

**Dashing Whippets  
2023 Spring Short  
Distance Plan**

**Overview:** This plan trains runners for distances ranging from 5km to 10km, with a specific focus on the Run for Kids 4-miler in April and the Queens 10k in June. It is intended for athletes who have run at least 25 miles per week for at least the past month, w/ weekly long runs and speed work. Not ready for it yet? Start with Tuesday workouts and weekend long runs; run easy or rest on other days.

			Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week	Purpose	Wkly Min Wkly Max	Recovery Run	Long interval workout	Cardio cross-train, yoga, or easy run	Short interval workout	Rest/Easy	Long run	Recovery Run & strength session
6-Mar	1 Neuromuscular Fitness	35 44	6 45-60 mins easy w/ 4x15 secs strides	8 20min warm-up 4-8 x 800m at 5k pace w/ 2:30 jog rest (those new to short distance speedwork should do just 4 reps) 10-20min cool-down	6 45-60 mins easy or rest	7 20min warm-up 1x1mi at 10k pace; jog 400m; 6x200m at Mile pace, jogging 200m after each rep 10-20min cool-down	3 Rest (Advanced runners: 20-40 mins easy)	10 75-90 mins easy	4 30-45 mins easy, or rest
13-Mar			2 Aerobic Conditioning & Neuromuscular Fitness	36 45	6 45-60 mins easy- w/ 4x15 secs strides	9 20min warm-up 2x2mi at HM pace w/ 3min jog rest; 4x400m at 10k pace w/ 1:30 jog rest 10-20min cool-down	6 45-60 mins easy or rest	7 20min warm-up w/ drills 2x200m, 4x400m, 2x200m w/ reps at Mile pace and equal distance jog rest after each rep 10-20min cool-down	3 Rest (Advanced runners: 20-40 mins easy)
20-Mar	3 Neuromuscular Fitness	37 46	6 45-60 mins easy w/ 4x15 secs strides	9 20min warm-up 8-12x400m uphill at 5k effort w/ 400m downhill jog recovery 10-20min cool-down	6 45-60 mins easy or rest	8 20min warm-up 400m-800m-1200m-1200m-800m- 400m w/ each rep at 10k pace and 400m jog rest after each rep 10-20min cool-down	3 Rest (Advanced runners: 20-40 mins easy)	10 75-90 mins easy	4 30-45 mins easy, or rest
27-Mar			4 Race Week w/ Lactate Clearance	36 45	6 45-60 mins easy w/ 4x15 secs stides	8 20min warm-up 3-4mi at HM pace 10-20min cool-down	6 45-60 mins easy or rest	7 20min warm-up 5x800m at 5k pace w/ 400m jog rest 10-20min cool-down	3 Rest (Advanced runners: 20-40 mins easy)
3-Apr	5 Aerobic Conditioning & Neuromuscular Fitness	36 45	6 45-60 mins easy w/ 4x15 secs stides	9 20min warm-up 2-3x2mi at HM pace w/ 3min jog rest 10-20min cool-down	6 45-60 mins easy or rest	7 20min warm-up w/ drills 4x200m, 4x400m, 2x200m w/ reps at Mile pace and equal distance jog rest after each rep 10-20min cool-down	3 Rest (Advanced runners: 20-40 mins easy)	10 75-90 mins easy	4 30-45 mins easy, or rest

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10-Apr  <b>6</b>	Race Week w/ Lactate Clearance	38 47	6 45-60 mins easy w/ 4x15 secs strides	9 20min warm-up 3-5mi at HM pace 10-20min cool-down	6 45-60 mins easy or rest	9 20min warm-up 400m-800m-1200m-1600m-1200m 800m-400m w/ each rep at 10k pace and 400m jog rest after each rep 10-20min cool-down	3 Rest (Advanced runners: 20-40 mins easy)	10 75-90 mins easy	4 30-45 mins easy, or rest
17-Apr  <b>7</b>	Race Week w/ Lactate Clearance	32 38	6 45-60 mins easy w/ 4x15 secs strides	9 20min warm-up 2-3x2mi at HM pace w/ 3min jog rest 10-20min cool-down	3 20-30 mins easy w/ 4x15 secs strides	5 20min warm-up <i>Racers: 1x1200m at 5k pace</i> Non-racers: 3-5x1200m at 5k pace w/ 400m jog rest 10-20min cool-down; <b>NBR Track Meet</b>	3 Rest (Advanced runners: 20-40 mins easy)	4 If racing Sunday: 10-20min easy w/ 4x100m strides. if not racing: 75- 90 mins easy	8 <b>Race for Kids 4mi</b> , or 30-45 mins easy, or rest
24-Apr  <b>8</b>	Aerobic Conditioning & Neuromuscula r Fitness	37 46	6 45-60 mins easy w/ 4x15 secs stides	9 20min warm-up 4x1mi at 10k pace w/ pace w/ 2min jog rest 10-20min cool-down	6 45 to 60 mins easy or rest	8 20min warm-up w/ drills 4x200m, 6x400m, 2x200m w/ reps at Mile pace and equal distance jog rest after each rep 10-20min cool-down	3 Rest (Advanced runners: 20-40 mins easy)	10 <b>East River 5000/ Atalanta Track meet</b> , or 75-90 mins easy	4 30-45 mins easy, or rest
1-May  <b>9</b>	Aerobic Conditioning	37 46	6 45-60 mins easy w/ 4x15 secs stides	10 20min warm-up 4-6mi at HM pace 10-20min cool-down	6 45 to 60 mins easy or rest	9 20min warm-up 400m-800m-1200m-1600m-1600m 1200m-800m-400m w/ each rep at 10k pace and 400m jog rest after each rep 10-20min cool-down	3 Rest (Advanced runners: 20-40 mins easy)	4 If racing Sunday: 10-20min easy w/ 4x100m strides. if not racing: 75- 90 mins easy	8 <b>NYRR Newport 5K</b> , or 30-45 mins easy, or rest

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Week	Purpose	Wkly Min Wkly Max	Recovery Run	Long interval workout	Cardio cross-train, yoga, or easy run	Short interval workout	Rest/Easy	Long run	Recovery Run & strength session
8-May  <b>10</b>	Race Week w/ Lactate Clearance	35 44	5 30-45 mins easy	9 20min warm-up 4-5mi progression, starting at MP and accelerating by 0:10/mi with each successive mile 10-20min cool-down	6 30 to 45 mins easy or rest	7 20min warm-up 4-5x1200m at 5k pace w/ 400m jog rest 10-20min cool-down	3 20-30 min easy w/ 4x15 secs strides	10 75-90 mins easy	4 30-45 mins easy, or rest
15-May  <b>11</b>	Aerobic Conditioning & Neuromuscular Fitness	33 42	5 30-45 mins easy	9 20min warm-up 2-3x2mi at HM pace w/ 3min jog rest 10-20min cool-down	6 30 to 45 mins easy or rest	5 20min warm-up w/ drills <i>Racers: 2x200m at Mile pace, 2x400m at 10k pace w/ equal distance jog after each rep</i> <i>Non-racers: 2x200m, 8x400m, 2x200m w/ reps at Mile pace, equal distance jog rest after each rep</i> 10-20min cool-down	3 20-30 min easy w/ 4x15 secs strides	10 <b>Brooklyn Half Marathon</b> or 75-90 mins easy	4 30-45 mins easy, or rest
22-May  <b>12</b>	Race Week w/ Lactate Clearance	38 47	5 30-45 mins easy	10 20min warm-up 5x1mi at 10k pace w/ 2min jog rest after each rep 10-20min cool-down	6 30 to 45 mins easy or rest	9 20min warm-up 400m-800m-1200m-1600m-1600m-1200m-800m-400m w/ reps at 10k pace, descending if possible on final three; 400m jog rest after each rep 10-20min cool-down	3 20-30 min easy w/ 4x15 secs strides	10 75-90 mins easy	4 30-45 mins easy, or rest
29-May  <b>13</b>	Race Week w/ Lactate Clearance	35 44	5 30-45 mins easy	10 20min warm-up 4-6mi progression, starting at MP and accelerating by 0:10/mi with each successive mile 10-20min cool-down	6 30 to 45 mins easy or rest	8 20min warm-up 4-6x1200m at 5k pace w/ 400m jog rest 10-20min cool-down	3 20-30 min easy w/ 4x15 secs strides	4 If racing Sunday: 10-20min easy w/ 4x100m strides. if not racing: 75-90 mins easy	8 <b>Kenny Dolan 5K (Brooklyn) or GFTC Track Meet, or</b> 30-45 mins easy, or rest

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5-Jun	Race Week w/ Lactate Clearance	37	46	5 30-45 mins easy	9 20min warm-up 2x2mi at 10k pace w/ 5min jog rest 10-20min cool-down	6 30 to 45 mins easy or rest	9 20min warm-up w/ drills 10x400m w/ reps at Mile pace and equal distance jog rest after each rep 10-20min cool-down	3 20-30 min easy w/ 4x15 secs strides	10 75-90 mins easy	4 30-45 mins easy, or rest
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12-Jun	Race Week w/ Lactate Clearance	24	33	5 30-45 mins easy	6 20min warm-up <i>Racers: 1x1mi at 10k pace w/ 5 mins rest, 2x200m at Mile pace w/ 1 min rest</i> Non-racers: 5mi at half-marathon pace 10-20min cool-down	6 20-30 mins easy w/ 4x15 secs strides	6 20min warm-up w/ drills <i>Racers: 6x200m descending from 5k pace to 800m pace w/ 200m walk rest</i> Non-racers: 10x1km at 10k pace w/ 1min jog rest 10-20min cool-down	3 20-30 min easy w/ 4x15 secs strides	3 <b>Queens 10k or Shelter Island 10k</b> or long run: 60-90 minutes	4 30-45 mins easy, or rest
15										