

**Dashing Whippets  
Late Fall 2023  
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   |
| 23-Oct<br><b>1</b> | Aerobic Conditioning; Neuromuscular Fitness | 28           | 32   | 37   | 4<br>30-45 min easy w/ strides & drills | 5<br>1.5M w/u; 8-12 x 200m uphill at 5K to 3K pace (jog down to recover); 1.5M c/d | 4<br>30-45 min easy run w/ strides & drills, aerobic cross training or rest | 6<br>1.5M w/u, 2-3 x 2000m at HMP (400m recovery); 1.5M c/d   | 5<br>REST (advanced = up to 40 min easy run w/ strides & drills) | 9<br>1:25-1:40 at long run pace  | 4<br>30-45 min easy w/ strides, drills & strength session  |
| 30-Oct<br><b>2</b> | Aerobic Conditioning; Neuromuscular Fitness | 29.5         | 33.5 | 38.5 | 4<br>30-45 min easy w/ strides & drills | 6.5<br>1.5M w/u; 3-4M @ marathon pace; 1.5M c/d                                    | 4<br>30-45 min easy run w/ strides & drills, aerobic cross training or rest | 6<br>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<br>REST (advanced = up to 40 min easy run w/ strides & drills) | 9<br>1:25-1:40 at long run pace  | 4<br>30-45 min easy w/ strides, drills & strength session  |
| 6-Nov<br><b>3</b>  | Aerobic Conditioning; Lactate Clearance     | 31           | 35   | 40   | 4<br>30-45 min easy w/ strides & drills | 7<br>1.5M w/u; 4 x 1 mile at LT pace (1:30 recovery jog); 1.5M c/d                 | 4<br>30-45 min easy run w/ strides & drills, aerobic cross training or rest | 7<br>1.5M w/u, 3 x 1200m(LT pace)+400m(5K-10K pace) (400m recovery jog) -- no rest between pace changes; 1.5M c/d   | 5<br>REST (advanced = up to 40 min easy run w/ strides & drills) | 9<br>1:25-1:40 at long run pace  | 4<br>30-45 min easy w/ strides, drills & strength session  |
| 13-Nov<br><b>4</b> | Aerobic Conditioning                        | 30           | 34   | 39   | 4<br>30-45 min easy w/ strides & drills | 8<br>1.5M w/u; 2-3 x 2M @ HMP (3:00 recovery jog); 1.5M c/d                        | 4<br>30-45 min easy run w/ strides & drills, aerobic cross training or rest | 7<br>1.5M w/u; Long pyramid: 800m, 1200m, 1600m, 1200m, 800m all at 10K pace (400m recovery jog); 1.5M c/d (Racing this weekend? Stop after running the 1600) | 5<br>REST (advanced = up to 40 min easy run w/ strides & drills) | 5<br>40-50 min easy w/ strides, drills & strength session                          | 6<br><b>NYRR Van Cortlandt Cross Country 5K, or NYRR Race to Deliver 4M, or 1:25-1:40 at long run pace</b> |
| 20-Nov<br><b>5</b> | Recovery Week                               | 30           | 34   | 34   | 4<br>30-45 min easy w/ strides & drills | 6<br>2M w/u; 5-8 x 400m uphill @ 10K to 5K pace (jog down rest); 2M c/d            | 4<br>30-45 min easy run w/ strides & drills, aerobic cross training or rest | 5<br>Rest, or jump into a Turket Trot race, or run 4-6M very easy   | 0<br>Rest or run just for fun                                    | 10<br>1:30-1:40 long run pace  | 5<br>40-50 min easy w/ strides, drills & strength session  |
| 27-Nov<br><b>6</b> | Lactate Clearance and Race Week             | 32           | 36   | 41   | 4<br>30-45 min easy w/ strides & drills | 8<br>2M w/u; 2M @ LT pace (3:00 jog rest), 2x400 @ 5K pace (1:30 jog rest); 2M c/d | 4<br>30-45 min easy run w/ strides & drills, aerobic cross training or rest | 4<br>30-45 minutes, mostly easy, but mix 5-8 100m strides in  | 5<br>REST (advanced = up to 40 min easy run w/ strides & drills) | 11<br><b>Ted Corbitt 15K (Team Points race)</b>                                    | 5<br>40-50 min easy w/ strides, drills & strength session  |
| 4-Dec<br><b>7</b>  | Lactate Clearance, Aerobic Conditioning     | 35           | 39   | 44   | 4<br>30-45 min easy w/ strides & drills | 8<br>2M w/u; 4-5M @ marathon pace; 2M c/d  | 4<br>30-45 min easy run w/ strides & drills, aerobic cross training or rest | 8<br>2M w/u, 3-4 x 1200m @ 10K pace, 2-4 x 200m @ 3K pace (400m/200m rest); 2M c/d  | 5<br>REST (advanced = up to 40 min easy run w/ strides & drills) | 10<br>1:30-1:45 at long run pace (and good luck, USATF XC Club Nationals runners!) | 5<br>40-50 min easy w/ strides, drills & strength session  |

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| 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  |
| 11-Dec<br><b>8</b>  | Lactate Clearance. Neuromuscular Fitness | 33           | 37  | 42  | 4<br>30-45 min easy w/ strides & drills | 8<br>2M w/u; 2xMile @ LT pace, 4x400 @ 5K pace (2:00 jog rest); 2M c/d            | 4<br>30-45 min easy run w/ strides & drills, aerobic cross training or rest | 5<br>2M w/u; 8x200: 3 @ 5K pace, 2 @ 3K pace, 2 @ mile pace, 1 @ 800 pace (1:30 walk rest); 1M c/d                 | 5<br>REST (advanced = up to 40 min easy run w/ strides & drills) | 11<br>1:35-1:50 at long run pace | 5<br>40-50 min easy w/ strides, drills & strength session |
| 18-Dec<br><b>9</b>  | Neuromuscular Fitness                    | 32           | 36  | 41  | 4<br>30-45 min easy w/ strides & drills | 6<br>1.5M w/u; 8-12 x 200m uphill at mile-3K pace (jog down to recover); 1.5M c/d | 4<br>30-45 min easy run w/ strides & drills, aerobic cross training or rest | 6<br><b>NYRR Night at the Races (Armory Indoor Track) OR: 1.5M w/u; 6x800 @ 10K pace (1:30 rest); 1.5M c/d OR:</b> | 5<br>REST (advanced = up to 40 min easy run w/ strides & drills) | 11<br>1:35-1:50 at long run pace | 5<br>40-50 min easy w/ strides, drills & strength session |
| 25-Dec<br><b>10</b> | Lactate Clearance                        | 33           | 37  | 42  | 4<br>30-45 min easy w/ strides & drills | 7<br>1.5M w/u; 2 x 2M @ HMP (3:00 recovery jog); 1.5M c/d                         | 4<br>30-45 min easy run w/ strides & drills, aerobic cross training or rest | 6<br>1.5M w/u; 2xMile @ 10K pace (1:30 rest), 4x200 @ 5K pace (1:30 rest); 1.5M c/d                                | 5<br>REST (advanced = up to 40 min easy run w/ strides & drills) | 11<br>1:35-1:50 at long run pace | 5<br>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.
- 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.
- 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
- 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.