

## Dashing Whippets Spring 2021 Training Plan for Short Distance Races

### Overview:

This three-month plan trains runners for success at the 5k to 10k race distances, whether in a solo time trial format or at one of the following in-person, socially distanced races: Spring Forward 4M in late March; Prospect Park 5k or Central Park 4M in mid-April; and Summer Loving 5k in mid-May. Experienced runners should have logged at least 25 miles per week for at least one month before beginning this plan.

Week / Dates	Goal	Mon	Tue (Road Work)	Wed	Thu (Track Work)	Fri	Weekend (Long run)	Mileage
<b>Mon 3/08 - Sun 3/14</b>	Aerobic conditioning & neuromuscular fitness	30-45min easy run	1.5-2mi warmup 4mi at marathon pace 1-1.5mi cooldown	30-45min easy run, cross train or rest	20min warmup, drills 6x400m at 5k pace, 6x200m at Mile pace (jog 200m or 1:30 after each rep) 15min cooldown	Rest	One day: 25-50min easy plus 4x100m strides  Other day: 1:20-1:30 at long run pace	30 - 45mi
<b>Mon 3/15 - Sun 3/21</b>	Neuromuscular fitness & specific endurance	30-45min easy run	Hill repeats: 1.5-2mi warmup 8-10 x 400m uphill at 5-10K pace (400m recovery) 1-1.5mi cooldown	30-45min easy run, cross train or rest	20min warmup, drills 2mi at 10k pace, jog 800m, 1mi at 5k pace, jog 400m, 1mi at 5k pace 15min cooldown	Rest	One day: 25-50min easy plus 4x100m strides  Other day: 1:20-1:30 at long run pace	30 - 50mi
<b>Mon 3/22 - Sun 3/28</b>	Race week	30-45min easy run	Grinder: On a hilly course... 1.5-2mi warmup 1.5mi at HM pace 2x1mi at 15K pace 1x800m at 10K pace 1x400m at 5K pace (400m recovery after each) 1-1.5mi cooldown	30-45min easy run, cross train or rest	20min warmup, drills Then jog 30 min with a 100m stride every 5 minutes 15min cooldown	Rest	Saturday: <b>NYRR Spring Forward 4M or self-directed 10k Time Trial</b> (with 2+ mile warmup, 1+ mile cooldown for either)  Sunday: Rest or short easy run	25 - 40mi
<b>Mon 3/29 - Sun 4/04</b>	Lactate clearance & specific endurance	30-45min easy run	1.5-2mi warmup 40-45min progression run: start 45-60 sec/mile slower than marathon pace; speed up 20sec/mile every 10 minutes 1-1.5mi cooldown	30-45min easy run, cross train or rest	20min warmup, drills 6x800m at 5k pace (200m jog rest) 15min cooldown	Rest	One day: 30-50min easy plus 4x100m strides  Other day: 1:30-1:40 at long run pace	30 - 45mi
<b>Mon 4/05 - 4/11</b>	Specific endurance	30-45min easy run	20min warmup, drills 3mi at 10k pace, jog 800m, 1mi at 5k pace, jog 400m, 1mi at 5k pace 15min cooldown	30-45min easy run, cross train or rest	20min warmup, drills 2x600m at 5k pace (200m jog rest) 4x300m at Mile pace (100m walk rest) 15min cooldown	Rest	One day: 30-50min easy plus 4x100m strides  Other day: 1:30-1:40 at long run pace	30 - 50mi
<b>Mon 4/12 - Sun 4/18</b>	Race week	30-45min easy run	1.5-2mi warmup 1x2mi at 10k pace, 1x1mi at 5k pace, 2x400m at Mile pace (jog 2:00 after each rep) 1-1.5mi cooldown	30-45min easy run, cross train or rest	20min warmup, drills Then jog 30 min with a 100m stride every 5 minutes	Rest	One day: <b>NYCRUNS Prospect Park 5k (Sat) or NYRR Central Park 4M (Sun) or self-directed 5k or 10k Time Trial</b> (either day)  Other day: 25-40min easy plus 4x100m strides	25 - 40mi
<b>Mon 4/19 - Sun 4/25</b>	Neuromuscular fitness & specific endurance	30-45min easy run	Hill repeats: 1.5-2mi warmup 8-12 x 400m uphill at 5-10K pace (400m recovery) 1-1.5mi cooldown	30-45min easy run, cross train or rest	20min warmup, drills 4-5 supersets, each as follows: 1200m at 10k, 400m at 5k, 400m jog 15min cooldown	Rest	One day: 30-50min easy plus 4x100m strides  Other day: 1:30-1:40 at long run pace	25 - 45mi

## Dashing Whippets Spring 2021 Training Plan for Short Distance Races

### Overview:

This three-month plan trains runners for success at the 5k to 10k race distances, whether in a solo time trial format or at one of the following in-person, socially distanced races: Spring Forward 4M in late March; Prospect Park 5k or Central Park 4M in mid-April; and Summer Loving 5k in mid-May. Experienced runners should have logged at least 25 miles per week for at least one month before beginning this plan.

Week / Dates	Goal	Mon	Tue (Road Work)	Wed	Thu (Track Work)	Fri	Weekend (Long run)	Mileage
<b>Mon 4/26 - Sun 5/02</b>	Aerobic conditioning & neuromuscular fitness	30-45min easy run	1.5-2mi warmup 40-45min progression run: start 45-60 sec/mile slower than marathon pace; speed up 20sec/mile every 10 minutes 1-1.5mi cooldown	30-45min easy run, cross train or rest	20min warmup, drills 1 mile at 10K pace (3:00 jog), 4x200 at mile pace (30 sec rest after each, 3:00 jog after end of set), 1 mile at 5K pace (3:00 jog), optionally 2-4x200 at mile pace (30 sec rest) 15min cooldown	Rest	One day: 30-50min easy plus 4x100m strides  Other day: 1:30-1:45 at long run pace	30 - 50mi
<b>Mon 5/03 - 5/09</b>	Specific endurance	30-45min easy run	1.5-2mi warmup 2-3 x 2mi with first mile at HM pace, second mile at 10K pace (3:00 jog recovery) 1-1.5mi cooldown	30-45min easy run, cross train or rest	20min warmup, drills 3x1mi at 5k pace (3:00 recovery) 15min cooldown	Rest	One day: 30-50min easy plus 4x100m strides  Other day: 1:30-1:45 at long run pace	30 - 50mi
<b>Mon 5/10 - 5/16</b>	Race week	30-45min easy run	1.5-2mi warmup 1x2mi at 10k pace, 1x1mi at 5k pace, 2x400m at Mile pace (jog 2:00 after each rep) 1-1.5mi cooldown	30-45min easy run, cross train or rest	20min warmup, drills Then jog 30 min with a 100m stride every 5 minutes	Rest	One day: <b>Summer Loving 5k (Sun) or self-directed 5k Time Trial</b> (either day)  Other day: 15-30min easy plus 4x100m strides	25 - 40mi
<b>Mon 5/17 - 5/23</b>	Aerobic conditioning & neuromuscular fitness	30-45min easy run	Hill repeats: 1.5-2mi warmup 8-12 x 400m uphill at 5-10K pace (400m recovery) 1-1.5mi cooldown	30-45min easy run, cross train or rest	20min warmup, drills 4x800m at 5k pace, 4x400m at Mile pace (200m jog after each rep) 15min cooldown	Rest	One day: 30-50min easy plus 4x100m strides  Other day: 1:30-1:50 at long run pace	30 - 50mi
<b>Mon 5/24 - 5/30</b>	Neuromuscular fitness & specific endurance	30-45min easy run	20min warmup, drills 4mi at 10k pace, jog 800m, 1mi at 5k pace, jog 400m, 1mi at 5k pace 15min cooldown	30-45min easy run, cross train or rest	20min warmup, drills 6-8 x (300m at Mile pace, 100m walk) 15min cooldown	Rest	One day: 30-50min easy plus 4x100m strides  Other day: 1:30-1:50 at long run pace	30 - 45mi

### 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.

## Dashing Whippets Spring 2021 Training Plan for Short Distance Races

### Overview:

This three-month plan trains runners for success at the 5k to 10k race distances, whether in a solo time trial format or at one of the following in-person, socially distanced races: Spring Forward 4M in late March; Prospect Park 5k or Central Park 4M in mid-April; and Summer Loving 5k in mid-May. Experienced runners should have logged at least 25 miles per week for at least one month before beginning this plan.

Week / Dates	Goal	Mon	Tue (Road Work)	Wed	Thu (Track Work)	Fri	Weekend (Long run)	Mileage
<b>Rest days</b>	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.							
<b>Weekends</b>	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.							
<b>Aerobic cross-training</b>	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.							
<b>Easy pace</b>	Goal: build aerobic conditioning. Very low-intensity effort; should be able to talk on the phone without the caller knowing you are running.							
<b>Long Run pace</b>	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.							
<b>Progression pace</b>	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.							
<b>Lactate alternation run</b>	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.							
<b>Canova Ks and Canova Miles</b>	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.							
<b>Speed intervals</b>	Goal: develop neuromuscular fitness or specific endurance. Numerous repeats of runs from 200m to 2mi at a demanding pace, with active recovery between repeats.							
<b>Supersets: X(RP1)Y(RP2)</b>	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.							
<b>Recovery</b>	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.							
<b>Half marathon, 10K, 5K (etc.) race pace</b>	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 26.2mi at that speed today.							

Dashing Whippets 5K/10K Training Plan, Winter 2020

Printed 3/11/2021 22:02:17

Source file: <https://docs.google.com/spreadsheets/d/1YU4wMuK00ue0I7GkGC1Rj2RaOuuXQdnWdsKJzVnjvxx>