

May 2010 GVH 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 \_\_\_\_\_  
 Your current weekly mileage is: \_\_\_\_\_ Your current longest run is: \_\_\_\_\_

Training paces based on your current Vdot:	Goal race paces:
<b>Easy/Long pace (E/L)</b> = _____/mile Should not exceed 30% of weekly mileage	
<b>Marathon Pace (MP)</b> = _____/mile	Marathon Goal Pace ( <b>MGP</b> ) = _____/mile
<b>1/2 Marathon Pace (.5MP)</b> = _____/mile	1/2 Marathon Goal Pace ( <b>.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

3. Running Plan: How you get your mileage is up to you.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly miles
April 25 7mi @ E	26 6 miles recovery Core Exercises Weights	27 2 mi WU, 6 miles continuous: 1 @ E, 2 @MP, 2 @T, 4 x 200m uphill strides, 2 mi. CD	28 6 miles recovery	29 2 Mi. WU 1 mi. @T 6 x 800 @I w/400 rec. plus 6 x 100 m strides Weights , Core	30 6 miles recovery	1 16 mile long run Core Exercises	<b>45</b>
2 8 mile basic aerobic run 5 x 100 m strides Core Exercises	3 4 miles recovery Core Exercises Weights	4 2 mi. WU, 1 mile @ T 6 x 800m @ I w/same rec. time 4 x 200 up hill strides, CD (8 total), Core	5 4 miles recovery Core Exercises	6 8 mile steady run, last 2 miles @ T pace 5 x 100 m strides Weights	7 Off recovery Core Exercises	8 10 mile Long run with 4-6 x Long Hill repeats @ T Core Exercises	<b>47</b>
9 Mothers day 8 mile run Core Exercises	10 4 miles recovery Core Exercises	11 2 mi. WU 1 mi. @T 5 x 1000 @I w/400 rec. plus 6 x 100 m strides	12 4 miles recovery Core Exercises	13 6 miles very easy 4 x 50 m strides,	14 Off Core Exercises	15 4 mile basic aerobic run	<b>34</b>
16 Bristol Mt. Hills Meet at Coach Reif's 10:30 am 8 miles	17 4 miles recovery Core Exercises	18 Univ. of Roch. WU Continuous 1 mi@ E, 2 mi @MP, 2 mi. @ T, CD Core Exercises	19 4 miles recovery Core Exercises	20 7 mile steady 5 x 100 m strides Weights Core	21 Off Core Exercises Vols at Medved	22 14 mile long steady run Core Vols at Medved	<b>46</b>

23 <b>Lilac 10 K</b> Plus 2 mi. wu/ 1 mi. cd (9 mi total) <b>Volunteers needed</b>	24 <b>6 miles recovery</b>  <b>Core Exercises Weights</b>	25 Univ. of Rochester Continuous 2 mi. @E 1-2 set of 15 sec. cut backs starting at 1:30 2 mi. CD (7 total)	26 <b>5 miles recovery Core Exercises</b>	27 <b>8 mile long run, include 8 x 100 m strides</b>	28 <b>Off recovery</b>  <b>Core Exercises</b>	29 <b>12 mile Long run Core Exercises</b>	<b>44</b>
30	31	1	2	3 <b>JPMCCC 3.5 mile Plus volunteers needed.</b>	4	5	

<p><b>5. Core Exercises and Plyometrics</b></p> <p><b>Daily:</b> minimum of 20 pushups, 50 ab crunches w/legs up/bent, 15 side crunches per side, 50 count elbow to knee cycles. Each week add 10% more to each exercise.</p> <p><b>2 x/week:</b>  <b>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).</b></p> <p><b>2 sets of 6 two legged jumps from squat position,</b> 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><b>Skipping drills -</b> 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).</p>	<p><b>6. Weight training</b></p> <p><b>2 x /week:</b> 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><b>If you have been lifting:</b> 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>
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If unsure of your training paces, check with Coach Reif at coachmr@rochester.rr.com