

**Dashing Whippets
Winter 2025
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 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
30-Dec					5 40-50 min easy w/ strides & drills	7 1.5M w/u; 3-5 x 1 Mile @ 15K pace w/ 90 sec recovery; 1.5M c/d	5 40-50 min easy run w/ strides & drills, aerobic cross training or rest	4.5 20 min w/u, 2 x (8 x 200) @ 1-Mile pace w/ 200m recovery, 800m recovery between 2 sets, 15min c/d	5 REST (advanced = up to 40 min easy run w/ strides & drills)	9 1:15 - 1:30 at long run pace	4 30-45 min easy run w/ strides & drills), or rest
6-Jan					5 40-50 min easy w/ strides & drills	6 1.5M w/u; 2 x 1 Mile @ 15K pace w/ 90 sec recovery; then 2-4 x 1000m @ 15K pace w/ 90 sec recovery; 1.5M c/d	5 40-50 min easy run w/ strides & drills, aerobic cross training or rest	7.5 Recommended race: NYRR @ Armory (1000m, 600m, 3K). Optional workout instead: 20min w/u; 3-4 x 200/200/400 @ mile pace w/ equal distance recovery; 15min c/d	5 REST (advanced = up to 40 min easy run w/ strides & drills)	10 1:15 - 1:30 at long run pace	4 30-45 min easy run w/ strides & drills), or rest
13-Jan					5 40-50 min easy w/ strides & drills	6 1.5M w/u; 5-10 x 400m uphill repeats @ 10K pace (downhill recovery); 1.5M c/d	5 40-50 min easy run w/ strides & drills, aerobic cross training or rest	5.5 20min w/u; 5-8 x 800m @ 5K pace w/ 400m recovery; 15min c/d. Optional race: Ocean Breeze Indoor Track (mile, 800, 2 mile)	5 REST (advanced = up to 40 min easy run w/ strides & drills)	10 1:15 - 1:30 at long run pace	4 30-45 min easy run w/ strides & drills), or rest
20-Jan					5 40-50 min easy w/ strides & drills	7 1.5M w/u; 3-5 miles @ HM pace; 1.5M c/d Racing this week? Only 2-3 Miles @ HMP	5 40-50 min easy run w/ strides & drills, aerobic cross training or rest	7.5 20min w/u; 3-4 x 1000m @ 5K pace w/ 600m recovery + 4 x 200 @ 1-Mile pace w/ 200m recovery, 15 min c/d. (Racing this weekend? Easy run.) Optional race: NYRR @ Armory (800m, 5000m).	5 REST (advanced = up to 40 min easy run w/ strides & drills)	11 1:20 - 1:40 at long run pace	4 30-45 min easy run w/ strides & drills), or rest
27-Jan					5 40-50 min easy w/ strides & drills	7 1.5M w/u, 6-12 x 400m uphill repeats @ 10K pace (downhill recovery), 1.5M c/d	5 40-50 min easy run w/ strides & drills, aerobic cross training or rest	6.5 20min w/u; 2 x (4 x 400) @ 1-Mile pace w/400m recovery, 800m recovery between sets; 15min c/d. (Racing this weekend? Stop at 1 set.) Optional Race: Miles Mania @ Ocean Breeze (mile, 800, 2mile).	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	8 NYRR Manhattan 10K
3-Feb					5 40-50 min easy w/ strides & drills	7 1.5M w/u; 4-6 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 20min w/u; 5-8 x 600 @ 5K pace w/ 400m recovery; 15min c/d.	5 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	5 30-45 min easy run w/ strides & drills), or rest

**Dashing Whippets
Winter 2025
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 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
10-Feb					5 40-50 min easy w/ strides & drills	6.5 1.5M w/u; 3 x Mile, First two @ 10K pace, third @ 5K to 10K pace (3:00 recovery); 1.5M c/d	5 40-50 min easy run w/ strides & drills, aerobic cross training or rest	5.5 20min w/u; 3 x (3x400). In each set, run the first two at 5K pace, third at 3K pace (200m walk-jog/ 400m jog recovery); 15min c/d. Optional race: Miles Mania @ Ocean Breeze (mile, 800, 2mile).	5 REST (advanced = up to 40 min easy run w/ strides & drills)	11 1:20 - 1:40 at long run pace; Optional Race: Trials of Miles at NYC Armory	4 30-45 min easy run w/ strides & drills), or rest
17-Feb					5 NYRR @ Armory (400m, 3000m), OR 40-50 min easy w/ strides & drills	6 1.5M w/u; 3M @ 15K pace; 1.5M c/d	5 40-50 min easy run w/ strides & drills, aerobic cross training or rest	8 20min w/u; 4-5 x 1600m @ 10K w/ 400m recovery; 15min c/d.	5 REST (advanced = up to 40 min easy run w/ strides & drills)	11 1:20 - 1:40 at long run pace. Optional race: NYRR Al Gordon 4M	4 30-45 min easy run w/ strides & drills), or rest
24-Feb					5 40-50 min easy w/ strides & drills	7 1.5M w/u, 6-12 x 400m uphill repeats @ 10K pace (downhill recovery), 1.5M c/d	5 40-50 min easy run w/ strides & drills, aerobic cross training or rest	4.5 20min w/u; 6x200 (2 @ 3K/@M pace, 2 @ mile pace, 2 @ 800 pace) (1:30 walk-jog rest); 1.5 c/d. Optional race: Miles Mania @ Ocean Breeze (mile, 800, 2mile).	0 Rest	3 REST or up to 25 min easy run w/ strides & drills. Optional race: USATF Open/ Masters meet at Ocean Breeze	6 NYRR Washington Heights 5K
3-Mar					6 45-60 mins easy w/ 4x15 secs strides	7 1.5M w/u 4-8 x 800m at 5K pace w/ 2:30 jog rest 1.5M c/d	6 45-60 mins easy or rest	7 20min w/u; 6-8 x 800m @ 5K pace w/ 400m recovery; 15min c/d. Optional Race: NYRR @ Armory (Mile)	3 Rest (Advanced runners: 20-40 mins easy)	11 1:20 - 1:40 at long run pace	4 30-45 mins easy, or rest
10-Mar					6 45-60 mins easy- w/ 4x15 secs strides	9 1.5M w/u 2M at HM pace w/ 3min jog rest; 4x400m at 10k pace w/ 1:30 jog rest 1.5M c/d	6 45-60 mins easy or rest	10.5 20min w/u; 2x1200 @ 10K; 3x800 @ 5K; 4x400 @ >5K (2:30/ 2:00/ 1:30 rest); 15min c/d. Racing this weekend? Run easy.	3 Rest (Advanced runners: 20-40 mins easy)	11 1:20 - 1:40 at long run pace	4 30-45 mins easy, or rest
17-Mar					6 45-60 mins easy w/ 4x15 secs strides	9 1.5M w/u. 4-5 miles at marathon pace. 1.5M c/d. <i>Raced last weekend? Just run easy for 60min</i>	6 45-60 mins easy or rest	7 20min w/u 2x200m, 4x400m, 2x200m w/ reps at Mile pace and equal distance jog rest after each rep 15min c/d	3 Rest (Advanced runners: 20-40 mins easy)	11 1:20 - 1:40 at long run pace	4 30-45 mins easy, or rest
	Specific Endurance & Aerobic Conditioning	32	37	42							
	Lactate Clearance	34	39	44							
	Race Week with Lactate Clearance	26	31	31							
	Neuromuscular Fitness	35	41	44							
	Aerobic Conditioning & Lactate Clearance	41	47	50							
	Aerobic Conditioning & Lactate Clearance	37	43	46							

Dashing Whippets Winter 2025 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 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	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
24-Mar	Lactate Clearance	37	43	46	6 45-60 mins easy w/ 4x15 secs stides	8 1.5M w/u. 8-12x400m uphill at 5K effort w/ 400m downhill jog recovery. 1.5M c/d.	6 45 -60 mins easy or rest	7 20min w/u 5x800m at 5K pace w/ 400m jog recovery 15min c/d	3 Rest (Advanced runners: 20-40 mins easy)	11 1:20 - 1:40 at long run pace	5 30-45 mins easy, or rest
31-Mar					6 45-60 mins easy w/ 4x15 secs stides	8 1.5M w/u 4M at HM pace 1.5M c/d	6 45 -60 mins easy or rest	7 20min warm-up 8x200 (3 @ 3K/2M pace, 3 @ 1-Mile pace, 2 @ 800m pace) (1:30 walk-jog rest); 15min c/d	3 Rest (Advanced runners: 20-40 mins easy)	3 REST or up to 25 min easy run w/ strides & drills	6 NYRR Run as One 4M

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.
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
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.