

WRRC Training Schedule Guide

Concept:

The most important thing to remember when using these training plans is that every single person is unique. Every person has different levels of fitness and is born with varying abilities. These plans are a great fit for 80 percent of the running community. There are always 10 percent of the runners who are highly experienced and conditioned to run high miles that will maintain more mileage than this program suggests. Likewise, there are the other 10 percent of new runners who aren't ready or willing to put in these kinds of miles. For new runners, the Tuesday/Thursday easy runs can be dropped and the focus can be on three days a week. For more experience runners the full five days a week is more appropriate. Please adjust these plans to your personal fitness level. Before embarking on any training program, especially your first, you should consult a physician to make sure you are fit and capable.

These training plans generally follow standard RRCA guidelines. It starts with a base/strength training phase which transitions to a sharpening/speed phase, which then finishes with a tempo/taper phase. Each week follows the easy/hard undulations. In other words, running easy and recovering is just as important as running hard and having quality workouts and you should alternate them. Each week also follows the 10% rule. This means that the total mileage doesn't jump by more than 10% each week and the long runs follow the same rule (not counting fall back recovery weeks).

These plans have been used for numerous racing seasons and have had positive results for many runners. While not perfect for every person they will get most people to a successful and effective race if followed reasonably close. The key to any successful race is a blend of long runs and quality runs appropriately mixed with recovery runs. Those who have success complete long runs, hills, track, tempo, and recovery runs.

Base Runs:

These are the semi-long runs during the week geared to build base mileage. They are to be done a little harder than easy pace but not quite hard enough to be considering a quality workout. The pace and effort should be similar to a weekend long run. The focus here is purely on endurance and building stamina but also to avoid making it a tempo run. Keep the effort around 75-80%.

Easy Runs:

Recovery is the key here. It is simply not effective to run every run hard and at the same pace. The body needs time to recover and heal. The musculoskeletal system does not strengthen and heal as fast as your conditioning. The easy runs should be at easy conversational pace and slower than your long runs. Avoid putting any effort in at 80% or more. The effort should be closer to 65-70%.

Hill Runs (meet at White Rock Lake spillway parking lot on Garland/Winsted):

The intent of these runs is to build strength and engage muscles in the lower back, hips, and legs that generally don't get used as much. Generally, the group will do a workout called "Crazy 8's". Crazy 8's are a hill workout that is 1.3 miles long and is shaped in a figure 8. The nice thing about the workout is it features one shorter but steeper hill plus a longer but more gradual hill mixed in with downhills. Further, the workout allows all abilities to participate at their own pace because it is a closed loop. New runners should follow the even effort approach, intermediate runners should follow the even pace approach, and experienced runners follow the race pace approach up the hills. The downhills are used for easy recovery. Focus on form – this means leaning slightly in and using your arms to drive up the hills. Run strong through the crest of the hill.

Tempo Runs (meet at White Rock Lake Bath House):

There are several varying schools of thought as to how to run tempo runs. The purpose is the same, though, and that's to run at lactate threshold pace for a sustained distance. Our tempo runs are done with a one mile warm-up and the rest at 85-90% effort. A good rule of thumb is 15-20 seconds faster than goal race pace and striving to maintain consistent and even pace. That should be close to between half and full marathon pace for full marathoners and between 15k and half marathon pace for half marathoners. At a minimum they should be done at goal race pace for newer runners. These are intended to be fairly difficult runs and should be run "comfortably hard". The key focus is consistent pacing.

Track Runs (meet at Lake Highlands High School track):

The name of the game is speed but done with a structured workout. The purpose of speed work is to improve the $\dot{V}O_{2max}$ (max volume of oxygen the blood carries), which allows you to run more efficiently. We usually do some type of ladders workout which is designed for distance runners. The pace chart is focused specific to each person so you run faster for the shorter distances and slightly slower for the longer distances. There are cool down recovery laps in between with the intent to keep moving throughout the workout. A big focus here is not to run the laps all out but to stay controlled, disciplined, and trying to hit specific paces so you finish strong. These are usually some of the most difficult workouts of the season. The effort level is 90% and greater.

Long Runs (meet at Fuzzy's Tacos on Mockingbird):

This is one area we differ from the RRCA philosophy. RRCA advocates long runs being done approximately two minutes per mile slower than race pace. Our experience shows this is extreme and for most newer runners and "less fast" runners not very effective. We prefer 30-60 seconds per mile slower than goal race pace. This may seem counterintuitive but most new runners and "less fast" runners simply don't have multiple pace gears with much range. The point of these long runs is to build up mileage and endurance. It is not for speed, hence the reason you do NOT run these at race pace. The pace should feel conversational and no more than 75-80% effort. To practice the strong finish we want on race day we usually end each long run with 1-3 miles done at goal race pace.

WRRC Spring 2012 Full Marathon Training Plan - Vancouver/Flying Pig

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes	T
1	01/02/12	01/03/12	01/04/12	01/05/12	01/06/12	01/07/12	01/08/12	3M does track and 13	32
	6 Base	5 Easy	6 Base	5 Easy	Rest	10 Long	Rest		
2	01/09/12	01/10/12	01/11/12	01/12/12	01/13/12	01/14/12	01/15/12	3M does tempo and 14	34
	6 Base	5 Easy	7 Base	5 Easy	Rest	11 Long	Rest		
3	01/16/12	01/17/12	01/18/12	01/19/12	01/20/12	01/21/12	01/22/12	3M does track and 12	36
	7 Base	5 Easy	7 Base	5 Easy	Rest	12 Long	Rest		
4	01/23/12	01/24/12	01/25/12	01/26/12	01/27/12	01/28/12	01/29/12	3M does tempo and race	39
	7 Base	6 Easy	7 Base	6 Easy	Rest	13 Long	Rest		
5	01/30/12	01/31/12	02/01/12	02/02/12	02/03/12	02/04/12	02/05/12		37
	7 Base	6 Easy	7 Hills (3-4)	6 Easy	Rest	11 Long	Rest		
6	02/06/12	02/07/12	02/08/12	02/09/12	02/10/12	02/11/12	02/12/12		41
	7 Base	6 Easy	8 Base	6 Easy	Rest	14 Long	Rest		
7	02/13/12	02/14/12	02/15/12	02/16/12	02/17/12	02/18/12	02/19/12		43
	7 Base	6 Easy	8 Hills (4-5)	6 Easy	Rest	16 Long	Rest		
8	02/20/12	02/21/12	02/22/12	02/23/12	02/24/12	02/25/12	02/26/12		41
	7 Base	6 Easy	7 Track	6 Easy	Rest	15 Long	Rest		
9	02/27/12	02/28/12	02/29/12	03/01/12	03/02/12	03/03/12	03/04/12		44
	7 Base	6 Easy	9 Hills (5-6)	6 Easy	Rest	16 Long	Rest		
10	03/05/12	03/06/12	03/07/12	03/08/12	03/09/12	03/10/12	03/11/12		45
	7 Base	6 Easy	8 Track	6 Easy	Rest	18 Long	Rest		
11	03/12/12	03/13/12	03/14/12	03/15/12	03/16/12	03/17/12	03/18/12		44
	8 Base	6 Easy	8 Tempo	6 Easy	Rest	16 Long	Rest		
12	03/19/12	03/20/12	03/21/12	03/22/12	03/23/12	03/24/12	03/25/12	RnR Half	42
	8 Base	6 Easy	9 Track	6 Easy	Rest	Rest	13 Race		
13	03/26/12	03/27/12	03/28/12	03/29/12	03/30/12	03/31/12	04/01/12		41
	Rest	6 Easy	9 Tempo	6 Easy	Rest	20 Long	Rest		
14	04/02/12	04/03/12	04/04/12	04/05/12	04/06/12	04/07/12	04/08/12		48
	9 Base	6 Easy	9 Tempo	6 Easy	Rest	18 Long	Rest		
15	04/09/12	04/10/12	04/11/12	04/12/12	04/13/12	04/14/12	04/15/12		52
	9 Base	6 Easy	9 Track	6 Easy	Rest	22 Long	Rest		
16	04/16/12	04/17/12	04/18/12	04/19/12	04/20/12	04/21/12	04/22/12		46
	9 Base	6 Easy	9 Tempo	6 Easy	Rest	16 Long	Rest		
17	04/23/12	04/24/12	04/25/12	04/26/12	04/27/12	04/28/12	04/29/12		36
	9 Tempo	6 Easy	9 Tempo	Rest	Rest	12 Long	Rest		
18	04/30/12	05/01/12	05/02/12	05/03/12	05/04/12	05/05/12	05/06/12	Vancouver/Flying Pig	20
	6 Tempo	4 Easy	6 Tempo	4 Easy	Rest	Rest	Go Big!		