

# May 2008 GVH Training Plan

## General 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:
<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>

**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 20 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 one leg step ups on a bench/step**

This is an explosive dynamic movement. Stand on the top of a bench or step with one foot, dangle the other off the edge. Bend the knee till the hanging foot hits the ground and bounce back up. Do 15 per leg . . . at a height that allows that many, yet you feel it in the quads. Spring off the foot hitting the ground.

**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. General 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 35-50 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. Our preference will be to 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
27 8mi @ E	28 6 miles recovery  Core Exercises Weights	29 <u>AT Cobbs</u> Steady 10 min @E. 2 x 3600 m @ T with 2 min. rec. then 4 x 200 m. strides uphill 200 jog btwn, 15 min. CD (8 mi. total), Core	30 5 miles recovery Core exercises	1 8 mile medium long run, 5 x 100 m strides Weights Core Exercises	2 Off or Core	3 12 mile long run Core Exercises	40+
4 8 mile basic aerobic run 5 x 100 m strides Core Exercises	5 4 miles recovery  Core Exercises Weights	6 2 mi. WU, 4 x 1000m @ I w/same rec. time 3 x 200 up hill strides, CD (8 total), Core	7 4 miles recovery Core Exercises	8 8 mile medium long run, 5 x 100 m strides Weights	9 Off recovery  Core Exercises	10 14 mile Long run with Long Hills (LH) Core Exercises	46
11 8 mile run Core Exercises	12 4 miles recovery Core Exercises	13 2 mi. WU 2 set of 15 sec. cut backs starting at 1:30 2 mi. CD (7 total)	14 4 miles recovery Core Exercises	15 6 mile basic aerobic run, 4 x 50 m strides, Weights Core	16 Off Core Exercises	17 4 mile basic aerobic run	34
18 <b>Lilac 10 K</b> Plus 2 mi. wu/ 1 mi. cd (9 mi total) Volunteers needed	19 4 miles recovery Core Exercises	20 8 miles total 2 mi@ E, then include 2 x12 min. @ T w 2 min rec. CD Core Exercises	21 4 miles recovery Core Exercises	22 7 mile medium long run 5 x 100 m strides Weights Core	23 Off Core Exercises	24 16 mile long steady run Core	48
25 5 mile basic aerobic run Core Exercises	26 6 miles recovery  Core Exercises Weights	27 Continuous 2 mi. @E go into 2-3 x Super set of (200 @ R, 800 @ I, 1 mile @ T) 1 mi. E btwn. finish w mi E (8 total)	28 5 miles recovery Core Exercises	29 JPMCCC or 8 mile long run, include 8 x 100 m strides Weights Core	30 Off recovery  Core Exercises	31 12 mile Long run Core Exercises	44