

May 2007 GVH Training Plan

Elite Men

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

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.

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).

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.

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).

5. Weight training

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.

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

6. Elite Open Men's Running Plan:

May: Emphasis: Continue to build base endurance and strength – Gradually increase mileage base over 6 weeks. This schedule assumes you are at approximately 60-70 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 outside 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
29 Kingston Classic 10K Plus 2 mi. wu/ 2 mil. cd (10mi total)	30 6 miles recovery Core Exercises Weights	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 6 miles recovery Core exercises	3 12 mile medium long run, 5 x 100 m strides Weights Core Exercises	4 4 mi. @ E Core	5 18 mile long run Core Exercises	70+
6 8 mile basic aerobic run 5 x 100 m strides Core Exercises	7 6 miles recovery Core Exercises Weights	8 2 mi. WU, and 6 x 800m @ I w/same rec. time 4 x 300 up hill strides, CD (14 total), Core	9 8 miles recovery Core Exercises	10 14 mile medium long run, 5 x 100 m strides Weights	11 5 miles recovery Core Exercises	12 16 mile Long run with Long Hills (LH) Core Exercises	75
13 8 mile run Core Exercises	14 7 miles recovery Core Exercises	15 3 mi. WU 2 set of 15 sec. cut backs starting at 1:30 2 mi. CD (10 total)	16 5 miles recovery Core Exercises	17 8 mile basic aerobic run, 4 x 50 m strides, Weights Core	18 5 mile basic aerobic run Core Exercises	19 4 mile basic aerobic run	60+
20 Lilac 10 K Plus 2 mi. wu/ 2mi. cd (10mi total) Volunteers needed	21 6 miles recovery Core Exercises	22 12 miles total 2 mi@ E, then include 2 x15 min. @ T w 2 min rec. CD Core Exercises	23 6 miles recovery Core Exercises	24 10 mile medium long run 5 x 100 m strides Weights Core	25 6 mile basic aerobic run Core Exercises	26 20 mile long steady run Core	75+
27 8 mile basic aerobic run Core Exercises	28 8 miles recovery Core Exercises Weights	29 Continuous 2 mi. @E go into 2 x Super set of (200 @ R, 800 @ I, 1.5 mile @ T) 1 mi. E btwn. finish w mi E (10 total)	30 8 miles recovery Core Exercises	31 JPMCCC or 15 mile long run, include 8 x 100 m strides Weights Core	June 1 8 miles recovery Core Exercises	4 18 mile Long run Core Exercises	85+