

Returning Runner Training Plan

| Day: | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
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| Workout | Progression Run | Aerobic Mileage and In-n-Outs | Aerobic Mileage and Hill Work | Aerobic Workout / Threshold Workout / Sub-Lactate Workout | Aerobic Mileage and Strides | Long Run | Rest or Short Recovery |
| Goal | The progression run is one of the strongest ways to build a solid aerobic base. It has the additional benefit of race simulation by consistently building pace towards a strong continuous finish. | Aerobic mileage builds an aerobic base while enhancing running economy. In-n-Outs develop our top end speed. | Hill work builds strength and prepares us for racing on rough terrain. | Aerobic, Lactate Threshold, and Sub-Lactate work push and strengthen our aerobic systems. | Aerobic mileage builds an aerobic base while enhancing running economy. Strides start the process of preparing our legs to run fast. | The long run is arguably the best way to develop the aerobic system by stressing it for a long duration. | Recovery prepares us for the next workout. |
| Notes | <p>Beginning of summer: ~4-6 miles End of summer: ~8 miles</p> <p>The first half of the progression run should be at an aerobic pace and the back half at a progressively (but consistently) faster pace finishing at a hard effort.</p> | <p>~10% of weekly mileage</p> <p>In-n-Outs: 4x30 meters at near top speed</p> | <p>~15% of weekly mileage taking the hills hard</p> <p>4-8x200meters @hard pace on hill</p> | <p>The base of the aerobic workout is a mile of warm up, segments of 5 minutes broken between 5k pace and a moderate pace, and a mile of cool down.</p> <p>The base of the lactate threshold workout is 1 mile warm up, 20 minutes @ Lactate Threshold (comfortably hard), and 1 mile of cool down.</p> <p>The base of the sub-lactate workout is a mile of warm up, 2 miles at sub-lactate (10-20 seconds per mile slower than 3 mile), and 1 mile of cool down.</p> | <p>~10% of weekly mileage</p> <p>Strides: 4-8x100meters @800-1600</p> | ~20-25% of weekly mileage | Running on Sundays should be discussed with a coach. |