

**Dashing Whippets
2022 Summer/ Fall
Short Distance Plan**

Overview:

This Summer/ Fall plan trains runners for distances ranging from 1 Mile up to 10K. 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 NYRR, Tracksmith 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. Not ready for it yet? Start with Tuesday and weekend workouts; run easy on other days.

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
		Min	Mid	Max	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1-Aug	1	34	38	43	5	7.5	4	6.5	5	10	5
					40-50 min easy w/ strides & drills	1.5M w/u; 3-4 Miles @ MP; 1.5M c/d	Rest, or 30-45 min easy run, or aerobic cross training, or NYRR Speed Series (Icahn Stadium) or AI Goldstein 5K (Prospect Park)	2M w/u, 3 x (3 x 400m) @ 10K/ 10K/ 5K pace (200m b/w intervals; 400m b/w sets); 2M c/d	REST (advanced = up to 40 min easy run w/ strides & drills)	1:25-1:40 long run	40-50 min easy OR Brooklyn Mile
8-Aug					5	8.5	4	6.5	5	6	5
					40-50 min easy w/ strides & drills	2M w/u; 3M @ HMP (3:00 recovery jog), 6 x 200 @ Mile pace (200m recovery); 2M c/d	30-45 min easy run w/ strides & drills, aerobic cross training or rest	1.5M w/u; 3-4 sets of: 3:00 at 5K pace, 1:00 jog, 1:00 at mile pace (3:00 recovery jog after each set); 1.5M c/d (<i>Racing this weekend? Stop at 2 sets</i>)	REST (advanced = up to 40 min easy run w/ strides & drills)	Percy Sutton Harlem 5K	40-50 min easy w/ strides, drills & strength session
15-Aug					5	7	4	7	5	10	5
					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, or aerobic cross training, or NYRR Speed Series (Icahn Stadium), or AI Goldstein 5K (Prospect Park)	1.5M w/u; 2 x 3 x 800m @ 10K pace (200m b/w interval; 400m b/w sets); 1.5 c/d OR Tracksmith Twilight 5000 (Icahn Stadium)	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
22-Aug	4	34.5	38.5	43.5	5	7	4	6.5	5	11	5
					40-50 min easy w/ strides & drills	1.5M w/u; 5-8 x 400m uphill @ 10K 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; 4x400 @ Mile pace (45 sec walk recovery), 5:00 walk/ jog rest after 4th, 2-4x400 @ Mile pace (45 sec walk recovery); 1.5 c/d	REST (advanced = up to 40 min easy run w/ strides & drills)	1:30-1:45 long run or NYCRUNS Ice Cream Social 5K/10K (Prospect Park)	40-50 min easy w/ strides, drills & strength session
29-Aug	5	32	36	41	5	6	4	6	5	10	5
					40-50 min easy w/ strides & drills	1.5M w/u; 3x800m at 10K pace (3:00 jog), 2x400m at 5K pace (2:00 jog), 2x200m at faster than 5K pace (1:00 jog); 1.5M c/d	30-45 min easy run w/ strides & drills, aerobic cross training or rest	1.5M w/u; 2-3 supersets of 400/200/400/200/400, with the 400s at mile pace and the 200s at marathon pace (800m jog after each superset); 1.5M c/d	REST (advanced = up to 40 min easy run w/ strides & drills)	40-50 min easy w/ strides, drills & strength session	1:30-1:45 long run OR 3x400, 2x600, 1x800, all at one-mile pace (recover same distance)
5-Sep	6	24	28	33	5	7.5	4	4.5	5	3	4
					40-50 min easy w/ strides & drills	1.5M w/u; 8-12 x 200m uphill at mile-3K pace (jog down to recover); 1.5 c/d	30-45 min easy run w/ strides & drills, aerobic cross training or rest	1.5M w/u; 5x200 (2 @ 3K pace, 2 @ mile pace, 1 @ 800 pace) (1:30 walk rest); 1M c/d	REST (advanced = up to 40 min easy run w/ strides & drills)	Rest or 10-15 min easy run	Fifth Avenue Mile
12-Sep					5	8	4	6.5	5	10	5

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		Min	Mid	Max	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7	Aerobic Conditioning	34.5	38.5	43.5	40-50 min easy w/ strides & drills	1.5M w/u; 4-5 miles @ MP; 1.5M c/d	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	REST (advanced = up to 40 min easy run w/ strides & drills)	1:30-1:45 long run	40-50 min easy w/ strides, drills & strength session
19-Sep					4	6.5	4	8	5	10	13
8	Lactate Clearance	41.5	45.5	50.5	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	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
26-Sep					5	7	4	6	5	5	10
9	Specific Endurance and Lactate Clearance	33	37	42	40-50 min easy w/ strides & drills	1.5M w/u; 6-10 x 400 uphill @ 5K-10K 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; 3 x (600/400/200) @ 5K/ 3K/ Mile pace (2:30 walk/ jog rest); 1.5 c/d. <i>(Racing this weekend? Stop at 1-2 sets)</i>	REST (advanced = up to 40 min easy run w/ strides & drills)	Rest or 10-15 min easy run	NYRR Van Cortlandt XC #1 (5K)
3-Oct					5	7	4	8	3	11	4
10	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-Oct					5	7.5	4	6	5	12	5
11	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)	1:35-1:50 long run	40-50 min easy w/ strides, drills & strength session
17-Oct					5	7	4	5	5	11	5
12	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 (2:00 jog rest); 1.5M c/d	30-45 min easy run w/ strides & drills, aerobic cross training or rest	1.5 w/u; 5-6 x 1K @ 5K pace (400m jog recovery); 1.5 c/d	REST (advanced = up to 40 min easy run w/ strides & drills)	1:35-1:50 long run	40-50 min easy w/ strides, drills & strength session
24-Oct					5	6	4	6	5	10	5
13	Lactate Clearance	32	36	41	40-50 min easy w/ strides & drills	1.5M w/u; 8-12 x 400m uphill @ 5K-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; 3 x 1600m @ 5K pace (short 1:30 jog); 1.5M c/d	REST (advanced = up to 40 min easy run w/ strides & drills)	1:35-1:50 long run	40-50 min easy w/ strides, drills & strength session
31-Oct					4	5.5	4	4.5	3	6	
14	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 @ mile 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	