

August 2010 GVH Elite Training Plan –

Name: _____

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
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:

<p>4. Core Exercises and Plyometrics</p> <p>Daily: minimum of 25 pushup 8 minute ab drill – 1 minute each of: Crunches, right side crunch, left side crunch, leg extension/elbows to knees, hip extensions, bicycle crunches, leg lifts, V sit ups. Add 25 pushups and Planks x 3 mins.</p> <p>2 x/week: 5 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. Repeat with other leg).</p> <p>2 sets of 20 quick one leg step ups, With one foot on a step (8-20" high) and the other foot on the ground step up so both feet are together and parallel to the ground, lower the leg again and bounce off the ground to an upright position. Repeat with each leg. Add height, number of reps and or light weights over time.</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 squat, heel raises and the Olympic clean if you know how to do it.</p> <p>Do not lift the week before an important race.</p>
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6. Elite Plan: August: Completion of Phase I – Move to Phase II - Emphasis is Repetition – Economy – speed and maintain base, VO2max and Lactate Threshold. Marathoners and 1/2 marathoners should follow Marathon Training Plan.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Mileage
1 6-12 mile basic aerobic run Core Exercises	2 Easy 4 min. run Core Exercises Weights	3 Speed drills 800 @ T 3 sets 600, 400, 200 @R with 400 rec. 2 mi. CD, or 2 mi. @ E, 3 mi. @ T, 3 mi. @ E 2 miles @ T 2 mi. @E Core Happy Hour @ Tap and Mallet	4 6 miles recovery Core Exercises	5 7:00 Cobbs Hill Innovative Edge XC or 7 miles with 20min. @ T	6 4 miles recovery or off Core Exercises	7 Phelps Sauerkraut 20K Road Race or 6:30 Oven Door @ Bush, Basin 10 mi. (3 @ E, 1 at T, 2 @ E, 1 mi. @T, then 3 @ E	45
8 Mendon Ponds 9 am or Bristol Mt. Hill run. Those interested Car Pool from Coach Reif's 8 am 6-10 miles Core Exercises	9 4 miles recovery Core Exercises Weights	10 2 mi. WU Speed drills 3 sets of 4x 400 @ R w/ 400 rec., 4 min. rest btwn sets then, 2 mi. CD	11 4 miles recovery Core Exercises	12 7:00 Cobbs Hill Innovative Edge XC or 7 miles with 2 x 8 min. @ T w/2 min E btwn each	13 Off or 4miles recovery Core Exercises	14 Bergen 5K (Kuzma) or 8 miles total Run easy for 3 miles then steady MP for 3 mi. & easy for balance	40
15 Mendon Ponds 9 am 30 min. @E on trails, 30 min. Fartlek (Surge Short Hills (SH), easy down), 30 min @E	16 4 miles Easy recovery Core Exercises	17 2 mi WU Speed drills 1 x 1000 m @ T w/ 2min.rec. 4 x 1000 @ I w/ 3 min. rec 2 x 500 @ R w/400 rec. 2 mi. CD	18 4 miles recovery Core Exercises	19 7:00 Cobbs Hill Innovative Edge XC or 60 min. on Trails	20 4-8 miles recovery	21 Run 10 mi total. 3 miles @ easy then 2 miles of pace finish easy	45
22 Bristol Mt. Hill run. Car Pool @ Coach Reif's 8 am 6-10 miles Core Exercises	23 4 miles Easy recovery Core Exercises	24 Cobbs Hill by pond 2 ladder sets of (1-2-3-4-3-2-1 min.) @ I w/same rec., 1-2 mi. CD Core, Wts	25 4 miles recovery Core Exercises	26 6:30 Tour de Pain @ Cobbs Hill or 60 mins. On trails	27 Off or easy 4 miles	28 Run 12 mi. easy/steady, include 5 mi @ MP and 6 x 100 m strides in last mile	45
29 Mendon Ponds Park 9 am 6-12 mile basic aerobic runCobb	30 4 miles Easy recovery	31 Cobbs Hill Park on Norris Drive. /pond 2 mi WU 1 x 1000 @ T 3 X 1000 @ I, 1x 1000@T w/same rec. 4 x 200 m strides uphill	Sept 1 4 miles Easy recovery	2 Genesee Valley Park 4 sets of (800 @ T immediately followed by 800 @ I) 3 min. rec. btwn each. 4 x 50 m strides. Core	3 Off or 4 @ E	4 ODR – or 10 miles @E National Masters 15k is on Monday Sept. 6 th	40