

**Dashing Whippets
2024 Summer/Early
Fall Short Distance
Plan**

Overview:

This Summer/ Fall plan trains runners for distances ranging from 1 Mile up to Half Marathon. Key races listed below include road races along with some track meets and cross country races but there are many other options including events hosted by NYRR, Tracksmith and NYCRuns! This training plan is intended for athletes who have run at least 4 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 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			
29-Jul	1 Neuromuscular Fitness	33	37	42	5	6	4	6.5	5	11	4			
					40-50 min easy w/ strides & drills	1.5M w/u; 6-10 x 400m uphill @ 10K-5K pace (jog back downhill to recover); 1.5M c/d	Rest, or 30-45 min easy run, or aerobic cross training, or NYRR Speed Series (Icahn Stadium) or AI Goldstein 5K (Prospect Park)	1.5M w/u, 2 x (6 x 200m) @ One-Mile pace (200m b/w intervals; 800m b/w sets); 1.5M c/d	REST (advanced = up to 40 min easy run w/ strides & drills)	1:25-1:40 long run	Brooklyn Mile			
5-Aug								5	5	4	6	5	6	5
					40-50 min easy w/ strides & drills	1.5M w/u; 3-4 repeats of 800m at 15K to 10K pace (2:00 recovery); 1.5M c/d	30-45 min easy run w/ strides & drills, aerobic cross training or rest	1.5M w/u; 8 x 200m at One-Mile race pace (200m recovery), then 4 x 400m at One-Mile pace (400m recovery); 1.5M c/d (<i>Racing this weekend? Stop at 6 x 200m</i>)	REST (advanced = up to 40 min easy run w/ strides & drills)	NYRR Percy Sutton Harlem 5K	40-50 min easy w/ strides, drills & strength session			
12-Aug	3 Neuromuscular Fitness	33	37	42	5	6	4	5.5	5	11	5			
					40-50 min easy w/ strides & drills	1.5M w/u; 6-8 x 400m uphill @ 10K pace (jog down rest); 1.5M c/d	30-45 min easy run, or aerobic cross training, or NYRR Speed Series (Icahn Stadium), or AI Goldstein 5K (Prospect Park)	1.5M w/u; 2 x 4 x 400m @ One-Mile pace (200m b/w interval; 800m b/w sets); 1.5 c/d	REST (advanced = up to 40 min easy run w/ strides & drills)	1:25-1:40 long run	40-50 min easy w/ strides, drills & strength session			
19-Aug	4 Lactate Clearance	34	38	43	5	7.5	4	5	5	11	5			
					40-50 min easy w/ strides & drills	1.5M w/u; 3M at half marathon pace (5:00 jog recovery), then 2M at between half marathon and 15K/Threshold pace; 1.5M c/d	30-45 min easy run w/ strides & drills, aerobic cross training or rest	1.5 w/u; 3-4 x (200m, 200m, 400m) all at One-Mile race pace (jog same distance to recover); 1.5 c/d	REST (advanced = up to 40 min easy run w/ strides & drills)	1:25-1:40 long run	40-50 min easy w/ strides, drills & strength session			

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		Min	Mid	Max	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
26-Aug	5	31	35	40	5	6	4	5	5	10	5
Lactate Clearance and Neuromuscular Fitness					40-50 min easy w/ strides & drills	1.5M w/u; 8-10 x 400m uphill at 10K pace (jog back down to recover); 1.5M c/d	30-45 min easy run w/ strides & drills, aerobic cross training or rest	1.5M w/u; 2-3 supersets of 400/200/400/200/400 (i.e. 1600m total), with the 400s at mile pace and the 200s at marathon pace (800m jog after each superset); 1.5M c/d	REST (advanced = up to 40 min easy run w/ strides & drills)	40-50 min easy w/ strides, drills & strength session	1:30-1:45 long run OR 3x400, 2x600, 1x800, all at one-mile pace (recover same distance)
2-Sep	6	19	23	28	5	5.5	4	3.5	5	1	4
Race Week and Lactate Clearance					40-50 min easy w/ strides & drills	1.5M w/u; 2M at LT/15K pace (2:00 recovery jog), then 2 x 800m at 5K pace (2:00 recovery jog); 1.5 c/d	30-45 min easy run w/ strides & drills, aerobic cross training or rest	1.5M w/u; 6x200m (2 @ 3K pace, 2 @ mile pace, 2 @ 800 pace) (1:30 walk rest); 1M c/d	REST (advanced = up to 40 min easy run w/ strides & drills)	Rest or 10-15 min easy run	Fifth Avenue Mile
9-Sep	7	34	38	43	5	6.5	4	6.5	5	11	5
Aerobic Conditioning					40-50 min easy w/ strides & drills	1.5M w/u; 4-5 miles @ MP; 1.5M c/d	30-45 min easy run w/ strides & drills, aerobic cross training or rest	1.5M w/u; 4 x 1000m at 10K pace (400m recovery jog), then 4 x 400m at 5K pace (200m recovery); 1.5M c/d	REST (advanced = up to 40 min easy run w/ strides & drills)	1:25-1:40 long run	40-50 min easy w/ strides, drills & strength session
16-Sep	8	33	37	42	4	5.5	4	8	5	3	12
Aerobic Conditioning and Race Week					30-45 min easy run w/ strides & drills (or rest)	1.5M w/u; 400m/ 800m/ 1200m/ 1200m/ 800m/ 400m @ 10K pace (1:30 jog rest); 1.5M c/d	30-45 min easy run w/ strides & drills, aerobic cross training or rest	1.5M w/u; 6-8 x 800m at 5K pace (400m recovery); 1.5M c/d (<i>Racing this weekend? Stop at 4 repeats</i>)	REST (advanced = up to 40 min easy run w/ strides & drills)	15-30min easy run	NYRR Bronx Ten-Miler
23-Sep	9	35	39	44	5	7	4	7	5	11	5
Neuromuscular Fitness and Lactate Clearance					40-50 min easy w/ strides & drills	1.5M w/u; 4-6 sets of (400m uphill at 5K pace, jog back downhill, 400m on a flat surface at 3K pace, jog back to start); 1.5M c/d	30-45 min easy run w/ strides & drills, aerobic cross training or rest	1.5 w/u; 3 x 2000m at 10K pace (400m recovery jog), then optional 2 x 400m at 5K pace (200m recovery); 1.5 c/d. (<i>Racing this weekend? Stop at 1-2 sets</i>)	REST (advanced = up to 40 min easy run w/ strides & drills)	1:25-1:40 long run	40-50 min easy w/ strides, drills & strength session
30-Sep	10	33	37	40	5	6	4	7	3	11	4
Lactate Clearance					40-50 min easy w/ strides & drills	1.5M w/u; 3-4 x 1 Mile @ LT/15K pace (90 sec recovery); 1.5M c/d	30-45 min easy run w/ strides & drills, aerobic cross training or rest	1.5M w/u, 4x1200m @ 5K pace, 4x200m @ 3K pace (400m/ 200m recovery); 1.5M c/d	REST (advanced = up to 25 min easy run w/ strides & drills)	1:25-1:40 long run	NYRR Van Cortlandt XC #2 (5K)

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7-Oct 11	Lactate Clearance and Race Week	36	40	45	5 40-50 min easy w/ strides & drills	5.5 1.5M w/u; 3M @ LT pace (3:00 jog rest), 2x400m @ 5K pace (1:30 jog rest); 1.5M c/d	4 30-45 min easy run w/ strides & drills, aerobic cross training or rest	7 1.5M w/u; , 4-6 x 1000m at 10K pace (400m recovery); 1.5M c/d (<i>Racing this weekend? Stop at 3 repeats</i>)	5 REST (advanced = up to 40 min easy run w/ strides & drills)	3 15-30min easy run	15 NYRR Staten Island Half
14-Oct 12	Lactate Clearance and Neuromuscular Fitness	33	37	42	5 40-50 min easy w/ strides & drills	7 1.5M w/u; 4-6M Progression run (first mile @ MP, drop ~10 sec/ mile each mile); 1-1.5M c/d	4 30-45 min easy run w/ strides & drills, aerobic cross training or rest	4.5 1.5M w/u; 5 x 600m @ 5K pace (400m recovery); 1.5M 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
21-Oct 13	Neuromuscular Fitness	32	36	41	5 40-50 min easy w/ strides & drills	5.5 1.5M w/u; 8-12 x 200m uphill at 5K to 3K pace (jog down to recover); 1.5M c/d	4 30-45 min easy run w/ strides & drills, aerobic cross training or rest	5.5 1.5M w/u; Short Pyramid: 400m, 800m, 1200m, 800m, 400m, all at 5K pace (400m recovery jog); 1.5M 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
28-Oct 14	Lactate Clearance	32	36	41	5 40-50 min easy w/ strides & drills	5.5 1.5M w/u; 3-4M @ marathon pace; 1.5M c/d	4 30-45 min easy run w/ strides & drills, aerobic cross training or rest	5 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)	11 1:25-1:40 long run	5 40-50 min easy w/ strides, drills & strength session