

July 2007 GVH Training Plan

General Training Plan

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

4. Core Exercises and Plyometrics	5. Weight training
-----------------------------------	--------------------

<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 dorsiflexed 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>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>
---	---

6. General Open and Masters Running Plan:

JULY: Emphasis this month is Economy and Lactate Threshold

This schedule assumes you are between 40-50 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.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Mileage
1 8 mile basic aerobic run Core Exercises	2 4 miles recovery	3 Off	4 Fourth of July races Or Easy 5 mile basic run miles recovery Core Exercises	5 8 mile long run, include 8 x 100 m strides Weights, Core	6 4 miles recovery Core Exercises	7 6:30 Oven Door @ Bushnell's Basin 10 mi. (3 @ E, 1.5 at T, 1 @ E, 1.5 @T, 3 @ E)	45

8 10 mile basic aerobic run @E Core Exercises	9 6 miles recovery Core Exercises Weights	10 2 mi. WU 4 x 800 @ I same rec., 6 x 300 @R w/same rec., 2 CD	11 4 miles recovery Core Exercises	12 8 mile long run with 2 x 15 min. @ T on hills	13 5 miles recovery Core Exercises	14 Run 10 mi. easy, include 6 x 100 m strides in last mile	50
15 20 min. @E on trails, 20 min. Fartlek (surge up hills, easy down), 20 min @E	16 4 miles Easy recovery Core Exercises	17 Charlie McMullen Mile @ RIT or 2 mi WU 2 x 1000 @ T w/ 2 min. rec. 2 x 1200 m @ I w/ 4 min. rec 2 x 400 @ R w/200 rec.	18 3 miles recovery Core Exercises	19 6 mile easy trail run	20 3 miles recovery	21 Run 11 mi. easy, include 6 x 100 m strides in last mile	40
22 8 mile basic aerobic run @E Core Exercises	23 6 miles Easy recovery Core Exercises	24 2 mi. WU 2 x 600m @ R w/400 m. rec., 15 min. @ T, 2 x Kenyan Surge drill of 30, 60, 120 sec. w/same rec. 2 mi. CD	25 5 miles recovery Core Exercises	26 6 mile long run, include 2 x 25 min. @ T, Weights, Core	27 Off	28 Ten Ugly Men 5K then easy 6 miles. or Volunteer to support GVH	45
29 20 min. @E on trails, 30 min. Fartlek (surge up hills, easy down), 20 min @E	30 6 miles Easy recovery Core Exercises	31 2 mi. WU 2 mile @ E, 4 1200m @ T w/2 min. rec., 2 mi. @E	August 1 6 miles recovery Core Exercises	2 6:30 Innov. Edge XC 5K @ Cobbs or 10 mile long run, include 3 x 5 min. @ T	3 5 miles recovery Core Exercises	4 Phelps Sauerkraut 20K Road Race or 10 miles (with 2 @T)	50