

**Dashing Whippets**  
**Winter 2018 Training Plan for**  
**Short Distance Races**

This four-month plan helps runners succeed at the [Super Sunday 5K/5M](#) on February 4th and the [BAA Overview: 5K](#) on April 14 (or other races in the 5k-10k range). Experienced runners should have logged at least 25 miles per week for at least a month before beginning this plan.

Week / Dates	Goal	Mon	Tue (Road Work)	Wed	Thu (Track Work)	Fri	Weekend (Long run)	Mileage
#1 Mon 12/18 - Sun 12/24	Base building & aerobic conditioning	30-40min easy run or rest	1.5-2M warmup 4M @ marathon pace 1-1.5M cooldown	20-40min easy run or cross-train	20min warmup, drills 5-6 x 1000m @ 10K pace (1:30 jog recovery) 15min cooldown	Rest	One day: 30-45min easy plus 4x100m strides  Other day: 1:20-1:30 at easy or long run pace	26 - 40M
#2 Mon 12/25 - Sun 12/31	Aerobic conditioning & neuromuscular fitness	30-40min easy run or rest	1.5-2M warmup 6-10 x 400m uphill @ 10K pace (jog back) 1-1.5M cooldown	20-40min easy run or cross-train	20min warmup, drills 3-4 x mile @ 15K pace (1:30 jog recovery) 15min cooldown	Rest	One day: 30-45min easy plus 4x100m strides  Other day: 1:20-1:30 at easy or long run pace	26 - 41M
#3 Mon 1/01 - Sun 1/07	Aerobic conditioning & neuromuscular fitness	30-40min easy run or rest	1.5-2M warmup 2-3 x 2M @ half marathon pace (3:00 jog recovery) 1-1.5M cooldown	20-40min easy run or cross-train	20min warmup, drills 5-8 x 800m at 5K pace (2:30 jog recovery) 15min cooldown	Rest	One day: 30-45min easy plus 4x100m strides  Other day: 1:30-1:40 at easy or long run pace	28 - 42M
#4 Mon 1/08 - Sun 1/14	Aerobic conditioning & lactate clearance	30-40min easy run or rest	1.5-2M warmup 3M at half marathon pace (3:00 jog recovery), then 4x400m @ 10K pace (2min jog) 1-1.5M cooldown	20-40min easy run or cross-train	20min warmup, drills 4-6 x 1200m @ 10K pace (1:30 jog recovery) 2 x 200m @ mile pace (200m jog recovery) 15min cooldown	Rest	One day: 30-45min easy plus 4x100m strides  Other day: 1:30-1:40 at easy or long run pace	28 - 42M
#5 Mon 1/15 - Sun 2/21	Neuromuscular fitness	30-40min easy run or rest	1.5-2M warmup 12-16 x 200m uphill @ 5K pace (jog back downhill)) 1-1.5M cooldown	20-40min easy run or cross-train	20min warmup, drills 4 x 400m @ 5K pace (60 sec rest after each, 3:00 jog after end of set), 4x300 @ 8sec/mile faster than 5K pace (45 sec rest, 3:00 jog), 4x200 @ 16 sec/mile faster than 5K pace (30 sec rest) 15min cooldown	Rest	One day: 30-45min easy plus 4x100m strides  Other day: 1:20-1:30 at long run pace	26 - 40M
#6 Mon 1/22 - Sun 1/28	Aerobic conditioning & lactate clearance	30-40min easy run or rest	1.5-2M warmup 4-6M Lactate Alternation Run, as 0.5M @ half mara pace - 0:15/mile, then 0.5M @ half mara pace +0:15/mile (no rest between pace changes) 1-1.5M cooldown	20-40min easy run or cross-train	20min warmup, drills 3 x mile @ 10K pace (400m recovery) 2x200m @ mile pace (200m recovery) 15min cooldown	Rest	One day: 30-45min easy plus 4x100m strides  Other day: 1:30-1:40 at progression run pace	28 - 42M
#7 Mon 1/29 - Sun 2/04	Aerobic conditioning & neuromuscular fitness	30-40min easy run or rest	1.5-2M warmup 3M @ half marathon pace (3:00 recovery). Then 3-4 x 800m @ 10K pace (1:00 recovery). 1-1.5M cooldown	20-40min easy run or cross-train	20min warmup, drills 4 x 1000m @ 5K pace (400m jog recovery) 2-4 x 200m @ mile pace (200m jog recovery) 15min cooldown	Rest	Saturday: 30-45min easy plus 4x100m strides  Sunday: <a href="#">Super Sunday 5K/5M race</a> , OR 3M warmup, 4M at half marathon pace, 2M cooldown	26 - 40M
#8 Mon 2/05 - Sun 2/11	Neuromuscular fitness & lactate clearance	30-40min easy run or rest	1.5-2M warmup 3 x 2M with first mile at half marathon pace, second mile at 10K-15K pace (3:00 jog recovery) 1-1.5M cooldown	20-40min easy run or cross-train	20min warmup, drills 2 x 1200m @ 10K pace (2:30 jog), 3 x 800m @ 5K pace (2:00 jog), 4 x 400m @ sub-5K pace (1:30 jog) 15min cooldown	Rest	One day: 30-45min easy plus 4x100m strides  Other day: 1:25-1:40 at long run pace	29 - 44M
#9 Mon 2/12 - Sun 2/18	Lactate clearance	30-40min easy run or rest	1.5-2M warmup 3-4 x 800m uphill @ 15K pace (jog back) 1-1.5M cooldown	20-40min easy run or cross-train	20min warmup, drills 800m, 600m, 400m @ 5K pace (jog 200m after each) 2x200m @ mile pace (200m) 15min cooldown	Rest	One day: 30min easy plus 4x100m strides  Other day: 1:30-1:45 at long run pace	30-45M

#10 Mon 2/19 - Sun 2/25	Aerobic conditioning	30-45min easy run	1.5-2M warmup 8-12K of Canova Ks: alternate 1K @ half marathon pace, 1K @ marathon pace (no rest) 1-1.5M cooldown	30-45min easy run or cross train	20min warmup, drills 3-4 x 2000m @ 15K pace (2:00 jog recovery) 15min cooldown	Rest	One day: 35-45min easy plus 4x100m strides  Other day: 1:30-1:50 at long run pace	30 - 47M
#11 Mon 2/26 - Sun 3/04	Lactate clearance	30-45min easy run	1.5-2M warmup 40-45min progression run: start 45-60 sec/mile slower than marathon pace; speed up 20sec/mile every 10 minutes 1-1.5M cooldown	30-45min easy run or cross train	20min warmup, drills 10min @ 15K pace (2:30 jog), 6x1 minute at slightly faster than 5K pace (1:00 rest after each, 2:30 jog after end of set), 10min @ 15K pace 15min cooldown	Rest	One day: 35-45min easy plus 4x100m strides  Other day: 1:40-1:55 at long run pace	30 - 47M
#12 Mon 3/05 - Sun 3/11	Specific endurance	30-45min easy run	Hill repeats: 1.5-2M warmup 8-10 x 400m uphill @ 5-10K pace (400m recovery) 1-1.5M cooldown	30-45min easy run or cross train	20min warmup, drills 6-8 x 800m @ 5K pace (400m recovery) 15min cooldown	Rest	One day: 35-45min easy plus 4x100m strides  Other day: 1:40-1:55 at long run pace	30 - 47M
#13 Mon 3/12 - Sun 3/18	Specific endurance	30-45min easy run	Grinder: On a hilly course... 1.5-2M warmup 1.5M @ half mara pace 2 x 1M @ 15K pace 2 x 800m @ 10K pace (400m recovery after each) 1-1.5M cooldown	30-45min easy run or cross train	20min warmup, drills 4-5 x 400(5K)800(10K) superset (400m recovery) 15min cooldown	Rest	One day: 35-45min easy plus 4x100m strides  Other day: 1:30-1:45 at progression run pace	31 - 48M
#14 Mon 3/19 - Sun 3/25	Aerobic conditioning & neuromuscular conditioning	30-45min easy run	1.5-2M warmup 3 x 15 min @ marathon pace (2:00 jog recovery) 1-1.5M cooldown	30-45min easy run or cross train	20min warmup, drills 1 mile @ 10K pace (3:00 jog), 4x200 @ mile pace (30 se rest after each, 3:00 jog after end of set), 1 mile @ 5K pace (3:00 jog), 4x200 at mile pace (30 sec rest) 15min cooldown	Rest	One day: 35-45min easy plus 4x100m strides  Other day: 1:35-1:50 at long run pace	30 - 46M
#15 Mon 3/26 - Sun 4/01	Lactate clearance	30-45min easy run	1.5-2M warmup 3 x 2M with first mile at half marathon pace, second mile at 10K-15K pace (3:00 jog recovery) 1-1.5M cooldown	30-45min easy run or cross train	20min warmup, drills 3-4 x 2000m @ 10K pace (400m recovery) 15min cooldown	Rest	One day: 35-45min easy plus 4x100m strides  Other day: 1:40-1:55 at long run pace	30 - 47M
#16 Mon 4/02 - Sun 4/08	Specific endurance	30-45min easy run	1.5-2M warmup 3-4 x 800m uphill @ 10K-15K pace (jog back) 1-1.5M cooldown	30-45min easy run or cross train	20min warmup, drills 4-5 x 1200(10K)400(5K) superset (400m recovery) 15min cooldown	Rest	One day: 35-45min easy plus 4x100m strides  Other day: 1:40-1:55 at long run pace	30 - 47M
#17 Mon 4/09 - 4/15	Race week	30-45min easy run	1.5-2M warmup 4M tempo run: first and last mile @ 15K pace, middle two miles @ half marathon pace 1-1.5M cooldown	30-45min easy run or cross train	20min warmup, drills Then jog 30 min with a 100m stride every 5 minutes	Rest	Saturday: <b>BAA 5K Race</b>  Sunday: Rest or short easy run	17 - 32M

### Terminology & Workout Descriptions

<b>Aerobic conditioning</b>	Capacity and stamina of the heart to supply muscles with oxygen for the main energy supply in races longer than 800 meters. Typically improved via long runs and tempo runs.
<b>Neuromuscular fitness</b>	Strength and efficiency of muscles that convert energy into forward motion. Typically improved via strides, form drills, strength training, and shorter high-speed interval runs with full recovery.
<b>Specific endurance</b>	The appropriate blend of aerobic conditioning and neuromuscular fitness to achieve the best possible result in a race of a specific length (for example, a 10K). Typically improved via longer race-pace interval runs with very short recovery (<3 mins).
<b>Lactate clearance</b>	Training at mixed paces around the lactate threshold point (speed at which lactic acid accumulates, an indicator of oncoming fatigue). This training results in a higher
<b>Rest days</b>	One to three days per week should have little or no sustained activity. It is OK for dedicated gym members to do strength/flexibility work (resistance/weights,

**Weekends** Weekend workouts are flexible. The plan above may imply you should do your long run on Sundays, but you can do a long run on either day.

**Aerobic cross-training** Any easy run shorter than 30 minutes can be replaced with a comparable duration of LOW INTENSITY aerobic system cross-training, such as swimming, cycling, skating or hiking.

**Long Run pace** Goal: build aerobic conditioning and running economy. This is a little faster than easy pace, but is still 45-60 seconds per mile slower than marathon pace.

**Progression pace** Goal: build aerobic conditioning. Most of the run is at Long Run pace, but the last 25-50% slowly builds to half marathon pace (or, in the case of marathoners, top half marathon pace).

**Hill repeats** Goal: develop neuromuscular fitness. Relatively short repeats (200m to 800m) on uphill at faster than 15K race pace, with full recovery.

**Lactate alternation run** Goal: train the body to clear lactic acid efficiently. After warming up, do a continuous run that alternates between a faster pace (such as half marathon pace minus 10 seconds per mile) and a moderate pace (such as half marathon pace plus 30 seconds per mile), with no rest between pace changes. Finish with one easy mile.

**Canova Ks and Canova Miles** Goal: lactate clearance and development of running economy for half marathon and longer. After warming up, do a continuous run that alternates between half marathon pace (for 1K or 1M) and marathon pace (for 1K or 1M), with no rest between pace changes. Finish with one easy mile.

**Speed intervals** Goal: develop neuromuscular fitness or specific endurance. Numerous repeats of runs from 200m to 2M at a demanding pace, with active recovery between repeats.

**Supersets** Goal: develop specific endurance by training the body to clear lactic acid efficiently. Speed intervals composed of two or more segments run at different race paces.

**X(RP1)Y(RP2)** X(RP1)Y(RP2) means run X meters at race pace RP1, immediately followed by Y meters at race pace RP2. For example, 800(10K)400(5K) means run 800m at 10K pace, followed by 400m at 5K pace.

**Recovery** All recovery periods after speed intervals should be active (slow jogging) to flush buildup of lactic acid and keep heart working at steady pace. If you start to get tired, stop and walk for a few minutes.

**Strides, Form drills, Core exercises** Goal: develop neuromuscular fitness. Various exercises to strengthen muscles, teach good form, and improve running economy. Strides: 80-100 meters of steady acceleration, hold at 90% of full speed, steady deceleration. Form drills and core strengthening exercises: Will be taught at each workout to runners who aren't familiar with them.

**Half marathon, 10K, 5K (etc.) race pace** Current estimated race pace -- should be your best estimate of the 5K, 10K, half marathon you are capable of TODAY rather than personal record (PR) or goal pace. Exception: Marathon pace is your GOAL or PROJECTED marathon pace in a marathon at the end of training, even if you aren't ready to do 26.2M at that speed today.

Dashing Whippets 5K/10K Training Plan, Winter 2018

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