

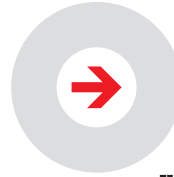
★ Training Terms Defined

**STRIDES:** This set of six short accelerations should be performed after an easy run and as part of your warm-up for key workouts as a way to maintain turnover and improve efficiency. Accelerate for five seconds, run at your fastest sustainable speed for 10 seconds, and then decelerate for the final five seconds. Take a minute between strides to get your breath back.

**WARM-UPS AND COOL-DOWNS:** Precede each of your key hill workouts, tempo runs and interval sessions with 10 to 15 minutes of easy running and a set of strides to warm up. Follow the workout with 10 to 15 minutes of easy running to cool down.

**HILLS:** These sessions will build strength and stamina. Find a moderate incline that forces you to get up on your toes. A four to six percent grade on a treadmill will suffice as well. Walk or jog down the hill between repeats for recovery.

**X-TRAINING:** Complete alternative aerobic exercise in the form of cycling, pool running, swimming or the elliptical machine. These are scheduled before or after your key workouts for the week. Cross-training for 30 to 60 minutes on your non-running days is a good way to get in extra volume without beating up your body.



*Race Warm-up*

Warming up for a mile is a lot different than warming up for longer races such as the half-marathon and marathon, or even a 5K or 10K, for that matter. Since you'll be running fairly fast right from the start, there's no time to warm up during the race itself. You've got to be ready to go when the race starts. About half an hour before the race, loosen up your legs with 10 to 15 minutes of easy jogging, followed by a set of four to six 20-second strides to get your wheels spinning and your heart rate humming. Aim to replicate the warm-up you've been doing before your key workouts as closely as possible. This will help give you confidence so that you're ready to roll from the starting line.



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Ask yourself: ‘Can I give more?’  
The answer is usually: ‘Yes.’  
—Paul Tergat, professional marathoner”

WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>5</b>	55:00 easy	<b>Rest or X-Training</b>	Hills: 6 x 1:00 @ 5K effort w/2:00 recoveries, 6 x 30 seconds @ 1-mile race effort w/1:00 recoveries	30:00 easy or X-training	35:00 easy + strides	<b>Rest or X-Training</b>	2 x [5 x 200m @ 1-mile race pace w/1:00 recoveries] 3:00 recovery between sets
<b>6</b>	60:00 easy	<b>Rest or X-Training</b>	2 x 800m @ 1-mile race pace w/2:00 recoveries; 2 x 400m @ 1-mile race pace w/1:00 recoveries; 2 x 200m @ faster than 1-mile race pace w/1:00 recoveries	30:00 easy or X-training	35:00 easy + strides	<b>Rest or X-Training</b>	Tempo Run: 2 miles @ 5K race pace, 3:00 recovery, 4 x 200m @ faster than 1-mile race pace w/1:30 recoveries
<b>7</b>	60:00 easy	<b>Rest or X-Training</b>	800m @ goal 1-mile race pace w/1-minute recovery, 2 x 400m @ 1-mile race pace w/30 sec recoveries	30:00 easy or X-training	35:00 easy + strides	<b>Rest or X-Training</b>	3 x 1K @ 5K race pace w/2:00 recoveries; 4 x 200m @ 1-mile race pace w/1:00 recoveries
<b>8</b>	45:00 easy	<b>Rest or X-Training</b>	2 x 400m @ 1-mile race pace w/2:00 recoveries; 4 x 200m @ 1-mile race pace w/1:00 recoveries	30:00 easy or X-training	35:00 easy + strides	<b>Rest or X-Training</b>	<b>1-MILE RACE</b>