

Stryders Training Plan for Fall Races



Week 1 - 5/19/2019

Total: 34

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Session: Interval 2 mi warmup 7x2 min @ I pace with 1 min recovery 2 mi cooldown	Easy Day 5 mi easy	Session: Repetition 2 mi warmup Wednesday Workout 2 mi cooldown		Easy Day 5 mi easy	Session: Long Run 2 mi easy 2 mi @ M pace 2 mi easy 2 mi @ M pace 2 mi easy

Week 2 - 5-26-2019

Total: 35

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Session: Rep/Tempo 2 mi warmup 4x200 @ R pace with 200 recovery 3 mi @ T pace 3 min rest 2 mi cooldown	Easy Day 5 mi easy	Session: Repetition 2 mi warmup Wednesday Workout 2 mi cooldown Track Workout		Easy Day 5 mi easy	Session: Long Run 10 mi easy 6x20 sec strides Freihofers

Week 3 - 6/2/2019

Total: 38

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Session: Repetition 2 mi warmup 5x(200 @ R pace, 200 recovery, 200 @ R pace, 400 recovery, 400 @ R pace, 200 recovery) 2 mi cooldown 6x20 sec strides	Easy Day 6 mi easy	Session: Tempo 2 mi warmup Wednesday Workout 2 mi cooldown		Easy Day 5 mi easy	Session: Long Run 12 mi easy 6x20 sec strides

Week 4 6/9/2019

Total: 36

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Session: Interval 2 mi warmup 3x3 min @ I pace with 2 min recovery 4x2 min @ I pace with 2 min recovery 2 mi cooldown	Easy Day 6 mi easy	Session: Repetition 2 mi warmup Wednesday Workout 2 mi cooldown		Easy Day 5 mi easy	Session: Long Run 2 mi easy 3 mi @ M pace 1 mi easy 3 mi @ M pace 1 mi easy

Week 5 - 6/16/2019

Total: 39

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Session: Tempo 2 mi warmup 4x1 mi @ T pace with 1 min rest 2 mi cooldown	Easy Day 6 mi easy	Session: Interval 2 mi warmup Wednesday Workout 2 mi cooldown		Easy Day 6 mi easy	Session: Long Run 12 mi easy 6x20 sec strides

Week 6 - 6/23/2019

Total:35

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Session: Tempo 2 mi warmup Trail Race @ T pace 2 mi cooldown	Easy Day 6 mi easy	Session: Interval 2 mi warmup Wednesday Workout 2 mi cooldown Track Workout		Easy Day 6 mi easy	Session: Long Run 2 mi easy 6 mi @ M pace 2 mi easy

Week 7 - 6/30/2019

Total: 31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Session: Tempo 2 mi easy 3x1 mi @ T pace 1 mi easy	Easy Day 5 mi easy	Session: Interval 2 mi warmup Wednesday Workout 2 mi cooldown	Firecracker Four		Session: Long Run 8 mi easy 6x20 sec strides

Week 8 - 7/7/2019

Total:38

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Session: Tempo 2 mi warmup Trail Race @ T pace 2 mi cooldown	Easy Day 7 mi easy	Session: Interval 2 mi warmup Wednesday Workout 2 mi cooldown		Easy Day 6 mi easy	Session: Long Run 1 mi easy 4 mi @ M pace 1 mi easy 4 mi @ M pace 1 mi easy

Week 9 - 7/15/2019

Total: 41

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Session: Interval 2 mi easy 5x1K @ I pace with 400 recovery 2 mi easy	Easy Day 7 mi easy	Session: Tempo 2 mi warmup Wednesday Workout 2 mi cooldown		Easy Day 6 mi easy	Session: Long Run 12 mi easy 6x20 sec strides

Week 10 - 7/22/2019

Total: 36

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Session: Tempo 2 mi warmup Trail Race @ T pace 2 mi cooldown	Easy Day 6 mi easy	Session: Interval 2 mi warmup Wednesday Workout 2 mi cooldown Track Workout		Easy Day 6 mi easy	Session: Long Run 1 mi easy 8 mi @ M pace 1 mi easy

Weel 11 - 7/29/2019

Total: 42

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Session: Tempo 2 mi warmup 5x1 mi @ T pace with 1 min rest 2 mi cooldown	Easy Day 7 mi easy	Session: Interval 2 mi warmup Wednesday Workout 2 mi cooldown		Easy Day 6 mi easy	Session: Long Run 13 mi easy 6x20 sec strides

Week 12 - 8/4/2019

Total: 41

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Session: Tempo 2 mi warmup Trail Race @ T pace 2 mi cooldown	Easy Day 7 mi easy	Session: Interval 2 mi warmup Wednesday Workout 2 mi cooldown		Easy Day 6 mi easy	Session: Long Run 14 mi easy 6x20 sec strides

Week 13 - 8/11/2019

Total: 39

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Session: Interval 2 mi easy 6x1K @ I pace with 400 recovery 2 mi easy	Easy Day 7 mi easy	Session: Tempo 2 mi warmup Wednesday Workout 2 mi cooldown		Easy Day 6 mi easy	Session: Long Run 10 mi easy 6x20 sec strides Jailhouse Rock

Week 14 - 8/18/2019

Total: 44

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Session: Tempo 2 mi warmup Trail Race @ T pace 2 mi cooldown	Easy Day 8 mi easy	Session: Interval 2 mi warmup Wednesday Workout 2 mi cooldown		Easy Day 7 mi easy	Session: Long Run 15 mi easy 6x20 sec strides

Week 15 - 8/25/2019

Total: 36

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Session: Tempo 2 mi warmup 2x2 mi @ T pace with 2 min rest between 2 mi easy	Easy Day 6 mi easy	Session: Interval 2 mi warmup Wednesday Workout 2 mi cooldown		Easy Day 5 mi easy	Session: Long Run 10 mi easy 6x20 sec strides

Week 16 - 9/1/2019

Total: 30

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Session: Easy Run 7 mi easy 6x20 sec strides	Easy Day 5 mi easy	Session: Tempo 2 mi warmup Wednesday Workout 2 mi cooldown		Easy Day 5 mi easy	Race Day Malta 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*.