

WEEK 1
 WEEK 2
 WEEK 3
 WEEK 4
 WEEK 5
 WEEK 6

Plan

DAMDSM



EMC INSURANCE COMPANIES

MON	TUES	WED	THURS	FRI	SAT	SUN
3 Miles	3 Miles & 4 Strides	OFF or 30 min. XT	4 Miles	2 Miles	6 Miles	OFF or 30 min. XT
3 Miles	4 Miles & 4 Strides	OFF or 30 min. XT	4 Miles	3 Miles	7 Miles	OFF or 30 min. XT
3 Miles	4 Miles & 4 Strides	OFF or 30 min. XT	5 Miles	3 Miles	8 Miles	OFF or 30 min. XT
4 Miles	4 Mile Progression & 4 Strides	OFF or 30 min. XT	5 Miles	3 Miles & 4 Strides	9 Miles Progression	OFF or 30 min. XT
4 Miles	5 Mile Up-tempo Over Hills & 4 Strides	OFF or 30 min. XT	5 Miles	3 Miles & 4 Strides	10 Miles	OFF or 30 min. XT
3 Miles	4 Miles & 4 Strides	OFF or 30 min. XT	4 Miles	3 Miles & 4 Strides	8 Miles Easy	Rest Day

TIPS

- View the race map to plan your hydration and nutrition stops; alternate your intakes every 30-45 minutes during the race.
- If you are traveling to the race, ensure you have supportive shoes to wear around town outside of your runs.
- Doing a 5-10 minute warmup jog, dynamic stretches, and 4-6 strides over half an hour ahead of the race will help you feel warmed up and stretched out.


NOTES

Plan

DAMDSM



EMC INSURANCE COMPANIES

MON	TUES	WED	THURS	FRI	SAT	SUN
3 Miles	5 Mile Up-tempo Over Hills & 4 Strides	OFF or 30 min. XT	5 Miles	3 Miles	11 Miles	OFF or 30 min. XT
4 Miles	1 WU 3 Mile 3-2 Fartlek 1 CD & 4 Strides	OFF or 30 min. XT	5 Miles	4 Miles	12 Mile Progression	OFF or 30 min. XT
4 Miles	6 Mile Progression & 4 Strides	OFF or 30 min. XT	6 Miles	4 Miles & 4 Strides	13 Mile Progression	OFF or 30 min. XT
5 Miles	6 Mile Uptempo Over Hills & 4 Strides	Rest Day	6 Miles	4 Miles & 4 Strides	12 Miles	OFF or 30 min. XT
4 Miles	1 WU 4 Mile 3-2 Fartlek 1 CD & 4 Strides	OFF or 30 min. XT	4 Miles	4 Miles & 4 Strides	8 Miles	Rest Day
3 Miles	5 Miles & 4 Strides	Rest Day	4 Miles	3 Miles Shakeout & 4 Strides	 RACE DAY	

TIPS

- View the race map to plan your hydration and nutrition stops; alternate your intakes every 30-45 minutes during the race.
- If you are traveling to the race, ensure you have supportive shoes to wear around town outside of your runs.
- Doing a 5-10 minute warmup jog, dynamic stretches, and 4-6 strides over half an hour ahead of the race will help you feel warmed up and stretched out.

NOTES



KEY TERMS

STRIDES

- Begin after your heartrate has slowed post-run
- Generally 80-100 meters long
- 85-90% of sprint pace, focused on good form

PROGRESSION

- Run begins at an easy warmup jog pace
- Pace gradually increases each half mile or so by 5-10 seconds/mile
- Goal pace by the last mile is tempo effort (about 90% of expected race pace & HR in Zone 4)

UPTEMPO OVER HILLS

- Pick a hilly route or utilize the incline on a treadmill
- Flat/downhill portions of your run are an easy jog
- Uphill portions are an area to surge and increase pace!
- If on a treadmill, alternate every 1-2 minutes with an incline of 5%

FARTLEK

- Varying pace between an easy jog & tempo effort (see above)
- Example : 3-2 is 3 minutes at tempo effort and 2 minutes at recovery jog pace for the provided amount of mileage

XT

- Endurance cross training
- The best options are aquajogging, swimming, cycling, and elliptical
- HR Zone 1 is listed, but can be pushed into Zones 2 or 3.

WU & CD

- WU = Warmup (should be in Zones 1-2)
- CD = Cool Down (should be in Zones 1-2)
- Post-warmup dynamic stretches and post cool-down static stretching will help reduce soreness and injury risk

HEART RATE ZONES

- Zone 1: 50% - 60% of maximum heart rate
- Zone 2: 60% - 70% of maximum heart rate
- Zone 3: 70% - 80% of maximum heart rate
- Zone 4: 80% - 90% of maximum heart rate
- Zone 5: 90% - 100% of maximum heart rate

CALCULATE YOUR MAXIMUM HEART RATE

Subtract your age from the number 220.

i.e. Age 40 :
 $220 - 40 = 180$ beats per minute
 (can be a range of ~5-10 bpm)

Contact Lindsey@FitnessSports.com for questions or for an individual plan!