

Dashing Whippets 2024 Spring Short Distance Plan

Overview: This plan trains runners for distances ranging from 5km to 10km, with a specific focus on the Dashing Whippets Track Meet in June, the Queens 10k in June and the Team Championships 5-Miler in July. 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.

Week	Purpose	Wkly Min	Wkly Max	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
1-Apr	Aerobic Conditioning & Neuromuscular Fitness	36	45	6 Recovery Run 45-60 mins easy w/ 4x15 secs strides	9 Long interval workout 2mi w/u with drills; 2-3x2mi at HMP (3:00 rest); 1-2mi c/d	6 Cardio cross-train, yoga, or easy run 45-60 mins easy or rest	7 Short interval workout 2mi w/u with drills 10x400m at 5k pace w/ 200m jog rest 1-2mi c/d	3 Rest/Easy Rest (advanced : up to 40 min easy run w/ strides & drills)	10 Long run 75-90 mins easy, or Run as One 4-Miler	4 Recovery Run & strength session 30-45 mins easy, or rest	
8-Apr				2	Neuromuscular Fitness & Lactate Clearance	38	47	6 45-60 mins easy w/ 4x15 secs strides	9 2mi w/u with drills 8-12x400m uphill at 5k effort w/ 400m downhill jog recovery 1-2mi c/d	6 45-60 mins easy or rest	9 2mi w/u with drills; 400m / 800m / 1200m / 1600m / 1200m / 800m / 400m at 10k pace (400m rest); 1-2mi c/d
15-Apr	Aerobic Conditioning & Specific Endurance	32	38	6 45-60 mins easy w/ 4x15 secs strides	9 2mi w/u with drills 2-3x2mi at HMP w/ 3:00 jog rest 1-2mi c/d	3 20-30 mins easy w/ 4x15 secs strides	5 2mi w/u with drills 3-4x1200m at 5k pace w/ 400m jog rest 1-2mi c/d	3 Rest (advanced : up to 40 min easy run w/ strides & drills)	4 If racing Sunday: 10-20min easy w/ 4x100m strides. if not racing: 75-90 mins easy	8 Race for Kids 4mi , or 30-45 mins easy, or rest	
22-Apr				4	Aerobic Conditioning & Neuromuscular Fitness	37	46	6 45-60 mins easy w/ 4x15 secs strides	9 2mi w/u with drills 4x1mi at 10k pace w/ 2:00 jog rest 1-2mi c/d	6 45 to 60 mins easy or rest	8 2mi w/u with drills 4x800m at 5k pace (2:30 rest), 3x400m at 3K pace (2:00 rest), 2x200m at Mile pace (1:30 rest) 1-2mi c/d

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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
29-Apr				6	10	6	9	3	4	8
5	Lactate Clearance	37	46	45-60 mins easy w/ 4x15 secs strides	2mi w/u with drills 1x3mi at HMP (3:00 rest), 4x400m at 5k pace or faster (1:30 rest) 1-2mi c/d	45 to 60 mins easy or rest	2mi w/u with drills 2x1200 at 10k; 3x800 at 5k; 4x400 faster than 5k (2:30 / 2:00 / 1:30 rest); 1-2mi c/d	Rest (advanced : up to 40 min easy run w/ strides & drills)	75-90 mins easy	30-45 mins easy, or rest
6-May				5	9	6	7	3	10	4
6	Neuromuscular Fitness & Specific Endurance	35	44	30-45 mins easy	2mi w/u with drills 8-12x400m uphill at 5k effort w/ 400m downhill jog recovery 1-2mi c/d	30 to 45 mins easy or rest	2mi w/u with drills; 3x1000 @10k; 4x400 at 5k (2:00 / 1:30 rest); 1-2mi c/d	Rest (advanced : up to 40 min easy run w/ strides & drills)	75-90 mins easy	30-45 mins easy, or rest
13-May				5	9	6	5	3	10	4
7	Neuromuscular Fitness	33	42	30-45 mins easy	2mi w/u with drills; 1x1mi at 10k; 1x800 at 5k; 6x200 at 3k w/ 2:00 rest after each rep; 1-2mi c/d	30 to 45 mins easy or rest	2mi w/u with drills <i>Racers: 2x200m at 5k pace, 2x400m at 10k pace w/ equal distance jog after each rep</i> Non-racers: 2x200m, 6-8x400m, 2x200m w/ 200m reps at Mile pace, 400m at 3k pace, equal distance jog rest after each rep 1-2mi c/d	Rest (advanced : up to 40 min easy run w/ strides & drills)	Brooklyn Half Marathon or 75-90 mins easy	30-45 mins easy, or rest
20-May				5	10	6	9	3	10	4
8	Specific Endurance	38	47	30-45 mins easy	2mi w/u with drills 3x1mi at 10k pace, 1x1mi at 5k pace w/ 2:30 jog rest after each rep 1-2mi c/d	30 to 45 mins easy or rest	2mi w/u with drills 10x600m at 5k pace w/ 200m jog rest 1-2mi c/d	Rest (advanced : up to 40 min easy run w/ strides & drills)	75-90 mins easy	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
24-Jun 13	Aerobic Conditioning & Specific Endurance	32	40	5 40-50 min easy w/ strides & drills	6 2mi w/u with drills; 2mi at HMP w/ 3:00 rest, 4x400 at 5k pace w/ 1:00 rest; 1-2mi c/d	3 Rest, or 30-45 min easy run, or aerobic cross training	6.5 2mi w/u with drills; 4-5x800m at 5k pace w/ 2:30 rest; 1-2mi c/d	5 Rest (advanced : up to 40 min easy run w/ strides & drills)	9 1:15-1:35 long run, or Pride Run 4-Miler	5 40-50 min easy w/ strides, drills & strength session
1-Jul 14	Aerobic Conditioning & Neuromuscular Fitness	33	42	5 40-50 min easy w/ strides & drills	6.5 2mi w/u with drills; 2x2mi at HMP 1-2mi c/d	4 30-45 min easy run w/ strides & drills, aerobic cross training or rest	6.5 2mi w/u with drills 12-16x200m at 1-Mile pace w/ 200m rest; 1-2mi c/d	5 Rest (advanced : up to 40 min easy run w/ strides & drills)	10 1:20-1:40 long run	5 40-50 min easy w/ strides, drills & strength session
8-Jul 15	Specific Endurance	35	44	5 40-50 min easy w/ strides & drills	7.5 2mi w/u with drills; 3x1mi at 10k pace, 1x1mi at 5k pace (2:00 recovery); 1-2mi c/d	4 30-45 min easy run w/ strides & drills, aerobic cross training or rest	6.5 2mi w/u with drills; 8-12x400m at 5k pace w/ 1:30 rest; 1-2mi c/d	5 Rest (advanced : up to 40 min easy run w/ strides & drills)	11 1:25-1:40 long run, or Retro 4-Miler	5 40-50 min easy w/ strides, drills & strength session
15-Jul 16	Specific Endurance	35	44	5 40-50 min easy w/ strides & drills, or R-U-N 5k	7.5 2mi w/u with drills; 1x2mi at HMP w/ 3:00 rest, 2x800m at 5k pace w/ 3:00 rest, 2x200m at Mile pace w/ 1:00 rest; 1-2mi c/d	4 Rest, or 30-45 min easy run, or aerobic cross training, or NYRR Speed Series #1 (Icahn Stadium)	6.5 2mi w/u with drills; 5x1200m at 5mi pace w/ 400m rest, 4x200m at 3k pace w/ 200m rest; 1-2mi c/d	5 Rest (advanced : up to 40 min easy run w/ strides & drills)	11 1:25-1:40 long run	5 40-50 min easy w/ strides, drills & strength session

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22-Jul				Recovery Run	Long interval workout	Cardio cross-train, yoga, or easy run	Short interval workout	Rest/Easy	Long run	Recovery Run & strength session
17	Race Week: Neuromuscular Fitness & tapering	35	44	40-50 min easy w/ strides & drills	2mi w/u with drills; 2x800m at 5mi pace, 2x800m at 5k pace w/ 1:30 rest after each rep 1-2mi c/d	30-45 min easy run w/ strides & drills, aerobic cross training or rest	2mi w/u with drills; 2x400m at 5mi pace, 2x300m at 5k pace, 2x200m at Mile pace w/ 200m jog after every rep; 1-2mi c/d	Rest (advanced : up to 40 min easy run w/ strides & drills)	15-30min easy	NYRR Team Championships (5 Miles)

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.
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.
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.
Speed intervals	Goal: develop neuromuscular fitness or specific endurance. Numerous repeats of runs from 200m to 2M at a demanding pace, with active recovery between repeats.
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
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.