

**Dashing Whippets
Late Fall 2022 Short
Distance Plan**

Overview:

This Late Fall plan focuses on building and maintaining fitness for those who specialize on distances of 15K and shorter. Key events listed below include cross country, road races and an indoor track meet. This training plan is intended for athletes who have run at least 3 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 or cross-train 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
7-Nov	Aerobic Conditioning	30	34	39	4 30-45 min easy w/ strides & drills	6 1.5M w/u; 3-4M @ MP; 1.5M c/d	4 30-45 min easy run w/ strides & drills, aerobic cross training or rest	7 1.5M w/u, 3 x (3 x 400m) @ 10K/ 10K/ 5K pace (200m b/w intervals; 400m b/w sets); 1.5M c/d	5 REST (advanced = up to 40 min easy run w/ strides & drills)	9 1:25-1:40 at long run pace	4 30-45 min easy w/ strides, drills & strength session
14-Nov					4 30-45 min easy w/ strides & drills	8 1.5M w/u; 2-3 x 2M @ HMP (3:00 recovery jog); 1.5M c/d	4 30-45 min easy run w/ strides & drills, aerobic cross training or rest	7 1.5M w/u; Long pyramid: 800m, 1200m, 1600m, 1200m, 800m all at 10K pace (400m recovery jog); 1.5M c/d (<i>Racing this weekend? Stop after running the 1600</i>)	5 REST (advanced = up to 40 min easy run w/ strides & drills)	5 40-50 min easy w/ strides, drills & strength session	6 NYRR Van Cortlandt Cross Country 5K, or NYRR Race to Deliver 4M, or 1:25-1:40 at long run pace
21-Nov	Recovery Week	30	34	34	4 30-45 min easy w/ strides & drills	6 2M w/u; 5-8 x 400m uphill @ 10K pace (jog down rest); 2M c/d	4 30-45 min easy run w/ strides & drills, aerobic cross training or rest	5 Rest, or jump into a Turket Trot race, or run 4-6M very easy	0 Rest or run just for fun	10 1:30-1:40 long run pace	5 40-50 min easy w/ strides, drills & strength session
28-Nov	Lactate Clearance and Race Week	32	36	41	4 30-45 min easy w/ strides & drills	8 2M w/u; 3M @ LT pace (3:00 jog rest), 2x400 @ 5K pace (1:30 jog rest); 2M c/d	4 30-45 min easy run w/ strides & drills, aerobic cross training or rest	4 30-45 minutes, mostly easy, but mix 5-8 100m strides in	5 REST (advanced = up to 40 min easy run w/ strides & drills)	11 Ted Corbitt 15K (Team Points race)	5 40-50 min easy w/ strides, drills & strength session
5-Dec	Lactate Clearance, Aerobic Conditioning	35	39	44	4 30-45 min easy w/ strides & drills	8 2M w/u; 4-5M @ HMP; 2M c/d	4 30-45 min easy run w/ strides & drills, aerobic cross training or rest	8 2M w/u, 4x1200m @ 10k pace, 4x200m @ 3k pace (400m/ 200m rest); 2M c/d	5 REST (advanced = up to 40 min easy run w/ strides & drills)	10 1:30-1:45 at long run pace (and good luck, USATF XC Club Nationals runners!)	5 40-50 min easy w/ strides, drills & strength session
12-Dec	Lactate Clearance, Neuromuscular Fitness	33	37	42	4 30-45 min easy w/ strides & drills	8 2M w/u; 2xMile @ LT pace, 4x400 @ 5K pace (2:00 jog rest); 2M c/d	4 30-45 min easy run w/ strides & drills, aerobic cross training or rest	5 2M w/u; 8x200: 3 @ 5K pace, 2 @ 3K pace, 2 @ mile pace, 1 @ 800 pace (1:30 walk rest); 1M c/d	5 REST (advanced = up to 40 min easy run w/ strides & drills)	11 1:35-1:50 at long run pace	5 40-50 min easy w/ strides, drills & strength session
19-Dec	Neuromuscular Fitness	32	36	41	4 30-45 min easy w/ strides & drills	6 1.5M w/u; 8-12 x 200m uphill at mile-3K pace (jog down to recover); 1.5M c/d	4 30-45 min easy run w/ strides & drills, aerobic cross training or rest	6 NYRR Night at the Races (Armory Indoor Track) OR: 1.5M w/u; 6x800 @ 10K pace (1:30 rest); 1.5M c/d OR:	5 REST (advanced = up to 40 min easy run w/ strides & drills)	11 1:35-1:50 at long run pace	5 40-50 min easy w/ strides, drills & strength session

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Overview:

This Late Fall plan focuses on building and maintaining fitness for those who specialize on distances of 15K and shorter. Key events listed below include cross country, road races and an indoor track meet. This training plan is intended for athletes who have run at least 3 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 or cross-train on other days.

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		Min	Mid	Max	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
26-Dec	Lactate Clearance	33	37	42	4	7	4	6	5	11	5
8					30-45 min easy w/ strides & drills	1.5M w/u; 2 x 2M @ HMP (3:00 recovery jog); 1.5M c/d	30-45 min easy run w/ strides & drills, aerobic cross training or rest	1.5M w/u; 2xMile @ 10K pace (1:30 rest), 4x200 @ 5K pace (1:30 rest); 1.5M c/d	REST (advanced = up to 40 min easy run w/ strides & drills)	1:35-1:50 at long run pace	40-50 min easy w/ strides, drills & strength session

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!
- Recovery/ rest days** One to three days per week should have little or no sustained activity. It is OK for dedicated athletes to do strength/flexibility work (resistance/weights, plyometrics, yoga, stretching, 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.
- Weekends** Weekend workouts are flexible. The plan above may imply you should do your long run on Saturdays, but you can do a long run on either day.
- 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.
- Goal pace run** Goal: develop specific endurance and efficiency at race pace. Entire distance should be run should be no more than 10 seconds slower or faster per mile than your ultimate race goal pace.
- 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.
- 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.
- MP, HMP, LT pace** MP = projected Marathon Pace. HMP = current Half Marathon Pace. LT = current Lactate Threshold pace, estimated to be your 15K race pace or slightly faster.