

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

#1 Mon 3/06 - Sun 3/12	Lactate clearance	30min easy run or rest	Canovas 1.5-2M warmup 8-12K of Canova Ks: alternate 1K @ half marathon pace, 1K @ marathon pace (no rest) 1-1.5M cooldown	25-40min easy run or cross-train	20min warmup, drills 3-4 x 2000m @ 10K pace (1:30 recovery) 15min cooldown	Rest	One day: 35-45min easy plus 4x100m strides Other day: 1:45-1:55 at long run pace	28 - 47M
#2 Mon 3/13 - Sun 3/19	Specific endurance	30min easy run or rest	Hill repeats: 1.5-2M warmup 6-10 x 400m uphill @ 5-10K pace (400m recovery) 1-1.5M cooldown	25-40min easy run or cross-train	20min warmup, drills 4-5 x 1600m @ 10k pace (400m recovery) 15min cooldown Race Option: Run the 2 Mile at Mile Mania @ Ocean Breeze.	Rest	One day: 35-45min easy plus 4x100m strides Other day: 1:40-1:50 at progression pace	29 - 47M
#3 Mon 3/20 - Sun 3/26	Specific endurance	30min easy run or rest	Grinder: On a hilly course... 1.5-2M warmup 1.5M @ half mara pace 2 x 1M @ 15K pace 2 x 800m @ 10K pace (400m recovery after each) 1-1.5M cooldown	25-40min easy run or cross-train	20min warmup, drills 4-5 x 400(5K)1200(10K) supersets (400m recovery) 15min cooldown	Rest	One day: 35-45min easy plus 4x100m strides Other day: 1:30-1:40 at long run pace	30 - 48M
#4 Mon 3/27 - Sun 4/02	Specific endurance & lactate clearance	30min easy run or rest	Canovas: 1.5-2M warmup 6-10K of Canova Ks: alternate 1K @ half marathon pace, 1K @ marathon pace (no rest between pace changes) 1-1.5M cooldown	25-40min easy run or cross-train	20min warmup, drills 5-6 x 1000m @ 5K pace (400m recovery) 15min cooldown	Rest	One day: 35-45min easy plus 4x100m strides Other day: 1:20-1:30 at long run pace	
#5 Mon 4/03 - Sun 4/9	Peak performance	30min easy run or rest	Progression run: 1.5-2M warmup 45-55min progression: Start 30sec/mile slower than marathon pace. Speed up 20-30sec/mile every 10 minutes. 1-1.5M cooldown	Rest or 15-30min easy run or cross-train	Form drills 2-3M EASY including 1 stride per half mile	Rest	Saturday: Rest or short easy run Sunday: Race UAE Healthy Kidney 10k	18 - 30M

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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.
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.
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.
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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