

## September 2010 Elite XC 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. 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](mailto:coachmr@rochester.rr.com)

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

## September 2010

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Ttuesday	Weekly Mileage
9 am Mendon Ponds Park One hour @ E steady pace	Easy 45-Core Exercises	<b>31 Cobbs</b> 1 x 1000 @ T 3 X 1000 @ I, 1x 1000@T w/same rec. 4 x 200 m strides uphill	1 Easy 45-60 min	2 <b>GVP</b> 3 sets of (800 @ T immediately followed by 800 @ I) 3 min. rec. btwn each. 4 x 50 m strides. Core Exercises	3 Easy 30-45 min or off	4 Oven Door 2 miles @E, 6 x 2 min. pickups on Hills, finish to complete 8 miles	<b>45</b>
5 9 am Mendon Ponds Park One hour @ E steady pace	6 Easy 45-Core Exercises USATF Masters 15K Buffalo	7 <b>5:30 Cobbs</b> 3 x (1min. uphill @I, jog down, fast 150m on flat, jog 1 min.) 18 min@T 4 min. rec. repeat hills 3x Core	8 Easy 45-60 min	9 <b>GVP</b> Continuous 4 x 800 @ T w30 sec rec 10 min @ E, 6 x 1 min. strides, 1 min recovery. then 10 min @ E Core	10 Easy 30-45 min or off	11 <b>Highlander Cycle Tour</b> 3mi. @E, 2 @T 4 @E include 4 x 50m strides Core Exercises	<b>50</b>
12 <b>Rochester marathon or 1/2 marathon or</b> 15 min. @E on trails, 15 min. Fartlek (surge up hills, easy down), 15min	13 Easy 45-60 min  Core Exercises	14 Workout and Party at Coach Reif's 65 Steele Rd, Victor (1 mi. North of Eastview Mall off Turk Hill Rd. 6 on Trails or roads. Beer.	15 Easy 45-60 min	16 <b>GVP –</b> 10 <a href="#">min.@T</a> 1-2 sets 15 sec. cut backs starting @ 1:30	17 Easy 30-45 min or off	18 ODR 12 mile steady run	<b>45</b>
19 Possible Bristol Mt. Run – meet at coach Reif's @ 8 am Call 749-5897 if interested	20 Easy 45-Core Exercises	21 1x 1000 @T 2x 2000 @ T w/1 min. rec. 2 x Kenyan surge drills, 1 min@I, 30@E90sec@I, 60@E, 2 <a href="#">mn.@I</a> , 90@E,	22 Easy 45-60 min	23 GVP Wm up then 3 x 12 min. @ T w 1.5 min. rec. 6 x 100 m strides	24 Easy 30-min. or off	25 4-6 milles at E	<b>50</b>
26 11 am. Inaugural Pete Glavin Upstate NY XC @ Mendon Ponds Park	27 Easy 45-Core Exercises	28 3 x 2000 @ T on rolling course w/2 rec #2,3 integrate Kenyan surge drills after 2 min. of run <a href="#">30sec@I</a> 30@T <a href="#">30sec@I</a> 30@T <a href="#">30sec@I</a> <a href="#">Finish@T</a>	29 Easy 45-60 min	30 10 <a href="#">min.@T</a> 1-2 sets 15 sec. cut backs starting @ 1:30 or 2 mi.@ E 2 x 14 min. @ T w 2 min. rec. 6 x 100 m strides on grass, 2 mi. CD, Core	1 Easy 45-Core Exercises	2 Oven door runners 10 miles @E or <b>McQuaid Invite Alumni Challenge 4:45 PM @GVP</b>	