

# 2ndWind Training Outline 2010

## 1. Break Period (2 weeks 11/9-11/22)

- Training goals:
  1. Mentally recover from previous season and transition into training for the upcoming 2010 season.
  2. Ensure all minor injury or ach and pain are ALL gone.
- Areas of Training Emphasis
  - ✓ Run 1-2 easy weeks. No primary workouts, just run easy. Best if athlete runs 3-4 times weekly or daily, length of runs up to the individual.
  - ✓ December's marathoners re-establish consistent training weeks following the 5 week recovery (12/7-1/10) This means getting your weekly miles back up to the spring goal levels after your 2-week Break Period starting 1/11 and pick up the program with after KP Half Marathon 2/7.

## Transition Period (2 weeks 11/23-12/6)

- Training goals:
  1. Re-establish consistent training into the routine.
  2. Goals setting.

## 2. Base Training Period (6 weeks 12/7-1/17)

- Training goals:
  1. Slowly build mileage and establish the building blocks of future 5K/10K success.
  2. Drills and/or strengthening exercise to prevent recurring injuries.
  3. Develop solid patterns of sleep and nutrition.
  4. LT #1 (1/16) to test current levels of aerobic fitness.
- Area of Training Emphasis
  - ✓ ALL runs under 75% effort
  - ✓ 1-2 moderate Fartleks of 80-85% effort each week.
  - ✓ NO racing during this period.

## Transition Period from Base Training (6 weeks 1/18-2/28)

- Training Goals:
  1. Continuous build mileage and slowly raise the intensities.
  2. LT Test #2 (2/27) to test current levels of aerobic fitness.
- Area of Training Emphasis
  1. Short Intervals 200-300's
  2. Hill reps
  3. Progression Runs
  4. Mid week longer runs
- Areas of Ancillary Training (in order of priority)
  - ✓ Injury prevention
  - ✓ Drills and/or strengthening exercises to prevent recurring injuries are a priority during this period!

- ✓ Develop solid patterns of sleep and nutrition
- ✓ Flexibility & Strength development.
- Optional Supplemental Training for Base Training Period
  - Monday: Weights (circuit training, yoga or pilates)
  - Wednesday: Massage after run
  - Thursday: Weights (circuit training, yoga or pilates)
  - Saturday: Form/speed and/or hurdle drills

### **3. Race Preparation Period I & II (8 weeks 3/1-4/25)**

- Training Goals:
  1. Higher weekly miles and incorporate multi-paced training.
  2. Races during this period focus primarily on development of sound tactics and to test current levels of aerobic fitness.
  3. LT Test #3 (4/10) to test current levels of aerobic fitness
- Areas of Training Emphasis
  - ✓ Maintain long runs, double days, hillier mid week longer runs with last 30-60 at 80-85% effort.
  - ✓ VO2max Intervals (Aerobic Capacity)
  - ✓ Short Intervals (Anaerobic Capacity)
  - ✓ Lactate Threshold Runs (Anaerobic Conditioning)
  - ✓ Pace of workouts still controlled.
  - ✓ Not the time to race workouts!
  - ✓ Paces established by current race performances or by best conservative guess between coach and athlete.
- Areas of Ancillary Training (in order of priority)
  - ✓ Injury prevention
  - ✓ Maintain solid patterns of sleep and nutrition
  - ✓ Flexibility
  - ✓ Strength maintenance

### **4. Race Specific Period I & II (10 weeks 4/26-7/5)**

- Training Goals:
  1. Time to push the envelope by incorporating race specific workouts.
  2. Time to get ready mentally and physically for the target race.
  3. LT #4 (5/17) to test current levels of aerobic fitness
- Area of Training Emphasis
  - ✓ Weekly mileage drops as the weekend long run becomes shorter and the mid week long run is dropped from the program
  - ✓ Warm-up A and B are incorporated
  - ✓ Most ancillary training is dropped.
  - ✓ Races
  - ✓ Shorter intervals
  - ✓ VO2max race specific intervals
  - ✓ Workouts paces based on race goals

#### **Potential Races/Tests (all events tentative):**

- LT Test #1 (1/16)
- KP Half Marathon, San Francisco (2/7)

- LT Test #2 (2/27)
- Shamrock 5K, Dublin (3/14)
- Run Like the Wind Half Marathon, San Ramon?
- Oakland Marathon and Half Marathon (3/28)
- LT Test #3 (4/10)
- Boston Marathon, Boston (4/19)
- Workday Devil Mountain Run, Danville (5/2)
- LT Test #4 (5/17)
- Pleasanton Spirit Run, Pleasanton (6/20)
- July 4<sup>th</sup> Run San Ramon
- Wine Country Half Marathon (7/18)

After your key 5K/10K, it is advised that you take the following 2-3 weeks immediately after the event and run higher mileage weeks to mentally and physically recharge the cells for longer distance race. Just 2-3 weeks of training at a pace you find non-stressful to get your legs back. After this 2 weeks period we'll transition you back into a routine and get you ready to roll at Marathon Training or next goals.