

August - September 2012 Elite Training Plan September 2012

Emphasis VO2 max and Threshold. Adjust the days as you see fit and how you get your mileage is up to you.

Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Weekly Mileage
August	13 Easy	14 1 x 800 @ T – 2 min. Rec. 4-5 x 1000 @ I w/same rec. 4 x 100 strides	15 Easy	16 IES XC or 2 miles 2 x 15 min. @ T 2-3 mi. @E	17 Easy or off	18 6:30 ODR or 7:30 Charlotte Beach River Run to Seneca park (10 mile)	40
19 45-60 min. @E	20 Easy	21 Naz Track 6 x 200 @ R w/ 200 jog 1 x 2000 m @ T with 400 rec. 6 x 200 starting one every 1:15	22	23 IES XC or 2 miles 2 x 20 min. @ T 2- mi. @E	24	25 2 miles @E, 6 x 2 min. pickups on Hills, finish to complete 8 miles	45
26 Easy 30-45 min.	27 Easy	28 Cobbs Hill Park Ladder 2x (1- 2-3-4-3-2-1) Alternate I pace E pace same amount of time. Drop 4 min. on 2nd set.	29	30 Genesse Valley Park 2 miles 1 x 30 min. @ T 2 min. rec. 1 x 10 min. Rec. 2- mi. @E	31	1 15 min. @E on trails, 15 min. Fartlek (surge up hills, easy down), 15 min @E	40
2 One hour @ E steady pace	3 Easy 45- Core Exercises Or Buffalo 15 K Nat'l Masters Champs	4 Cobbs 5:30 Cobbs 3 x (1min. uphill @I, jog down, fast 150m on flat, jog 1 min.) 18 min@T 4 min. rec. repeat hills 3x	5 Easy 45- 60 min	6 GVP 3 sets of (800 @ T immediately followed by 800 @ I) 3 min. rec. btwn each. 4 x 50 m strides. Core Exercises	7 Easy 30- 45 min or off	8 Oven Door 2 miles @E, 6 x 2 min. pickups on Hills, finish to complete 8 miles	45
9 One hour @ E steady pace	10 Easy 45- Core Exercises	11 5:30 PM @ Coach Reif's Trail or Road run 1 hour 65 Steele Rd. Perinton Dinner Party follows at 7:30 PM.	12 Easy 45- 60 min	13 GVP Continuous 4 x 800 @ T w30 sec rec 10 min @ E, 6 x 1 min. strides, 1 min recovery. then 10 min @ E Core Exercises	14 Easy 30- 45 min or off	15 Easy 30-45 min.	50

16 11 am - Pete Glavin Upstate NYXC Race #1 @ Jamesville Beach Pk (Syracuse) 1200 m @ goal pace@ 10:30 am	17 Easy 45- 60 min Core Exercises	18 Cobbs Hill 1 x 1000 @ T 4 x 1200 @ I w/3 min. rec. 4 x 200 m strides uphill Core	19 Easy 45- 60 min	20 GVP – 10 min.@T 1-2 sets 15 sec. cut backs starting @ 1:30	21 Easy 30- 45 min or off	22 15 min. @E on trails, 15 min. Fartlek (surge up hills, easy down), 15 min @E	45
23 Easy or off	24 Easy 45- Core Exercises	25 1x 1000 @T 2x 2000 @ T w/1 min. rec. 2 x Kenyan surge drills, 1 min@I,30@E9 0sec@I,60@E, 2 mn.@I , 90@E, CD	26 Easy 45- 60 min	27 GVP Wm up then 3 x 10 min. @ T w 1.5 min. rec. 4 x 100 m strides	28 Easy 30- 45 min or off	29 Syracuse Festival of Races 5K Masters Natl Champs	50