

**Dashing Whippets 2023  
Winter Short Distance Plan**

**Overview:** 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 noted along the way. This training plan is intended for athletes who have run at least 20 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 and weekend workouts; run easy on other days.

Week	Purpose	Wkly Min	Wkly Mid	Wkly Max	Monday Recovery Run	Tuesday Long interval workout	Wednesday Cardio Xtrain, Yoga, rest or easy run	Thursday Short interval workout	Friday REST, Cardio Crosstrain, easy run	Saturday Long run	Sunday Recovery Run & strength session				
2-Jan	Race Week with Lactate Clearance	30	35	40	5 40-50 min easy w/ strides & drills	7 1.5M w/u; 4M @ MP; 1.5M c/d	5 40-50 min easy run w/ strides & drills, aerobic cross training or rest	4.5 <b>Recommended: Race: NYRR @ Armory (1000m, 600m, 3K) or Miles Mania @ Ocean Breeze (mile, 800m, 2mile). Optional workout instead: 1.5M w/u; 6x200 (2 @ 3K pace, 2 @ mile pace, 2 @ 800 pace) (1:30 walk rest); 1M c/d.</b>	5 REST (advanced = up to 40 min easy run w/ strides & drills)	9 1:10 - 1:20 at long run pace	4 REST or up to 30 min easy run w/ strides & drills)				
9-Jan					2	33	38	43	5 40-50 min easy w/ strides & drills	6 1.5M w/u; 3-4 x 1000m @ 10K pace (1:00 jog recovery); 1.5M c/d	5 40-50 min easy run w/ strides & drills, aerobic cross training or rest	7.5 2M w/u; 400m/ 800m/ 1200m/ 1200m/ 800m/ 400m @ 10K pace (1:30 rest); 2M c/d	5 REST (advanced = up to 40 min easy run w/ strides & drills)	10 1:15 - 1:30 at long run pace	4 30-55 min easy run w/ strides & drills), or rest
16-Jan					3	31	36	41	5 40-50 min easy w/ strides & drills	6 2M w/u; 6-10 x 400m uphill @ 10K pace (downhill recovery); 2M c/d	5 40-50 min easy run w/ strides & drills, aerobic cross training or rest	5.5 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. <b>Optional Race: Miles Mania @ Ocean Breeze (mile, 800, 2mile), or NYRR @ Armory (800m, 5K)</b>	5 REST (advanced = up to 40 min easy run w/ strides & drills)	10 1:15 - 1:30 at long run pace	4 30-55 min easy run w/ strides & drills), or rest
23-Jan					4	36	41	46	5 40-50 min easy w/ strides & drills	8 1.5M w/u; 2M @ HMP, 3:00 recovery, 4-6 x 400m @ 5K pace (1:00 recovery); 1.5M c/d	5 40-50 min easy run w/ strides & drills, aerobic cross training or rest	7.5 1.5M w/u; 6x800 @ 5K pace, 2x200 @ 800 pace (2:00 rest); 1.5M c/d	5 REST (advanced = up to 40 min easy run w/ strides & drills)	11 1:20 - 1:40 at long run pace	4 30-55 min easy run w/ strides & drills), or rest
30-Jan					5	35	40	43	5 40-50 min easy w/ strides & drills	8 1.5M w/u; 2 x 2M @ HMP (3:00 recovery); 1.5M c/d	5 40-50 min easy run w/ strides & drills, aerobic cross training or rest	6.5 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. <b>Optional Race: Miles Mania @ Ocean Breeze (mile, 800, 2mile) or NYRR @ Armory (400m, 3K)</b>	3 REST (advanced = up to 25 min easy run w/ strides & drills)	11 1:20 - 1:40 at long run pace. If racing on Sunday, 30-40 min of easy running	4 30-55 min easy run w/ strides & drills), or rest

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6-Feb	Race Week with Lactate Clearance	33	38	43	5 40-50 min easy w/ strides & drills	6 1.5M w/u; 3-4 x 1000m @ 10K pace (1:00 jog recovery); 1.5M c/d	5 40-50 min easy run w/ strides & drills, aerobic cross training or rest	6 1.5M w/u; 6x600m, first 400 @ 5K pace, last 200 @ mile pace (2:30 walk/ jog rest); 1.5M c/d. <i>If racing NYRR meet, 40-45 min easy run with strides and drills</i>	5 REST (advanced = up to 40 min easy run w/ strides & drills). <b>Optional Race: NYRR @ Armory (1 Mile, Relay)</b>	11 1:20 - 1:40 at long run pace. If racing on Sunday, 30-40 min of easy running	5 30-55 min easy run w/ strides & drills), or rest
13-Feb					5 40-50 min easy w/ strides & drills	6.5 1.5M w/u; 3 x Mile, First two @ 5K pace, third @ 3K pace (3:00 recovery); 1.5M c/d	5 40-50 min easy run w/ strides & drills, aerobic cross training or rest	5.5 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. <b>Optional Race: Miles Mania @ Ocean Breeze (mile, 800, 2mile)</b>	5 REST (advanced = up to 40 min easy run w/ strides & drills)	11 1:20 - 1:40 at long run pace	4 30-55 min easy run w/ strides & drills), or rest
20-Feb	Aerobic Conditioning	29	34	39	5 40-50 min easy w/ strides & drills	6 1.5M w/u; 3M @ 10K-15K pace; 1.5M c/d	5 40-50 min easy run w/ strides & drills, aerobic cross training or rest	5.5 1.5M w/u; 3 x 1200m @ 5K pace (1:30 jog rest); 1.5M c/d. <i>Racing this weekend? Do 40-45 minutes of mostly easy running, mixing in 4-6 200m pickups (i.e. one every 5-10 minutes)</i>	5 REST (advanced = up to 40 min easy run w/ strides & drills)	8 <b>USATF NY/ NJ Indoor Champs (various events) @ Ocean Breeze; Al Gordon 4M @ Prospect Park; Twilight Indoor 5000 @ Armory</b>	4 Rest or up to 30 min easy
27-Feb					5 40-50 min easy w/ strides & drills	6.5 1.5M w/u; 3x400m @ 3K/2M pace, 4x200m @ mile pace, 2x200m @ 800 pace (2:00 rest); 1.5M c/d	5 40-50 min easy run w/ strides & drills, aerobic cross training or rest	4.5 1.5M w/u; 6x200 (2 @ 3K/@M pace, 2 @ mile pace, 2 @ 800 pace) (1:30 walk/ jog rest); 1.5 c/d. <b>Optional (goal?) Race: Miles Mania @ Ocean Breeze (mile, 800, 2mile) or NYRR @ Armory (mile)</b>	3 Rest	3 REST or up to 25 min easy run w/ strides & drills	6 <b>Washington Heights 5K</b>

### 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.

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**Overview:**

Week	Purpose	Wkly Min	Wkly Mid	Wkly Max	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					Recovery Run	Long interval workout	Cardio Xtrain, Yoga, rest or easy run	Short interval workout	REST, Cardio Crosstrain, easy run	Long run	Recovery Run & strength session

- 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.
- Tempo pace** Goal: build aerobic conditioning and lactate clearance. Tempo pace is a speed that is between 15K and half marathon pace.
- Hill repeats** Goal: develop neuromuscular fitness. Relatively short repeats (200m to 800m) on uphill at faster than 15K race pace, with full recovery.
- Hill sets** Goal: develop neuromuscular fitness. Timed sets of repeated uphill/downhill (400m to 800m) at a pace that is somewhere between marathon and half marathon pace. Usually 10-20 minutes in length with no rest, followed by 5 minutes of easy jogging after each set.
- Lactate alternation run** Goal: train the body to clear lactic acid efficiently. After warmup, a continuous run that alternates between a faster pace (such as half marathon pace minus 10 seconds per mile) and a moderate pace (such as half marathon pace plus 30 seconds per mile), with no rest between pace changes. Finish with one easy mile.
- 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.
- 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.