




PRESENTED BY  Bon Secours


# TRAINING PLAN

## A D V A N C E D

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9/4-10	6 miles easy and 4x30 second strides + mobility	Fartlek of 2 miles warmup, then 12 sets of 1 min and 1 min off, cooldown easy to hit 7 + strength training	5 miles easy recovery & foam roll	4 miles easy & 30 mins xtrain your choice	6 miles with 2 mile warmup, 2 mile steady state, 2 miles easy + strength training	9 miles easy	Off/walk
9/11-17	6 miles easy and 4x30 second strides + mobility	7 miles easy/how you feel	Fartlek of 2 miles warmup, then 3 sets 4x30 seconds, 3x1 min, 2x2 min, 1x3 min with equal rest. Cooldown to hit 8-9+ strength training	4 miles easy & 30 mins xtrain your choice	6 miles easy and 4x30 second strides	12 miles progressive, warmup 4 miles, cut down 5-10 seconds per mile from 5-10, cooldown 2 miles - take fluids every 4 miles	Off/foam roll
9/18-9/24	6 miles and 4x30 second strides + mobility	Fartlek of 2 miles warmup, then 2 x (90sec on, 90 sec off) 4 x (60 sec on, 60 sec off) 4 x (30 sec on, 30 sec off) 4 x (15 sec on, 15 sec off) 1-2 mile easy cooldown jog, cooldown to hit 9 miles (stay controlled)	6 miles easy recovery + foam roll & strength training	4 miles easy & 30 mins xtrain your choice + strength training	9 miles with K repeats today. Warmup 2 miles and then 6x1K @ 10k/tempo effort with 2 mins recovery. Cooldown to hit 9 + foam roll & mobility	10 miles very easy	Off/foam roll/mobility
9/25-10/1	6 miles and 4x30 second strides + mobility	7 miles easy/how you feel	Fartlek of 2 miles warmup, then 4 sets 4x30 seconds, 3x1 min, 2x2 min, 1x3 min with equal rest. Cooldown to hit 9-10 + strength training	5 miles easy & 30 mins xtrain your choice + strength training	6 miles easy today and 4x20 second strides + mobility	12 miles easy	Off/foam roll/mobility
10/2-10/8	7 miles and 4x30 second strides + mobility	Track workout of 2 miles warmup, 14x400 @ 5k-10k effort with 60-75 seconds easy recovery jog. Cooldown to hit 9 + strength	6 miles easy recovery	5 miles easy & 30 mins xtrain your choice + strength training	6 miles easy and 4x20 second strides + mobility	14 miles progressive	Off/oam roll/mobility
10/9-10/15	Down week. 6 miles easy and 4x20 second strides	8 miles with 2 mile warmup, 4 miles @ steady state pace, 2 miles cooldown + strength training	6 miles easy recovery	5 miles easy + 30 mins xtrain your choice	9 miles with 2 mile warmup, then 4xmile @ goal HM pace and 2 mins recovery. Cooldown to hit 9 + mobility	11 miles easy	Off/foam roll/mobility





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10/16-22	7 miles easy and 6x20 second strides	8 miles how you feel/relaxed	Fartlek of 2 miles warmup, then 2 sets of: 4 mins "on" 2 mins "off", 3 mins "on" and 2 mins "off", 2 mins "on" and 1 min "off", 1 min "on" and 1 min "off" 2 miles cooldown to hit 9 + strength training	5 miles easy recovery + 30 mins xtrain your choice	7 miles easy + mobility	12 miles with miles 5-10 @ goal HM pace	Off/foam roll/mobility
10/23-29	7 miles easy and 6x20 second strides	Track workout of 3 miles warmup, 16x400 @ 5k-10k effort with 60 seconds easy recovery jog. Cooldown to hit 10 + strength training	6 miles easy recovery	5 miles easy + 30 mins xtrain your choice	9 miles with broken tempo. Warmup 2 miles easy, then 3x9min tempo sets broken up as 3mins @ 20 seconds slower than tempo effort, 3 mins @ tempo effort, 3 mins 10 seconds faster than tempo, take 3-4 mins easy jog in between sets. Cooldown to hit 9 + mobility	10 miles easy	Off/foam roll/mobility
10/30-11/5	7 miles easy and 6x20 second strides	8 miles how you feel/relaxed	Fartlek of 2 miles warmup, then 4 sets 4x30 seconds, 3x1 min, 2x2 min, 1x3 min with equal rest. Cooldown to hit 9-10 + strength training	5 miles easy + 30 mins xtrain your choice	7 miles easy + mobility	15 miles progressive... easy the first 6, then cut down 5-10 seconds per mile until you hit HM pace. Save one mile easy to cooldown	Off/foam roll/mobility
11/6-12	6 miles easy and 6x20 second strides	Fartlek of 2 miles warmup, then 15x1 min "on" and 1 min "off" cooldown to hit 8 + strength training	6 miles easy recovery	5 miles easy + 30 mins xtrain your choice	Last big workout! 9 miles with 2 mile warmup, then 4xmile @ goal HM pace and 2 mins recovery. Cooldown to hit 9 + mobility	8 miles easy	Off/foam roll/mobility
11/13-19	5 miles easy and 6x20 second strides	5 miles easy + mobility	Track workout of 2 miles warmup, 8x400 @ 5k-10k effort with 60 seconds easy recovery jog. Cooldown to hit 6	3 miles easy + 20 mins xtrain your choice	4 miles easy	3 miles shakeout and 4x30 second strides	RACE 13.1





# TRAINING PLAN

## A D V A N C E D

1. The 11 week training plan begins the week of September 4.
2. For the intermediate/advanced plan, you should already be used to running 40-60 miles a week and be comfortable with doing workouts 1-2x per week.
3. This training plan is still customizable to your schedule! If you are not ready for this intensity, try adding one of the Tuesday/Wednesday workouts into your training or you can always do a few less reps...any amount of harder effort training can go a long way!
4. Move days around as needed, but the general rule is to make sure you have 1-2 easy days between any harder efforts. A good way to monitor your progress is with a heart rate monitor so you can gauge what is a hard effort and what pace you should be keeping easy days.
5. You'll notice this schedule has 3 up weeks and then 1 down week cycle...keep the down week easy!
6. You'll notice strides are listed once per week for most of the schedule. So what is a stride? To run faster, we have to practice running faster! Strides are a simple way to build some speed and reinforce good form by doing just that. After your run, stop and take a few moments to breathe, walk, do some simple form drills. Then you'll "stride out" (i.e. run fast) for 20 seconds. These are not all-out sprints, but close to that, just more controlled. For strides, get up to 80-90% of how fast you would run a sprint. After the stride, stop and recover by walking around for 30-60 seconds before beginning the next one.
7. Strength training and mobility are important for runners. There are tons of YouTube videos with both strength and mobility routines that you can follow that are free and easy to do at home if you do not have access to a gym!
8. Change days of the week that you run on to work what's best for you. Just try to maintain the same general sequence of events. If you miss a day or two don't panic. There is a great deal of flexibility in the schedule.
9. The weekend of October 28th is our Wicked 10K. This is a great option to break up some of the long runs and get used to racing! Just make sure to get in 2-3 miles warmup and a few miles cooldown before you head to the after party.
10. Have FUN and see you in 11 weeks!