

**Dashing Whippets  
Spring-Summer 2021  
Short Distance Training Plan**

**Overview:**

This spring-summer plan trains runners at distances from 5km to 10km throughout a period that includes the NYRR 6km Pride Run, NYRR Achilles 4mi and Retro Run 4mi. Other races such as Al Goldstein 5km events and track meets are also noted in the plan. The plan begins with an emphasis on base-building involving paces surrounding 5k/10k pace - that is, at half-marathon pace and 1-Mile pace - then progresses to focus increasingly on 5k/10k pace work. Where ranges are given in duration or number of reps, runners should choose their place in the range based on 1) amount of similar speed work experience in the recent past; 2) feeling fresh/recovered vs sore/fatigued; and 3) any injury concerns.

Week # / Dates	Goal	Mon	Tue (Road Work)	Wed	Thu (Track Work)	Fri	Weekend (Long Run)	Mileage
<b>#1 Mon 5/31 - Sun 6/6</b>	Aerobic Conditioning and Neuromuscular Fitness	30-45min easy run (or rest)	1-1.5mi warmup 3-5mi at marathon pace, preferably on hilly terrain 1-1.5mi cooldown	Rest, or 25-40min easy run or aerobic cross-training	2mi warmup, drills 3x1200m at 5k pace (400m jog after each) 4x200m at Mile pace (200m jog after each) 1-2mi cooldown	Rest, or (advanced only) up to 40 minutes easy	One day: 1:15-1:30 at long run pace  Other day: 30-45min easy plus 4x100m strides	23 - 40M
<b>#2 Mon 6/7 - Sun 6/13</b>	Neuromuscular Fitness	30-45min easy run (or rest)	1-1.5mi warmup 2x25m, 2x50m uphill sprints 5x1mi at half marathon pace (1min jog recovery) 1-1.5mi cooldown	Rest, or 25-40min easy run or aerobic cross-training	2mi warmup, drills 4x200, 2-6x400, 4x200, all at Mile pace (equal distance jog rest after each rep) 1-2mi cooldown	Rest, or (advanced only) up to 40 minutes easy	One day: 1:20-1:35 at long run pace  Other day: 30-45min easy plus 4x100m strides	25 - 44M
<b>#3 Mon 6/14 - Sun 6/20</b>	Aerobic Conditioning and Neuromuscular Fitness	30-45min easy run (or rest)	1-1.5mi warmup 2-4 x 25m uphill sprints 4-5mi at marathon pace (3min jog recovery) 4x400m uphill at Mile effort or 5k pace (jog back down to recover) 1-1.5mi cooldown	Rest, or 25-40min easy run or aerobic cross-training	2mi warmup, drills 8x300m at Mile pace (100m walk or jog recovery) 1-2mi cooldown	Rest, or (advanced only) up to 40 minutes easy	One day: 1:20-1:40 at long run pace  Other day: 20-40min easy plus 4x100m strides	28 - 47M
<b>#4 Mon 6/21 - Sun 6/27</b>	Aerobic Conditioning and Specific Endurance	30-45min easy run (or rest)	1-1.5mi warmup 2x25m, 2x50m uphill sprints 2-3x2mi at half marathon pace (2min jog recovery) 1-1.5mi cooldown	Rest, or 25-40min easy run or aerobic cross-training	2mi warmup, drills Pyramid: 800m, 1200m, 1600m, 1600m, 1200m, 800m, all at 10k pace (jog 400m after 1600s and 200m after other reps) <i>Racing Saturday? Do 1x1200, 1x800 at goal 6k pace w/ 400m jog recovery</i> 1-2mi cooldown	Rest, or (advanced only) up to 40 minutes easy	Saturday: <b>Pride Run (6km)</b> or long run of 1:25-1:40  Sunday: 15-45min easy plus 4x100m strides	23 - 47M
<b>#5 Mon 6/28 - Sun 7/4</b>	Lactate Clearance, Neuromuscular Fitness	30-45min easy run (or rest)	1-1.5mi warmup 2x50m, 1x75m uphill sprints 4-5mi progression run: first mile at marathon pace and each successive rep ~10sec/mile faster so that final mile is at ~10k pace; no rest between pace changes. 1-1.5mi cooldown	Rest, or 25-40min easy run or aerobic cross-training	2mi warmup, drills 4-5x1200m at 5k pace (400m jog after each) 4x200m at Mile pace (200m jog after each) 1-2mi cooldown	Rest, or (advanced only) up to 40 minutes easy	One day: 1:25-1:45 at long run pace  Other day: 30-50min easy plus 4x100m strides	27 - 49M

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<b>#6 Mon 7/5 - Sun 7/11</b>	Aerobic Conditioning, Lactate Clearance	30-45min easy run (or rest)	1-1.5mi warmup 2x50m, 1-2x75m uphill sprints 6-8x1mi at half marathon pace (1min jog recovery) 1-1.5mi cooldown	Rest, or 25-40min easy run or aerobic cross-training	2mi warmup, drills Cut down 800s: 5-6x800m, with first rep at half marathon pace and each successive rep ~5sec faster per 800 so that last rep is as at 3k pace (jog 400m after each) <i>Racing Saturday? Do 2x800m at goal 4mi pace with 400m jog recovery</i> 1-2mi cooldown	Rest, or (advanced only) up to 40 minutes easy	Saturday: <b>Achilles 4-Mile</b> or 1:30-1:45 at long run pace  Sunday: 15-45min easy plus 4x100m strides	28 - 49M
<b>#7 Mon 7/12 - Sun 7/18</b>	Aerobic Conditioning, Lactate Clearance	30-45min easy	1.5-2mi warmup 3x50m, 1-2x75m uphill sprints 5-6mi at half marathon pace, preferably on hilly terrain 1-1.5mi cooldown	Rest, or 30-45min easy run or aerobic cross-training	2mi warmup, drills 6-8x400m at Mile pace (200m walk or jog recovery) 1-2mi cooldown	Rest, or (advanced only) up to 40 minutes easy	One day: 1:30-1:45 at long run pace  Other day: 30-50min easy plus 4x100m strides	29 - 51M
<b>#8 Mon 7/19 - Sun 7/25</b>	Lactate Clearance	30-45min easy	1.5-2mi warmup 4-6mi progression run: first mile at marathon pace and each successive rep ~10sec/mile faster so that final mile is at ~10k pace or faster; no rest between pace changes. 1-1.5mi cooldown	<b>Al Goldstein 5k</b> or rest or do easy jogging or cross training	2mi warmup, drills 5x1200m at 5k pace (400m jog after each) 4x200m at Mile pace (200m jog after each) 1-2mi cooldown	Rest, or (advanced only) up to 40 minutes easy	One day: 1:35-1:50 at long run pace  Other day: 40-55min easy plus 4x100m strides	30 - 52M
<b>#9 Mon 7/26 - Sun 8/1</b>	Specific Endurance	30-45min easy	1.5-2mi warmup 1x50m, 2x75m, 1x100m uphill sprints 6-8x1mi at 10k pace w/ 2' jog recovery 1-1.5mi cooldown	Rest, or 30-45min easy run or aerobic cross-training	2mi warmup, drills Pyramid: 800m, 1200m, 1600m, 2000m, 1600m, 1200m, 800m, all at 10k pace (jog 400m after 1600s and 200m after other reps) 1-2mi cooldown	Rest, or (advanced only) up to 40 minutes easy	One day: 1:35-1:50 at long run pace  Other day: 40-55min easy plus 4x100m strides	31 - 52M
<b>#10 Mon 8/2 - Sun 8/8</b>	Race Week	30-45min easy	1.5-2mi warmup 2x75m, 1-2x100m uphill sprints 4mi at half-marathon pace (3' jog recovery) 800m at 5k pace (3' jog recovery) 2x200m at Mile pace (1' jog recovery) <i>Racing this weekend? Shorten 4mi to 2mi.</i> 1-1.5mi cooldown	<b>Al Goldstein 5k</b> or rest or do easy jogging or cross training	2mi warmup, drills 12x400m at 5k pace (200m jog recovery) <i>Racing on the weekend? Do 2x400m at 5k pace and 2x200m at Mile pace (200m jog after every rep)</i> 1-2mi cooldown	Rest	One day: <b>Retro Run 4mi</b> or <b>Governor's Island 5k/10k</b> or <b>Brooklyn Mile</b>  Other day: 15-45min easy plus 4x100m strides	21 - 35M

**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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<b>Neuromuscular fitness</b>	Strength and efficiency of muscles that convert energy into forward motion. Typically improved via strides, drills, strength training, and shorter high-speed interval runs with full recovery.							
<b>Specific endurance</b>	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).							
<b>Lactate clearance</b>	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.							
<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/Recovery pace</b>	Goal: build aerobic conditioning. This is a very low-intensity effort, more than 75 seconds/mile slower than marathon pace. You 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>Hill repeats</b>	Goal: develop neuromuscular fitness. Relatively short repeats (200m to 800m) on uphill at faster than 15K race pace, with full recovery.							
<b>Speed intervals</b>	Goal: develop neuromuscular fitness or specific endurance. Numerous repeats of runs from 200m to 2M at a demanding pace, with active recovery between repeats.							
<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>Strides, drills, Core exercises</b>	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. drills and core strengthening exercises: Will be taught at each workout to runners who aren't familiar with them.							
<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 26.2M at that speed today.							

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