

Dashing Whippets 2019 Training Plan for Bronx 10-miler (Intermediate Plan)

This Intermediate 7-week plan helps runners prepare for the Bronx 10-miler. Intermediate runners should have logged 30-35 miles week for at least a month before beginning this plan; ideally following short distance plan. This plan is designed for those who have completed 10-milers/ half marathon(s) in the past but may have done little-to-no speedwork in training for previous

Week	Purpose	Weekly Miles...			Overview: distance races						
		Min	Mid	Max	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1-Aug	1 Base building & aerobic conditioning	32	37	42	5 Recovery Run	8 Long interval workout	5 REST, easy run, or cross train	7 Longer Recovery Run	REST	12 Long run	5 REST, easy run, or cross train
8-Aug					45-55 min easy with strides/ drills	2M w/u; 4 Miles @ MP; 2M c/d	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills	60-65 min easy with strides/ drills	REST	1:50 to 1:55 @ long run pace	5 Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
15-Aug	2 Base building & aerobic conditioning	34	39	44	6	8.5	5	7	REST	12	5
22-Aug					50-60 min easy with strides/ drills	2M w/u; 3M @ HMP (3:00 rest), 6 x 200 @ Mile pace (200m rest); 2M c/d	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills	60-65 min easy with strides/ drills	REST	1:50 to 1:55 @ long run pace	5 Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
29-Aug	3 Aerobic conditioning & neuromuscular fitness	36	41	47	6	10	6	7	REST	13	5
5-Sep					50-60 min easy with strides/ drills	2M w/u; 6 Miles @ MP; 2M c/d	Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills	60-65 min easy with strides/ drills	REST	1:55 to 2:05 @ long run pace	5 Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
12-Sep	4 Aerobic conditioning & neuromuscular fitness	36	41	47	6	9	6	7	REST	14	5
19-Sep					50-60 min easy with strides/ drills	2M w/u; 8-10 Canova Ks; 2M c/d	Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills	60-65 min easy with strides/ drills	REST	2:10 to 2:20 @ long run pace	5 Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
26-Sep	5 Specific endurance	36	41	47	6	8	6	7	REST	15	5
3-Oct					50-60 min easy with strides/ drills	2M w/u; 5 Miles @ LT/ 10M pace; 2M c/d	Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills	60-65 min easy with strides/ drills	REST	2:20 to 2:30 @ long run pace	5 Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
3-Oct	6 Specific endurance	35	40	46	6	10	6	7	REST	12	5
10-Oct					50-60 min easy with strides/ drills	2M w/u; 6 Miles @ MP; 2M c/d	Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills	60-65 min easy with strides/ drills	REST	1:50 to 1:55 @ long run pace	5 Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
17-Oct	7 Specific endurance	29	35	38	6	7.5	REST	6	3	3	12
24-Oct					50-60 min easy with strides/ drills	2M w/u; 2M @ LT/ 10M (3:00 rest), 4x400 @ 10K pace (1:30 rest); 2M c/d	REST	50-60 min easy w/ strides & drills	REST or 25-30 min easy w/ strides & drills	REST or 25-30 min easy w/ strides & drills	Bronx 10-miler (Club Points); 1.5-2M w/u

Terminology & Workout Descriptions

Easy pace	Goal: build aerobic conditioning. Very low-intensity effort; should be able to talk on the phone without the caller knowing you are running. Conversation pace!
Rest days	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 endurance.
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 specific distance race (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 race faster without risking fatigue.
Aerobic cross-training	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.
Long Run pace	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.
Progression pace	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.
Hill repeats	Goal: develop neuromuscular fitness. Relatively short repeats (200m to 800m) on uphill at faster than 15K race pace, with full recovery.
Canova Ks	Goal: lactate clearance and development of running economy for half marathon and longer. A continuous run that alternates between half marathon pace (for 1K) and marathon pace (for 1K), with no rest between pace changes
Recovery	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 or end the workout
Strides, Form drills, Core exercises	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. Form drills and core strengthening exercises: Will be taught at each workout to runners who aren't familiar with them.
Half marathon, 10K, 5K (etc.) race pace	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. External circumstances such as weather are factors to be considered when determining that workout's 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 pace today.