

**Dashing Whippets
2022 Winter Short
Distance Plan**

This Winter plan trains runners for distances ranging from 1 Mile up to 10k. Key races listed below include USATF NY/ NJ Indoor Champs and Washington Heights 5K with a other NYRR and Ocean Breeze track races nothed along the way. This training plan is intended for athletes who have run at least 20 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 as they vary between jog recovery 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	Wkly Min	Wkly Mid	Wkly Max	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes	
					Recovery Run	Long interval workout	Cardio Xtrain, Yoga, rest or	Short interval workout	REST, Cardio Crosstrain, easy	Long run	Recovery Run & strength session		
3-Jan	Base Building	30.5	35.5	40.5	5	7	5	4.5	5	10	4	Highly suggest racing on Thu night to determine baseline for the training season	
1					40-50 min easy w/ strides & drills	1.5M w/u; 4M @ MP; 1.5M c/d	40-50 min easy run w/ strides & drills, aerobic cross training or rest	Race: NYRR @ Armory (1000, 600, 3000) or Miles Mania @ Ocean Breeze (mile, 800, 2mile). Optional workout: 1.5M w/u; 6x200 (2 @ 3K pace, 2 @ mile pace, 2 @ 800 pace) (1:30 walk rest); 1M c/d.	REST (advanced = up to 40 min easy run w/ strides & drills)	75-90 min long run	REST or up to 30 min easy run w/ strides & drills)		
10-Jan					5	6	5	6.5	5	10	4		
2					40-50 min easy w/ strides & drills	1.5M w/u; 3-4 x 1000m @ 10K pace (1:00 jog rest); 1.5M c/d	40-50 min easy run w/ strides & drills, aerobic cross training or rest	1.5M w/u; 4x400 @ 3K/ 2M pace, 3x200 @ mile pace, 1x200 @ 800 pace (2:00 rest); 1.5M c/d	REST (advanced = up to 40 min easy run w/ strides & drills)	75-90 min long run	REST or up to 30 min easy run w/ strides & drills)		
17-Jan					5	7	5	5.5	5	10	4		
3	Aerobic Conditioning	31.5	36.5	41.5	40-50 min easy w/ strides & drills	2M w/u; 8-10 x 400m uphill @ 10K pace (downhill rest); 2M c/d	40-50 min easy run w/ strides & drills, aerobic cross training or rest	1.5M w/u; 3x(3x200). 1st set @ mile pace plus 1-2 sec, 2nd set mile pace, 3rd set mile pace minus 1-2 sec (200 meter/ 1:30 rest); 1.5M c/d. Optional Race: Miles Mania @ Ocean Breeze (mile, 800, 2mile)	REST (advanced = up to 40 min easy run w/ strides & drills)	75-90 min long run. If racing, 40-45 min easy run with strides and drills	REST or up to 30 min easy run w/ strides & drills). Optional Race: NYRR @ Armory (800, 5000)		
24-Jan	Specific Endurance and Aerobic Conditioning	34.5	39.5	44.5	5	8	5	7.5	5	10	4		
4					40-50 min easy w/ strides & drills	1.5M w/u; 2M @ HMP, 3:00 rest, 4x400 @ 5K pace (1:30/ 3:00 rest), 2M @ HMP; 1.5M c/d	40-50 min easy run w/ strides & drills, aerobic cross training or rest	1.5M w/u; 6x800 @ 5K pace, 2x200 @ 800 pace (2:00 rest); 1.5M c/d	REST (advanced = up to 40 min easy run w/ strides & drills)	75-90 min long run	REST or up to 30 min easy run w/ strides & drills)		
31-Jan	Specific Endurance and Aerobic Conditioning	33.5	38.5	41.5	5	8	5	6.5	3	10	4	Manhattan 10K on Sunday	
5					40-50 min easy w/ strides & drills	1.5M w/u; 2 x 2M @ HMP, 3:00 rest; 1.5M c/d	40-50 min easy run w/ strides & drills, aerobic cross training or rest	1.5M w/u; 200-400-600-800-800-600-400-200 @ up the ladder = 5K pace, down the ladder = 3K pace (1:30 rest); 1.5M c/d. Optional Race: Miles Mania @ Ocean Breeze (mile, 800, 2mile)	REST (advanced = up to 25 min easy run w/ strides & drills)	75-90 min long run	REST or up to 30 min easy run w/ strides & drills)		

