

Dashing Whippets 2022 Early Spring Short Distance Plan

Overview: This plan trains runners for distances short races including track meets, as well as road races from 5 to 10K. It is intended for athletes who have run at least 25 miles 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 workouts and weekend long runs; run easy on other days.

Week	Purpose	Wkly Min	Wkly Max	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				Recovery Run	Long interval workout	Cardio Xtrain, Yoga, or easy run	Short interval workout	Rest/Easy	Long run	Recovery Run & strength session
7-Mar	1	30	39	6 45-60 mins easy with 4x15 secs strides	5 15 mins easy- 2x10 mins at 5K pace plus 15 secs per mile with 2 mins rest- 15 mins easy	6 45-60 mins easy or rest	5 15 mins easy-3x(3x200) mile pace plus 1 sec, 2nd set mile pace, 3rd set mile pace minus 1 sec- 15 mins easy- 200 meter jog or about 90 secs-2 mins recovery	3 Rest (Advanced runners: 20-40 mins easy)	10 75-90 mins easy	4 30-45 mins easy, or rest
14-Mar				2	33	42	6 45-60 mins easy- with 4x15 secs strides	7 15 mins easy- 5-8x1000 meters at half marathon pace with 60 secs rest- 15mins easy	6 45-60 mins easy or rest	6 15 mins easy- 2-4 x (800 at 5K pace, 45 secs rest, 400 at mile pace) 3 mins rest between sets
21-Mar	3	31	40	6 45-60 mins easy with 4x15 secs strides	6 15 mins easy- 8-12x400 at 5K pace with 60 secs rest- 15 mins easy	6 45-60 mins easy or rest	5 15 mins easy- 3x(3x200) 1 set at mile pace, 2nd set at mile pace minus 1 sec, 3rd set at mile pace minus 2 secs 15 mins easy- 200 jog or 90secs to 2 mins rest	3 Rest (Advanced runners: 20-40 mins easy)	10 75-90 mins easy	4 30-45 mins easy, or rest
28-Mar				4	25	34	6 45-60 mins easy with 4x15 secs stides	5 15 mins easy- 4 x 400m uphill at 90% effort with jog down recovery, 2:30 rest, 1 mile at 5K pace, 2 :30 rest, 4x400 at 3K pace with 2 mins rest- 15 mins easy	6 45 -60 mins easy or rest	6 15 mins easy- 20 mins at - half marathon pace- 15 mins easy
4-Apr	5	32	41	6 45-60 mins easy with 4x15 secs stides	6 15 mins easy- 3-4x 1 mile at half marathon pace with 60 secs rest	6 45-60 mins easy or rest	6 15 mins easy- 4x200 at mile pace with 90 secs rest-2 miles at 10K pace, 3 mins rest, 4x200 at 800 pace-15 mins easy	3 Rest (Advanced runners: 20-40 mins easy)	10 75-90 mins easy	4 30-45 mins easy, or rest
11-Apr				6	32	41	6 45-60 mins easy with 4x15 secs strides	6 15 mins easy- 3-4 x 1000 meters at 10K pace with 90 secs rest- 15 mins easy	6 45-60 mins easy or rest	6 15 mins easy- 6x600 go drill with 2:30 rest- first 400 at 5K pace and last 200 at mile pace-15 mins easy- "practice changing gears"
18-Apr				6	5	3	3	3	10	4

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				Recovery Run	Long interval workout	Cardio Xtrain, Yoga, or easy run	Short interval workout	Rest/Easy	Long run	Recovery Run & strength session
7	Race Week with Lactate Clearance	28	34	45-60 mins easy with 4x15 secs strides	15 mins easy- 3x(3x200) with 2 mins rest- first set at mile pace, 2nd set at 800 pace, last set as fast as you can mainting form and control- 15 mins easy	20-30 mins easy with 4x15 secs strides	NBR track meet	Rest (Advanced runners: 20-40 mins easy)	75-90 mins easy	30-45 mins easy, or rest
25-Apr 8	Aerobic Conditioning	27	36	6 45-60 mins easy with 4x15 secs stides	7 15 mins easy- 3x1 mile at 5K pace with 2:00 rest, 2x400 at mile pace with 2 mins rest	6 45 to 60 mins easy or rest	7 15 mins easy- 3-4x (800 at 5K pace, 45 secs rest, 400 at mile pace) 3 mins rest between sets- 15 mins easy	3 Rest (Advanced runners: 20-40 mins easy)	3 East River 5000 track meet	4 30-45 mins easy, or rest
2-May 9	Aerobic Conditioning	27	36	6 45-60 mins easy with 4x15 secs stides	5 15 mins easy- 2x10 mins at 5K pace plus 15 secs/mile with 2 mins rest- 15 mins easy	6 45 to 60 mins easy or rest	5 15 mins easy- 6x600 go drill with 2:30 rest- first 400 at 5K pace and last 200 at mile pace-15 mins easy- "practice changing gears"	3 Rest (Advanced runners: 20-40 mins easy)	7 60 mins easy	4 30-45 mins easy, or rest
9-May 10	Race Week with Lactate Clearance	17	26	5 30-45 mins easy	4.5 15 mins easy- 4x400 at 5K pace with 2 mins rest, 4x200 at mile pace with 2 mins rest- 15 mins easy	6 30 to 45 mins easy or rest	4 15 mins easy- 6x200 starting at 5K pace and finishing at 800 pace with 2:30 rest- 15 mins easy	3 20-30 min easy with 4x15 secs strides	3 DWRT Track meet (tentative)	0 off