

April 2007 GVH Training Plan

Elite Master's

1. Your primary goal for the next 6 months:

2. Your secondary goals for the next six months:

3. Calculate your training paces: Use current VDOT _____ or estimate your current 5K time _____ per mile (= approx. I pace)

Your current weekly mileage is: _____ Your current longest run is: _____

If unsure of your training paces, check with Coach Reif at coachmr@rochester.rr.com

| Training paces based on your current VDOT: | Goal race paces: |
|--|---|
| Easy/Long pace (E/L) = _____/mile Should not exceed 30% of weekly mileage | |
| Marathon Pace (MP) = _____/mile | Marathon Goal Pace (MGP) = _____/mile |
| 1/2 Marathon Pace (.5MP) = _____/mile | 1/2 Marathon Goal Pace (.5MGP) = _____/mile |
| Lactate Threshold (T) = _____/mile = I +24sec/mi. May include workouts of up to 10% of weekly mileage | (10K GP) = _____/mile |
| VO2 Max (I) = _____/mile (Aprox 5K pace) May include workouts of up to 8% of weekly mileage | (5K GP) = _____/mile |
| Repetition (R) = _____/400 = I-24sec/mi. May include workouts of up to 6% of weekly mileage | 1500 or (mile GP) = _____/mile |
| Strides (S) = focus on bio-mechanics @ R pace | Other: |

Other terms:

With xx time recovery = **w1min/rec** = jog or walk if you must for time indicated – do not sit

Super set: continuous run generally starts @ R, then I pace, then T pace.

Long run = anything over 15 miles

Medium – Long run = 10-14 miles

Basic Aerobic run = 4-9 miles

Warm-up = **WU**

Cool down = **CD**

Long Hills = **LH** – 400-1000 meter steady effort on hills

Surge Hills = **SH** – push up and over the crest of short hills

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| <p>4. Core Exercises and Plyometrics</p> <p>Daily: minimum of 15 pushups, 40 ab crunches w/legs up/bent, 15 side crunches per side, 40 count elbow to knee cycles. Each week add 10% more to each exercise.</p> <p>2 x/week: 2 x 30 m. slow lunge walk, (Front lunge - feet together, hands on hips, step forward with one foot while, bending the knee until in a lunging position and opposite knee is 6-9" off the ground. Push off the front foot and return to feet together position. The degree of effort can be varied but the amount of force you use to go forward and back. Repeat with other leg).</p> <p>2 sets of 6 two legged jumps from squat position, like a broad jump. This is an explosive dynamic movement. Do one jump at a time to begin with. When you have done these for a while - you would start doing several in a row to activate the rebound action. Over time it would look like a frog jumping quickly. Do these on a soft surface if possible.</p> <p>Skipping drills - basic skipping can be done in slow motion (walking) or at a faster speed. There are many variations that can be done. Such as - explosive knee up lift, blocking of the thigh, short hop on opposite foot, snap foot down to ground in dorsi-flexed position, repeat with other foot. This can be a slow, forward moving drill or have various speeds and movements. Try 4 x 30 m. slowly attempting to get some rebounding from the rear leg and high knee lift in the front. (You know, the way Michael Johnson use to do it – no one cares how you look).</p> | <p>5. Weight training</p> <p>2 x /week: If you have not been lifting start with 4 weeks of overall body toning using major muscle groups doing 2 sets of each exercise/lift 15 repetitions each. High reps/low weight.</p> <p>If you have been lifting: do 2x week for the next four weeks lifting only one set of 6-8 reps with approximately 80% of max. Focus on 1/2 squats, heel raises</p> |
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6. Running Plan:

Always ask yourself: What is the purpose of this workout? Aerobic base, recovery, lactate threshold, VO2max, economy, race pace, fun? Decide in advance. Keep track of how you're doing. Let coach Reif know how the week went and if you have any questions email him at coachmr@rochester.rr.com or call at 377-1041

April: Emphasis: Base endurance – Gradually increase mileage base over 6 weeks. This schedule assumes you are at approximately 60 miles per week. You may need to adjust the mileage up or down. Use the percentage that you are over or under to adjust the distances and total mileage goals. Any races listed on the schedule are optional and should be considered a quality workout. Adjust the days as you see fit and how you get your mileage is up to you. Tuesday workouts will start on the Track at U of R @ 6 PM and may be run on the track or on the trails and roads. Our preference will to be form small groups and run on trails, the canal path or roads. If you feel the need for a rest day, do so and perhaps do a double on another day.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Total weekly miles goal |
|--|---|---|--|---|--|--|-------------------------|
| 1 9 mile basic aerobic run 5 x 100 m strides Core Exercises | 2 6 miles recovery Core Exercises Weights | 3 5:30PM WU @ U of R 2 miles easy 4 x 6 min @ T w/2min. rec. jog btwn, 2 miles easy CD (9 total) Core Exercises | 4 6 miles recovery Core Exercises | 5 12 mile medium long run, 5 x 100 m strides Weights Core Exercises | 6 6 miles recovery Core Exercises | 7 13 mile medium long run Core Exercises | 60 |
| 8 8 mile run Core Exercises | 9 6 miles recovery Core Exercises | 10 5:30PM WU @ U of R 2 miles easy 3 x 8 min. @ T w/2min rec jog btwn, 2 miles easy CD (11+ total) Core Exercises | 11 6 miles recovery Core Exercises | 12 13 mile basic aerobic run, 4 x 50 m strides Weights Core exercises | 13 4 mile basic aerobic run Core Exercises | 14 12 mile Long run with LH Core Exercises or Muddy Sneaker 20K Trail | 60 |
| 15 5 mile basic aerobic run Core Exercises | 16 6 miles recovery Core Exercises | 17 5:30PM WU @ U of R 9 miles increasing pace by 15 secs. every 3 miles, 2 miCD (12 total) | 18 6 miles recovery Core Exercises | 19 10 mile medium long run 5 x 100 m strides Weights Core Exercises | 20 5 mile basic aerobic run or off Core Exercises | 21 10-12 mile medium long run with LH plus 8 x 100 m strides Core Exercises | 55 |
| 22 7 mile basic aerobic run Core Exercises | 23 6 miles recovery Core Exercises Weights | 24 5:30PM WU @ U of R Continuous 2 mi. @E go into 3x Super set of (200 @ R, 400 @ I, 1 mile @ T) 1 mi. E btwn. finish w 2mi E (10 total) | 25 6 miles recovery Core Exercises | 26 12 mile medium long run, plus 8 x 100 m strides Weights Core Exercises | 27 6 miles recovery Core Exercises | 28 16 mile Long run Core Exercises | 63 |
| 29 1 hour easy | 30 6 miles recovery Core Exercises Weights | May 1 Steady 10 min @E. 5 x 200 @R/200 jog then 2 x 2400 m @ T with 2 min. rec. then 5 x 200 m. strides @ R/ 200 jog btwn, 15 min. CD (8-10 mi. total), Core | 2 | 3 | 4 | 5 | 70 |