

## Experienced Runner Training Schedule

## Goal: Get Stronger

**Speedwork Caution: Speedwork increases injury risk. You will reduce this risk to minimal levels by gradually increasing the number of repetitions, inserting adequate rest and being sensitive to your "weak links."**

WEEK	MON (*/**)	TUE	WED (Speed Day)	THUR	FRI	SAT (Long Run)	SUN
July 25	3 miles	walk 30 min or XT or off	(*/**) 4 x 400 m	XT or off	off	3 mi xx	off
August 1	3 miles	walk 30 min or XT or off	(*/**) 4 x 400 m	XT or off	off	3 mi xx	off
August 8	MM 4 mi total	walk 30 min or XT or off	(*/**) 6 x 400 m	XT or off	off	4 mi xx	off
August 15	RR - 1.5 mi + 1200 meters	walk 30 min or XT or off	(*/**) 8 x 400 m	XT or off	off	5.5 mi xx	off
August 22	MM 5 mi total	walk 30 min or XT or off	(*/**) 10 x 400 m	XT or off	off	5.5 mi xx	off
August 29	RR - 2 mi + 800 meters	walk 30 min or XT or off	(*/**) 12 x 400 m	XT or off	off	7 mi xx	off
September 5	MM 6 mi total	walk 30 min or XT or off	(*/**) 14 x 400 m	XT or off	off	4 mi xx	off
September 12	6 x 400	walk 30 min or XT or off	(*/**) 4 x 400 m	XT or off	off	9.5 mi xx	off
September 19	run/walk 30 min	walk 30 min or XT or off	run/walk 30 min	KP Run/Walk	off	4 mi xx	off

### KEY

**MM=magic mile** 1) warm-up mile 2) run a measured mile at a good, hard pace for you. For more details, go to <http://www.jeffgalloway.com/training/magic-mile/>

**RR=race rehearsal.** Run at goal pace (add 33 sec/mile to MM pace).

**\*=cadence drill:** Done before you do the acceleration gliders, while on flat ground, count the number of times that either your left or right foot comes down for 30 seconds. Walk or jog for a minute or so and do it again. On each successive CD, try to increase the count by 1-2. Develop a light touch of the foot and quicker turnover of legs and feet. By this time next year you'll run faster if you add nothing more than the cadence drill to your running program, but you must do it at least once a week.

**\*\*=acceleration gliders:** Twice a week, during the middle of an easy run or as final preparation before a speed or hill session, use this progression: jog slowly for about 10 steps, then jog a little faster for about 10 steps. Next, pick up the pace further over about 30 steps to a faster pace but not all out - then glide or coast off your momentum. Walk or jog slowly between each of these for 1-2 minutes. Don't sprint! Keep your feet low to the ground, lightly touch and work on running faster without spending much effort. The best venue for this session is the last 10 meters of a gentle downhill, which will give you momentum to pick up turnover onto a flat area.

**XT = Cross train** - alternative exercise that does not use running muscles (walking, swimming, indoor cycle, Nordic track, etc.)

**Speed Day** -Pace of 400 repeats = MM divided by 4; 200 meter walk between each

**xx** means run the long run should be at least 3:30 min/mile slower than your magic mile predicts in the 5K and adjust for temperature