

Plan

# DAMDSM



EMC INSURANCE COMPANIES

MON	TUES	WED	THURS	FRI	SAT	SUN
2 Miles 1 Minute Run / 1 Minute Walk	2 Miles 1 Minute Run / 1 Minute Walk	30 Min. XT or Powerwalk	3 Miles 1 Minute Run / 1 Minute Walk	2 Miles 1 Minute Run / 1 Minute Walk	<b>4 Miles AMRAP</b>	Rest Day
3 Miles 1 Minute Run / 1 Minute Walk	2 Miles 2 Minute Run / 1 Minute Walk	30 Min. XT or Powerwalk	3 Miles 2 Minute Run / 1 Minute Walk	2 Miles 1 Minute Run / 1 Minute Walk	<b>5 Miles AMRAP</b>	Rest Day
3 Miles 2 Minute Run / 1 Minute Walk	<b>3 Miles AMRAP</b>	30 Min. XT or Powerwalk	3 Miles 2 Minute Run / 1 Minute Walk	3 Miles 1 Minute Run / 1 Minute Walk	<b>6 Miles AMRAP</b>	Rest Day
3 Miles 2 Minute Run / 30 Second Walk	<b>3 Miles AMRAP</b>	30 Min. XT or Powerwalk	3 Miles 3 Minute Run / 1 Minute Walk	3 Miles 2 Minute Run / 30 Second Walk	<b>7 Miles AMRAP</b>	Rest Day
3 Miles 4 Minute Run / 1 Minute Walk	<b>3 Miles AMRAP</b>	30 Min. XT or Powerwalk	4 Miles 4 Minute Run / 1 Minute Walk	3 Miles 2 Minute Run / 30 Second Walk	<b>8 Miles AMRAP</b>	Rest Day
4 Miles 5 Minute Run / 1 Minute Walk	<b>3 Miles AMRAP + 4-6 Strides</b>	30 Min. XT or Powerwalk	4 Miles 5 Minute Run / 1 Minute Walk	<b>3 Miles AMRAP + 4-6 Strides</b>	<b>8-9 Miles</b> 5 Minute Run / 1 Minute Walk	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

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EMC INSURANCE COMPANIES

MON	TUES	WED	THURS	FRI	SAT	SUN
4 Miles 5 Minute Run / 1 Minute Walk	3 Mile Up-tempo Over Hills & 4 Strides	30 Minute XT or Powerwalk	4 Miles AMRAP	3 Miles AMRAP + 4 Strides	<b>9 Miles AMRAP</b>	Rest Day
4 Miles AMRAP	3 Miles Progression + 4 Strides	30 Minute XT or Powerwalk	4 Miles AMRAP	3 Miles AMRAP + 4 Strides	<b>10 Miles AMRAP</b>	Rest Day
4 Miles AMRAP	4 Mile Up-tempo Over Hills + 4 Strides	30 Minute XT or Powerwalk	4 Miles AMRAP	3 Miles AMRAP + 4 Strides	<b>10-11 Miles AMRAP</b>	Rest Day
4 Miles AMRAP	4 Miles Progression + 4 Strides	30 Minute XT or Powerwalk	4 Miles AMRAP	3 Miles AMRAP + 4 Strides	<b>11-12 Miles AMRAP</b>	Rest Day
3 Miles AMRAP	3 Miles AMRAP + 4 Strides	30 Minute XT or Powerwalk	3 Miles AMRAP	3 Miles AMRAP + 4 Strides	<b>8 Miles AMRAP</b>	Rest Day
2 Miles AMRAP	3 Miles AMRAP	30 Minute XT or Powerwalk	3 Miles AMRAP	2 Miles AMRAP + 4 Strides	 <b>RACE DAY</b>	

## 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

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# 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](mailto:Lindsey@FitnessSports.com) for questions or for an individual plan!