

**Dashing Whippets
Spring/Summer 2016
Non-Marathoner Training Plan**

Overview: This 10-week plan prepares runners for the following Club Points races: NYRR Retro 4-miler (June 5), FRNY Pride Run 5M (June 25), and the NYRR Team Championships 5M (July 30). It also helps marathoners develop a base before fall marathon training begins. It is intended for athletes who have run at least 4 hours per week for at least the past month, with occasional long runs and speed work.

Week # / Dates	Goal	Mon	Tue (Road Work)	Wed	Thu (Track Work)	Fri	Sat	Mileage
<i>Late Spring Cycle (6 weeks): Stay in shape for June races. Marathoners build a base before start of training.</i>								
#1 Mon 5/23 - Sun 5/29	Base building (post-Brooklyn Half recovery)	Rest if you raced Brooklyn, otherwise do 30-40min easy	1-1.5M warmup 3 x 25m uphill sprints (optional), THEN... 40-50 minutes of running, mostly easy pace, but surge to 10K pace for 1 minute out of every 10 1-1.5M cooldown	20-35min easy run or aerobic cross-training	45 minute easy run, OR... 15min warmup, drills Cut-down 800s: 6 x 800m (400m recovery), starting at marathon pace, speed up 8-12sec/mile after each repeat 15min cooldown	Rest	One day: 30-50min easy plus 4x100m strides Other day: 70-80min at long run pace	22 - 37M
#2 Mon 5/30 - Sun 6/05	Aerobic Conditioning	30-40min easy run (or rest)	1-1.5M warmup 4 x 25m uphill sprints, THEN... 3-4M at marathon pace 1-1.5M cooldown	20-35min easy run or aerobic cross-training	15min warmup, drills 6-8 x 400m at 5K pace (200m recovery) 15min cooldown	Rest	Saturday: 30 minutes easy Sunday: NYRR Retro 4-mile race, or 75-90 minutes at long run pace	25 - 35M
#3 Mon 6/06 - Sun 6/12	Neuromuscular Fitness	30-40min easy run (or rest)	1-1.5M warmup 3 x 50m uphill sprints, THEN... 12-16 x 200m uphill at faster than 5K pace 1-1.5M cooldown	20-35min easy run or aerobic cross-training	15min warmup, drills 4-5 x 1000m at 10K pace (200m recovery) 15min cooldown	Rest	One day: 35-55min easy plus 4x100m strides Other day: 80-90min at long run pace	25 - 38M
#4 Mon 6/13 - Sun 6/19	Lactate Clearance & Specific Endurance	30-40min easy run (or rest)	1-1.5M warmup 2x50m, 1-2x75m uphill sprints, THEN... 4-5M Lactate Alternation Run: 0.5M @ half mara pace, 0.5M at half mara pace + 0:20-0:30/mile (no rest between pace changes) 1-1.5M cooldown	20-35min easy run or aerobic cross-training	15min warmup, drills Pyramid: 800, 1200, 1600, 1200, 800, all at estimated 5-mile pace (1:30 jog recovery) 15min cooldown	Rest	One day: 35-55min easy plus 4x100m strides Other day: 85-100min at long run pace	27 - 40M
#5 Mon 6/20 - Sun 6/26	Race Week / Aerobic Conditioning	30-40min easy run (or rest)	1-1.5M warmup 2x50m, 1x75m, 1x100m uphill sprints, THEN... 40-50min progression run: start 30sec/mile slower than marathon pace, speed up 20-30sec/mile every 10 min (no rest between pace changes) 1-1.5M cooldown	20-35min easy run or aerobic cross-training	15min warmup, drills 4-6 repeats of 800m easy, 200m hard 15min cooldown	Rest	Saturday: FRNY Pride Run 5M race Sunday: Rest if you raced Saturday, or 90-100 minutes at long run pace if you didn't race	20 - 39M
#6 Mon 6/27 - Sun 7/03	Aerobic Conditioning	30-40min easy run (or rest)	1-1.5M warmup 3x50m, 1-2x100m uphill sprints 2M at half marathon pace (3min jog), 2 x 800m 10K pace (2min jog) 1-1.5M cooldown	20-35min easy run or aerobic cross-training	15min warmup, drills 4-6 x 1200m @ 10K pace (400m recovery) 15min cooldown	Rest	One day: 35-55min easy plus 4x100m strides Other day: 80-90min at progression pace	27 - 40M
<i>Early Summer Cycle (4 weeks): Fall marathoners begin training. Non-marathoners peak at Club Championships race.</i>								
#7 Mon 7/04 - Sun 7/10	Aerobic Conditioning	30-40min easy	1-1.5M warmup 4x50m, 2x75m uphill sprints 4-5M at marathon pace, but surge to 15K pace on two long uphill 1-1.5M cooldown	25-40min easy run or cross-train	15min warmup, form drills 3-5 x 1600m @ 15K pace (1:15 recovery) 15min cooldown	Rest	One day: 40-55min easy plus 4x100m strides Other day: 75-90min at long run pace	30 - 42M

**Dashing Whippets
Spring/Summer 2016
Non-Marathoner Training Plan**

Overview: This 10-week plan prepares runners for the following Club Points races: NYRR Retro 4-miler (June 5), FRNY Pride Run 5M (June 25), and the NYRR Team Championships 5M (July 30). It also helps marathoners develop a base before fall marathon training begins. It is intended for athletes who have run at least 4 hours per week for at least the past month, with occasional long runs and speed work.

Week # / Dates	Goal	Mon	Tue (Road Work)	Wed	Thu (Track Work)	Fri	Sat	Mileage
#8 Mon 7/11 - Sun 7/17	Lactate Clearance	30-40min easy	1-1.5M warmup 2x50m, 1x75m, 1x100m uphill 2-3 x 2M at half marathon pace (3min jog after each) 1-1.5M cooldown	25-40min easy run or cross-train	15min warmup, form drills Ladder: 1x2400m @ 15K pace, 1x1600m @ 15K to 10K pace, 2x800m @ 10K pace (400m recovery after each) 15min cooldown	Rest	One day: 40-55min easy plus 4x100m strides Other day: 75-90min at long run pace	30 - 44M
#9 Mon 7/18 - Sun 7/24	Neuromuscular Fitness	30-40min easy	1-1.5M warmup 3x75m, 1x100m uphill sprints 2M at half marathon pace (3min jog), 4 x 400m uphill at 10K pace (jog back to recover) 1-1.5M cooldown	25-40min easy run or cross-train	15min warmup, form drills 5-6 x 1000m @ 5K pace (200m jog recovery) 15min cooldown	Rest	One day: 45-60min easy plus 4x100m strides Other day: 80min at progression run pace	30 - 44M
#10 Mon 7/25 - Sun 7/31	Lactate Clearance	30-40min easy	1-1.5M warmup 2x75m, 2x100m uphill sprints 4M tempo run: Do first and last mile at 15K pace, but middle 2 miles at half marathon pace 1-1.5M cooldown	25-40min easy run or cross-train	15min warmup, form drills 30 minutes of easy running, with a 100m stride every 5-7 minutes (No cooldown today)	Rest	Saturday: NYRR Club Championships race Sunday: Rest or do a short easy run of 30-45 minutes	30 - 45M

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.
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.
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.
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.

**Dashing Whippets
Spring/Summer 2016
Non-Marathoner Training Plan**

Overview: This 10-week plan prepares runners for the following Club Points races: NYRR Retro 4-miler (June 5), FRNY Pride Run 5M (June 25), and the NYRR Team Championships 5M (July 30). It also helps marathoners develop a base before fall marathon training begins. It is intended for athletes who have run at least 4 hours per week for at least the past month, with occasional long runs and speed work.

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

Dashing Whippets NYRR Points Races Training Plan, Spring / Early Summer 2016

Printed 6/16/2016 13:21:42

Source file: <https://docs.google.com/spreadsheets/ccc?key=0ArpvKZAgJGLOdGZuOVlzU2daOFRkOWtxci1Sc1dmSWc&usp=sharing>