

**Dashing Whippets 2021
Summer/ Fall Short
Distance Plan**

This Summer/ Fall plan trains runners for distances ranging from 1 Mile up to 10k with suggestions for those focusing on the Bronx 10-miler. Key races listed below include road races along with a couple cross country and track races but there are many other options including events hosted by Elite Feats and NYCRuns! This training plan is intended for athletes who have run at least 4 hours per week for at least the past month, with weekly long runs and speed work. Please note the varying degrees of rest in the workouts. Tuesday workouts feature jog rest between intervals however some Thursday workouts feature walking OR a combination of brief walking/ mostly jogging rest between intervals. Not ready for it yet? Start with Tuesday and weekend workouts; run easy on other days.

Overview:

Week	Purpose	Weekly Miles			REST, easy run, or cross train	Road Workout	Easy run, cross train or REST	Track Workout	REST, easy run, or cross train	Long run	Easy run, cross train or REST	Notes
		Min	Mid	Max	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
9-Aug	Specific Endurance and Aerobic Conditioning	30	34	39	5	7.5	4	6.5	5	6	5	
1					40-50 min easy w/ strides & drills	1.5M w/u; 4 Miles @ MP; 1.5M c/d	30-45 min easy run w/ strides & drills, aerobic cross training or rest	1.5M w/u; 3 x (4x400) @ LT/ 10K/ 5K pace (1:00 jog b/w 400s, 2:00 rest b/w sets); 1.5M c/d	REST (advanced = up to 40 min easy run w/ strides & drills)	Harlem 5K	40-50 min easy w/ strides, drills & strength session	
16-Aug	Specific Endurance and Aerobic Conditioning	34	38	43	5	7	4	7	5	10	5	Wed = Summer Speed Series #3 @ Icahn Stadium; Sun = Bronx Mile
2					40-50 min easy w/ strides & drills	1.5M w/u; 2M @ LT pace (3:00 jog rest), 4x400 uphill @ 10K pace (jog down rest); 1.5M c/d	30-45 min easy run w/ strides & drills, aerobic cross training or rest	1.5M w/u; 2 x (3 x 800m) @ 10K pace (200m b/w interval; 400m b/w sets); 1.5 c/d	REST (advanced = up to 40 min easy run w/ strides & drills)	1:30-1:40 long run	40-50 min easy w/ strides, drills & strength session	
23-Aug	Specific Endurance and Aerobic Conditioning	34.5	38.5	43.5	5	7	4	6.5	5	11	5	Sat = Staten Island Mile
3					40-50 min easy w/ strides & drills	1.5M w/u; 6-8 Canova Ks; 1.5M c/d	30-45 min easy run w/ strides & drills, aerobic cross training or rest	1.5M w/u; 2400m @ LT pace, 1600m @ 10K pace, 800m @ 5K pace (400m rest); 1.5M c/d	REST (advanced = up to 40 min easy run w/ strides & drills)	1:35-1:45 long run	40-50 min easy w/ strides, drills & strength session	
30-Aug	Specific Endurance and Aerobic Conditioning	32	36	41	5	6	4	6	5	10	5	
4					40-50 min easy w/ strides & drills	1.5M w/u; 8x400 uphill @ 5K pace (jog down rest); 1.5M c/d. Bronx runners: 12 x 400 uphill @ 10K pace	30-45 min easy run w/ strides & drills, aerobic cross training or rest	1.5M w/u; 6-8 x 300m @ Mile pace (1:30 walk/ jog rest); 1.5M c/d. Bronx runners: 4-6 x 1K @ 10K pace (400m rest)	REST (advanced = up to 40 min easy run w/ strides & drills)	1:30-1:40 long run. Bronx runners: 12-13 mile long run	40-50 min easy w/ strides, drills & strength session	
6-Sep	Race Week with Lactate Clearance	24	28	33	5	7.5	4	4.5	5	3	4	
5					40-50 min easy w/ strides & drills	1.5M w/u; 4x800 @ 5K pace, 4x400 @ 3K pace (2:00 jog rest); 1.5 c/d. Bronx runners: 5-6 Miles @ MP	30-45 min easy run w/ strides & drills, aerobic cross training or rest	1.5M w/u; 6x200 (2 @ 3K pace, 2 @ 800 pace) (1:30 walk rest); 1M c/d. Bronx runners: 4M progression first 400 @ MP then increasing 1-2 seconds per 400m	REST (advanced = up to 40 min easy run w/ strides & drills)	REST (advanced = up to 25 min easy run w/ strides & drills). Bronx runners: 13-14 mile long run	5th Avenue Mile	
13-Sep	Aerobic Conditioning	34.5	38.5	43.5	5	8	4	6.5	5	10	5	Sun = NYRR Van Cortlandt XC #1 (5K)
6					40-50 min easy w/ strides & drills	1.5M w/u; 4-5 miles @ MP; 1.5M c/d. Bronx runners: 5 miles @ goal pace	30-45 min easy run w/ strides & drills, aerobic cross training or rest	1.5M w/u; 6x800 @ 10K pace (1:30 rest); 1.5M c/d; Only run 4-6 if racing XC	REST (advanced = up to 40 min easy run w/ strides & drills)	1:30-1:40 long run	40-50 min easy w/ strides, drills & strength session	
20-Sep	Race Week with Lactate Clearance	41.5	45.5	50.5	4	6.5	4	8	5	10	13	
7					30-45 min easy run w/ strides & drills (or rest)	1.5M w/u; 400m/ 800m/ 1200m/ 1200m/ 800m/ 400m @ 10K pace (1:30 jog rest); 1.5M c/d	30-45 min easy run w/ strides & drills, aerobic cross training or rest	1.5M w/u; 3xMile @ LT pace (1:30 rest), 2x800 @ LT pace (2:00 rest), 4x200 (1:30 rest); 1.5M c/d. Bronx runners: 6x400 (2 @ 10K pace, 2 @ 5K pace, 2 @ 3K pace) (1:30 walk/ jog rest)	REST (advanced = up to 40 min easy run w/ strides & drills)	1:30-1:40 long run. Bronx runners: up to 25 min easy w/ strides & drills	Bronx 10-miler	
27-Sep					5	7	4	6	5	5	10	

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		Min	Mid	Max	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
8 4-Oct	Specific Endurance and Aerobic Conditioning	33	37	42	40-50 min easy w/ strides & drills	1.5M w/u; 6-10 x 400 uphill @ 5K-to-3K pace (jog down rest); 1.5M c/d	30-45 min easy run w/ strides & drills, aerobic cross training or rest	1.5 w/u; 3x(600/400/200) @ 5K/ 3K/ Mile pace (1:30 walk/ jog rest); 1.5 c/d. Only run 1 or 2 sets if racing East River 5000 event or XC	REST (advanced = up to 40 min easy run w/ strides & drills)	East River 5000 event (various events)	1:30-1:40 long run	Sun = NYRR Van Cortlandt XC #1 (5K)
9 11-Oct	Specific Endurance and Aerobic Conditioning	35	39	42	40-50 min easy w/ strides & drills	1.5M w/u; 2xMile @ 10K pace, 4x400 @ 5K pace (2:00 jog rest); 1.5 c/d	30-45 min easy run w/ strides & drills, aerobic cross training or rest	1.5M w/u, 4x1200m @ 10k pace, 4x200m @ 3k pace (400m/ 200m rest); 1.5M c/d	REST (advanced = up to 25 min easy run w/ strides & drills)	1:35-1:45 long run	30-45 min easy run w/ strides & drills, aerobic cross training or rest	
10 18-Oct	Specific Endurance and Aerobic Conditioning	35.5	39.5	44.5	40-50 min easy w/ strides & drills	1.5M w/u; 3M @ LT pace (3:00 jog rest), 2x400 @ 5K pace (1:30 jog rest); 1.5M c/d	30-45 min easy run w/ strides & drills, aerobic cross training or rest	1.5M w/u; 8x600m @ 5K pace (1:30 walk/ jog rest); 1.5M c/d	REST (advanced = up to 40 min easy run w/ strides & drills)	1:40-1:50 long run	40-50 min easy w/ strides, drills & strength session	
11 25-Oct	Aerobic Conditioning and Neuromuscular Fitness	33	37	42	40-50 min easy w/ strides & drills	1.5M w/u; 4-6 x 1200m @ 10K pace (1:30 jog rest); 1.5M c/d	30-45 min easy run w/ strides & drills, aerobic cross training or rest	1.5 w/u; 4x400 @ Mile pace (30 sec walk rest), 5:00 walk/ jog rest after 4th, 2x400 @ Mile pace (30 sec walk rest); 1.5 c/d	REST (advanced = up to 40 min easy run w/ strides & drills)	1:35-1:45 long run	40-50 min easy w/ strides, drills & strength session	
12 1-Nov	Lactate Clearance	32	36	41	40-50 min easy w/ strides & drills	1.5M w/u; 8x400m uphill @ 10K pace (jog down rest); 1.5M c/d	30-45 min easy run w/ strides & drills, aerobic cross	1.5M w/u; 6-8 x 300m @ Mile pace (1:30 walk/ jog rest); 1.5M c/d	REST (advanced = up to 40 min easy run w/ strides & drills)	1:30-1:40 long run	40-50 min easy w/ strides, drills & strength	
13	Race Week with Lactate Clearance	20	24	27	30-45 min easy run w/ strides & drills (or rest)	1.5M w/u; 3x800 @ 5K pace, 2x200 @ 800 pace (2:00 jog rest); 1.5 c/d	30-45 min easy run w/ strides & drills, aerobic cross training or rest	1.5M w/u; 6x200 (2 @ 3K pace, 2 @ 800 pace) (1:30 walk/ jog rest); 1.5 c/d	REST (advanced = up to 25 min easy run w/ strides & drills)	Abbott Dash to the Finish 5K		