

**Dashing Whippets
Spring/Summer 2017
Short Distance Training Plan**

Overview: This summer-long plan prepares runners for the following Club Points races: Queens 10K (June 17), NYRR Team Championships 5M (August 5), the Percy Sutton 5K (August 26), and the Fifth Avenue Mile (September 10). 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	Weekend (Long Run)	Mileage
<i>Late Spring Cycle (7 weeks): Mini-peak at Queens 10K. Marathoners build a base before July start of marathon training.</i>								
#1 Mon 5/15 - Sun 5/21	Base Building	30-45min easy run (or rest)	1-1.5M warmup 1.5M at half marathon pace (3:00 jog recovery). Then 2x800m at 10K pace (2:00 recovery). 1-1.5M cooldown	20-35min easy run or aerobic cross-training	15min warmup, drills Pyramid: 800, 1200, 1600, 1200, 800, all at estimated 15K pace (400m jog recovery) 15min cooldown	Rest	One day: 30-50min easy Other day: 1:15-1:30 at long run pace	24 - 39M
#2 Mon 5/22 - Sun 5/28	Aerobic Conditioning and Base Building	Rest if you raced Brooklyn, otherwise 30-45min easy	1-1.5M warmup 4M at marathon pace 1-1.5M cooldown	25-40min easy run or aerobic cross-training	15min warmup, drills 8-12 x 400m at 5K pace (200m recovery) 15min cooldown	Rest	One day: 35-50min easy plus 4x100m strides Other day: 1:20-1:30 at long run pace	24 - 42M
#3 Mon 5/29 - Sun 6/04	Aerobic Conditioning	30-45min easy run (or rest)	1-1.5M warmup 2-4 x 25m uphill sprints, THEN... 12-16 x 200m uphill at faster than 5K pace (jog back to recover) 1-1.5M cooldown	25-40min easy run or aerobic cross-training	15min warmup, drills Cut down 800s: 5-6x800m, starting at half marathon pace, speeding up 8-12 sec/mile per repeat (jog 400m after each) 15min cooldown	Rest	One day: 40-55min easy plus 4x100m strides Other day: 1:20-1:40 at long run pace	25 - 43M
#4 Mon 6/05 - Sun 6/11	Neuromuscular Fitness	30-45min easy run (or rest)	1-1.5M warmup 2x25m, 2x50m uphill sprints, THEN... 2 x 2M at half marathon pace (3min jogging recovery) 1-1.5M cooldown	25-40min easy run or aerobic cross-training	15min warmup, drills 4-6 x 1000m at 10K pace (200m recovery) 15min cooldown	Rest	One day: 40-55min easy plus 4x100m strides Other day: 1:30-1:40 at long run pace	25 - 44M
#5 Mon 6/12 - Sun 6/18	Race Week / Lactate Clearance	30-45min easy run (or rest)	1-1.5M warmup 3-4x50m 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	25-40min easy run or aerobic cross-training	15min warmup, drills 2x800m at 10K pace (2:00 recovery), 3x400m at 5K (1:30 jog recovery) 15min cooldown	Rest	Saturday: Queens 10K race Sunday: 30min easy if you raced on Saturday, otherwise 1:30+ at long run pace if you didn't race	23 - 38M
#6 Mon 6/19 - Sun 6/25	Lactate Clearance and Specific Endurance	30-45min easy run (or rest)	1-1.5M warmup 2x50m, 1x75m uphill sprints, THEN... 4-5M progression run: start 40sec/mile slower than marathon pace, speed up 20sec/mile every mile (no rest between pace changes) 1-1.5M cooldown	25-40min easy run or aerobic cross-training	15min warmup, drills 3-5 x 800(10K)400(5K) supersets (400m recovery) 15min cooldown	Rest	One day: 40-55min easy plus 4x100m strides Other day: 1:20-1:30 at progression run pace	26 - 44M
#7 Mon 6/26 - Sun 7/02	Aerobic Conditioning	30-45min easy run (or rest)	1-1.5M warmup 3x50m, 1-2x75m uphill sprints 2M at half marathon pace (3min jog), 4 x 400m uphill at 10K pace (jog back down) 1-1.5M cooldown	25-40min easy run or aerobic cross-training	15min warmup, drills 5-6 x 1200m @ 10K pace (1:30 jog recovery) 15min cooldown	Rest	One day: 40-55min easy plus 4x100m strides Other day: 1:30-1:45 at long run pace	26 - 44M

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<i>Early Summer Cycle (5 weeks): Fall marathoners begin training. Non-marathoners peak at Team Championships race.</i>								
#8 Mon 7/03 - Sun 7/09	Aerobic Conditioning	30-45min easy	1.5-2M warmup 4x50m, 1-2x75m uphill sprints 4-5M at marathon pace, but surge to 15K pace on two long uphill 1-1.5M cooldown	30-45min easy run or aerobic cross-training	20min 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: 1:40-1:50 at long run pace	28 - 46M
#9 Mon 7/10 - Sun 7/16	Lactate Clearance	30-45min easy	1.5-2M warmup 2x50m, 1x75m, 1x100m uphill 2-3 x 2M at half marathon pace (3min jog after each) 1-1.5M cooldown	30-45min easy run or aerobic cross-training	20min warmup, form drills Grinder: 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: 1:40-1:55 at long run pace	28 - 47M
#10 Mon 7/17 - Sun 7/23	Neuromuscular Fitness	30-45min easy	1.5-2M warmup 2x75m, 1x100m uphill sprints 3-4 x 800m uphill at 15K pace (jog back to recover) 1-1.5M cooldown	30-45min easy run or aerobic cross-training	20min warmup, form drills 3-5 x 400(5K)1200(10K) supersets (400m jog recovery) 15min cooldown	Rest	One day: 40-55min easy plus 4x100m strides Other day: 1:45-2:00 at long run pace	28 - 47M
#11 Mon 7/24 - Sun 7/30	Specific Endurance	30-45min easy	1.5-2M warmup 2x75m, 1-2x100m uphill sprints 4-6M Lactate Alternation Run: 0.5M @ half mara pace - 0:10/mile, 0.5M at half mara pace + 0:15-0:20/mile (no rest between pace changes) 1-1.5M cooldown	30-45min easy run or aerobic cross-training	20min warmup, form drills Pyramid: 800m, 1200m, 1600m, 1200m, 800m, all at 5-mile race pace (jog 25% of distance just run to recover) 15min cooldown	Rest	One day: 40-55min easy plus 4x100m strides Other day: 1:30-1:45 at progression run pace	28 - 47M
#12 Mon 7/31 - Sun 8/06	Peak Performance	30-45min easy	1.5-2M 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	Rest or short easy run	1M warmup, form drills 30-40 minutes of easy running that includes 5-8 100m strides (roughly every 5 minutes)	Rest	Saturday: NYRR Team Championships 5M Sunday: Rest or short easy run	17 - 32M

Late-Summer Cycle (5 weeks): Train for Percy Sutton 5K and Fifth Avenue Mile -- DETAILS TO COME

#13 Mon 8/07 - Sun 8/13								
#14 Mon 8/14 - Sun 8/20								
#15 Mon 8/21 - Sun 8/27								
#16 Mon 8/28 - 9/03								
#17 Mon 9/04 - Sun 9/10								

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.

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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.							
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.							

Dashing Whippets NYRR Points Races Training Plan, Spring / Summer 2017

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