

Oct 2010 Elite Development Program - Training Plan

1. Your primary goal for the next 6 months:

2. Your secondary goals for the next six months:

3. Your training paces: Use current Vdot _____ or estimate your current 5K time _____ per mile (= approx. 1 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 = 1 +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 = 1-24sec/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:

4. Core Exercises and Plyometrics	5. Weight training
Daily: 8 minute core drill 1 min. Crunches 1 min. Side crunches 1 min. oppos side crunches 1 min. bicycle with oppos crunches 1 min. hip extensions 1 min. front plank 1 min. pushups 1 min. leg raises 3" off ground	2 x /week: 2 sets 6 reps x 90% max leg press 2 sets 4 resp x 90% toe press ups

6. October 2010 Emphasis VO2 max and Threshold. **Adjust the days as you see fit and how you get your mileage is up to you.**

Sunday October	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Weekly Mileage
26 Pete Glavin Upstate NY XC series race #1 – Mendon Ponds Park 11 am gun time.	27 Easy recovery Core	28 Cobbs 3 x 2000 @ T on rolling course w/2 rec #2,3 integrate Kenyan surge drills after 2 min. of run 30sec@I 30@T 30sec@I 30@T 30sec@I Finish@T	29 Easy Weights	30 GVP 2 x 14 min. @ T w 2 min. rec. 6 x 100 m strides on grass, 2 mi. CD, Core or if racing 10 min. @ T w 2 min. rec. 1-2 sets of 15 sec. Cut backs starting at 1:30 CD /Core	1 Easy	2 ODR or easy 4 miles	40
3 Festival of Races 5K Masters Nat'l Championships Or 9am Mendon Ponds Park 1.5 hours on trails	4 Easy Core Exercise s	5 Cobbs Hill Park 3 sets of (1000 @I, 200 E, 400 @ R, 200 E, 200 @ R,) w/3min rec. CD, Core	6 Easy	7 GVP 12 min.@T 1-2 sets 15 sec. cut backs starting @ 1:30 Core Exercises	8 Easy	9 ODR 10 plus miles if not racing at Beaver Is. If running 2 miles easy and 4-5x50 m strides then1mi@E	45
10 PGUNYXC race #2 11 am start @ Beaver Island (Chicago Marathon – Go team GVH! (Jen, Sherry, Liz, Holly, Mina)	11 Easy Core Exercise s	12 Cobbs Hill 5:45 3x (1min. uphill @I, jog down, fast 150m on flat, jog 1 min.) 20 min@T 4 min. rec. repeat hills 3x more Core Exercises	13 Easy	14 GVP 5:45 2-3 x 12 min. @ T w 1.5 min. rec. 6 x 100 m strides Core Exercises	15 Easy	16 Hospice 5K Or easy hour run	50
17 Jensen Stable 12 K Ultimate XC Challenge -Fairport Run or Volunteer or run 10 mi. (4 mi. @E, 4 @T 2 @E) include 4 x 50m strides. Core (Columbus Marathon, Rebecca Porter, Jen Bigham)	18 Easy Core Exercise s	19 Cobbs Hill 5:45 1 x 1000 @ T 3 X 1200 @ I 1 x 1000 @ I w/3 min. rec. 4 x 200 m strides downhill, Core	20 Easy	21 GVP 5:45 Continuous 4 x 800 @ T w 30 sec rec. jog 10 min @ E, then 6 x 1 min. strides, 1 min recovery. then 10 min @ E, Core	22 Easy	23 ODR 10 plus miles Masters & Vets in Vancouver Wash. Nat'l 5K XC	45
24 One hour on trails with surges on hills.	25 Easy Core Exercise s	26 Cobbs Hill 5:45 2 x Supersets (Continuous run of 400 @R, 800 @I , 1600@T) 4 min. recovery btwn	27 Long	28 GVP 5:45 2 x18 min. @ T w 1.5 min. rec. 6 x 100 m strides	29 Easy	30 ODR 12 miles @ E If not racing Easy 4-5 if racing Sunday	50
31 PGUNYXC race #3 6K @ Watkins Glen Carpool @ 8 am Eastview Mall- Macy's	Nov. 1 st	2 5:45 @ Uof R 2 x 2400 @ T w/1 min. rec. immediately follow with 2-3x Kenyan surge drills, w/1/2 rec. time 1min@I,30@E 2 min@I,60@E 3min@I,90@E	3 Easy	4 5:45@ U of R. Continuous run of 10 min @ E, 20 min @ T, 5 min @ E 20 min @ T 10 min @ E	5 Easy	6 Easy PGUNYXC#4 @ Longbranch SP Liverpool on Sunday . Carpool Sunday at 8:30 am Eastview Mall	45