

Stryder's Training Plan for USATF Grand Prix

Part 1 5K - 10K 20-30 Miles/Week



Training Guidelines

- Remember that the paces you run are based on your **current conditioning**, not on your fall 2019 paces.
- With two plans: one for 20-30 miles and one for 30-40 miles per week, you should start in the plan that matches your current mileage. If you want to use the 30-40 mile plan, but you're currently only running 20 miles per week, start with the 20-30 mile plan and gradually add some additional miles into your recovery days by running a couple extra miles during your runs or adding additional days with easy recovery runs. Then when you reach the desired mileage, you can change plans. If in doubt about this transition, check with one of the coaches.
- Some of the workouts are challenging and could exceed your current conditioning. **Repetition-paced runs should not exceed 2:30 minutes, while Interval-paced runs should not exceed 5:00 minutes.** For example, if the plan calls for 4x1200 m at interval pace, but you can only run 1000 meters in 5:00, stop after 5 minutes. Your workout would become 4x1000 m at interval pace (and do not try to make up for the missed distance by doing more).
- Strides with your easy runs are a great way to improve your form and speed; mix them into the middle of your easy runs.

Scheduling Guidelines

- The coaches will be starting the workouts on Wednesday nights from the RS Taylor Tap Room. These workouts will try to match the workouts in the plan.
- The training plans have workouts on Mondays, Wednesdays and Saturdays, which matches with the Stryders workout schedule. These dates can be moved around to fit your own schedule. For example, the Mix-it-up Sunday crew could do the Saturday long run on Sunday and move the Monday workout to Friday for a workout schedule of Wednesdays, Fridays and Sundays.
- Easy recovery day runs (in the plans on Tuesdays and Fridays) can easily be moved around to fit your schedule. Any of the non-workout days are acceptable.
- If you would like to run more miles than is stated in the plan, add them into your easy recovery days or run additional easy runs.
- The plans call for 4-6 miles on these recovery days, but feel free to "shake up" the mileage on these days. For example, rather than running two 6-mile recovery runs each week, you could do a 5-miler and a 7-miler, or 3 days at 4 miles.

Week 1 -1/26/2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Session: Repetition		Easy Day 4 mi easy 6x20 sec strides	Session: Long Run 6 mi easy

Week 2 - 2/2/2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Session: Repetition 1 mi warm up 8x200 @ R pace with 200 recovery 1mi cooldown		Session: Rep/Tempo 1 mi warm up 2x1 mi @ T pace with 1 min rest 4x200 @ R pace with 200 recovery 1 mi cooldown		Easy Day 4 mi easy 6x20 sec strides	Session: Long Run 2 mi easy 1 mi @ M pace 1 mi easy 1 mi @ M pace 1 mi easy or

Total: 19

Week 3 - 2/9/2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Session: Tempo 1 mi warm up 3x1000 @ T pace with 1 min rest 1 mi cooldown		Session: Repetition 1.5 mi warm up 1 min hard/1 min easy x 2 Skidmore loops 1.5 mi cooldown		Easy Day 4 mi easy 6x20 sec strides	Session: Long Run 7 mi easy

Total: 20.5

Week 4 - 2/16/2020

Total: 19.5

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Session: Interval 1 mi warm up 3x1000 @ I pace with 400 recovery 1 mi cooldown		Session: Tempo 1 mi warm up 2x1 mi @ T pace with 1 min rest 1 mi cooldown		Easy Day 4 mi easy 6x20 sec strides	Session: Long Run 1 mi easy 2 mi @ M pace 1 mi easy 2 mi @ M pace 1 mi easy

Week 5 - 2/23/2020

Total: 21.5

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Session: Rep/Tempo 1 mi warm up 2 mi @ T pace with 1 min rest 4x200 @ R pace with 200 recovery 1 mi cooldown		Session: Interval 1 mi warm up 3x1000 @ I pace with 400 recovery 1 mi cooldown		Easy Day 4 mi easy 6x20 sec strides	Session: Long Run 8 mi easy

Week 6 - 3/1/2020

Total: 23

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Session: Interval 1 mi warm up 4x800 @ I pace with 400 recovery 1 mi cooldown		Session: Tempo 1.5 mi warm up 3x1 mi @ T pace with 1 min rest 1.5 mi cooldown		Easy Day 4 mi easy 6x20 sec strides	Session: Long Run 8 mi easy

Week 7 - 3/8/2020

Total: 24.5

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Session: Tempo 1 mi warm up 3x1 mi @ T pace with 1 min rest 1 mi cooldown		Session: Interval 1.5 mi warm up 3x1200 @ I pace with 400 recovery 1.5 mi cooldown		Easy Day 5 mi easy 6x20 sec strides	Session: Long Run 1 mi easy 2 mi @ M pace 1 mi easy 3 mi @ M pace 1 mi easy

Week 8 - 3/15/2020

Total: 24.5

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Session: Interval 1 mi warm up 4x1000 @ I pace with 400 recovery 1 mi cooldown		Session: Tempo 1 mi warm up 4x1 mi @ T pace with 1 min rest 1 mi cooldown		Easy Day 5 mi easy 6x20 sec strides	Session: Long Run 7 mi easy

Week 9 - 3/22/2020

Total: 17

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Session: TeM paco 1 mi warm up 2x1 mi @ T pace with 2 min rest 1 mi cooldown		Easy Day 5 mi easy 6x20 sec strides		Easy Day 3 mi easy 6x20 sec strides	Race Day Schenectady Firefighter's Run 4 Your Life 5K

Legend

Listed below you will find definitions for terms used in your schedule. This will help you better understand the purpose of each workout. If after reading these definitions you are not clear about any detail on your schedule please contact a Stryders coach.

1. **Easy running (E)** which includes warm-up, cool-down and recovery between faster bouts of work. You also use E intensity on long (L) runs. E running has a fair range of intensities from about 60 to 75% of maximum effort. In general, E running is running at a comfortable, conversational pace, which certainly may vary daily, depending on how you are feeling. You may be up to 20 seconds slower or faster than the specified pace on a given day.
2. **Marathon-pace (M)** would be projected marathon pace, based on performances in other events. Based on ability and fitness, M ranges from about 76% to 85% of max effort. Even if not training for a marathon, it is often good to include some M runs in the program.
3. **Tempo pace (T)** is comfortably hard running for either a steady 3-4 miles (or 5 to 6km) or repeated runs of 5 to 15 minutes each, with 1 to 3 minutes of rest between the runs. Intensity is to be 86-88% of max effort (a speed of running that you could maintain for about 1 hour in an all-out 1-hour race).
4. **Interval-pace (I)** running or "hard" running. This is hard and at a pace that you could maintain for about 10-15 minutes in a serious race. They are best if they involve runs of 3 to 5 minutes each (800 to 1600m are typical), with jog recoveries of similar duration (not necessarily, equal distance); relative to the runs they follow. If a workout calls for "hard" runs, then go by feel and imagine 5k race pace, as the intensity of each run.
5. **Rep-pace (R)** running is fast, but not necessarily "hard," because work bouts are relatively short and are followed by relatively long recovery bouts. Recoveries are to be long enough that each run feels no more difficult than the previous run, because the purpose of Reps is to improve speed and economy and you can not get faster (nor more economical) if you are not running relaxed. If it takes 3 minutes recovery between Rep 400s, then that is what is needed. Reducing rest time between individual work bouts does not make for a better workout, in fact it probably makes for a worse workout because the short rests could increase the stress and lead to poor economy. Think of R pace as similar to current 1500 or mile race pace.
6. **Strides** are runs that last about 20 seconds each and are run at a subjective feeling that approximates R-pace running. Take 30-60 seconds rest between strides, or enough time to feel light and quick on each stride. Strides are not meant to be "sprints."

The descriptions above and the workouts in the plan are based on the concepts and text from Jack Daniels book *Daniels' Running Formula*.