

Oct 2007 General 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

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:

4. Core Exercises and Plyometrics	5. Weight training
<p>Daily: minimum of 20 pushups, 100 ab crunches w/legs up/bent, 15 side crunches per side, 100 count elbow to knee cycles.</p> <p>2 x/week: 2 sets of one leg step ups w/20 reps each leg.</p>	<p>2 x /week: Olympic clean fast with light weights the bar 2 sets of 10 reps in rapid succession.</p>

6. October 2007 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
31 Long aerobic run @E Core Exercises	1 Easy recovery Core	2 Cobbs 3 x 2000 @ T on rolling course w/2 rec #2,3 integrate Kenyan surge drills after 2 min. of run 30sec@1 30@T 30sec@1 30@T 30sec@1 Finish@T 7:30 Otter Lodge	3 Easy Weights	4 GVP 2 mi.@ E 2 x 14 min. @ T w 2 min. rec. 6 x 100 m strides on grass, 2 mi. CD, Core	5 Easy Core Exercises	6 Upstate Race @ Oatka Creek 4 miler 10:30 – 1 mile Prep at Start line Race at 11am – follow w/ 4 mi. CD	40
7 Long aerobic run @E Core Exercises	8 Easy Core Exercises	9 Cobbs Hill Park 2 sets of 1000 @ I immediate followed by 1000 @ T, 3 min. rec. btwn each. 1 set 15 sec cut backs starting @ 1:15 Core Exercises	10 Easy	11 GVP 10 min.@T 1-2 sets 15 sec. cut backs starting @ 1:30 Core Exercises	12 Easy	13 Run for Hospice 4 mi, 10 miler Masters Depart for Saratoga	45
14 USATF Masters 5K XC @ Saratoga	15 Easy Core Exercises	16 Cobbs Hill 1 x 1000 @ T 4 X 1600 @ I w/3 min. rec. 4 x 200 m strides uphill Core Exercises	17 Easy	18 GVP 2-3 x 12 min. @ T w 1.5 min. rec. 6 x 100 m strides Core Exercises	19 Easy	20 Jensen's 12 K Ultimate XC Challenge. Run or Volunteer and run 10 mi. (4 mi. @E,4 @T 2 @E) include 4 x 50m strides at end. Core	50
21 Mendon 15 min. @E on trails, 15 min.Fartlek (surge up hills, 15min @E	22 Easy Core Exercises	23 Cobbs Hill 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	24 Easy	25 GVP Continuous 4 x 800 @ T w30 sec rec 10 min @ E, 6 x 1 min. strides, 1 min recovery. then 10 min @ E Core Exercises	26 Easy	27 Upstate XC race 6K @ Watkins Glen 11 am Open 11:45 Masters 3 mi CD Open team departs for Mayor's Cup	45
28 Boston Mayors Cup XC Easy /Long Core Exercises	29 Easy Core Exercises	30 Cobbs Hill 2x Supersets (400R,800I,1600T continuous)	31 Long	Nov 1 - GVP 2 x18 min. @ T w 1.5 min. rec. 6 x 100 m strides	2 Easy	3 Easy 11/4 Vernon Verona Sherrill HS next day	50