

Lincoln Running Company's: Intermediate/Advanced 9 Week Training

Training plan setup by Ann Ringlein of the Lincoln Running Company, Lincoln Track Club, and Nebraska Wesleyan Cross Country. Ann has competed in a number of relay races and understands how to train to for this type of race and what to expect on race day. Training for this race should include hill workouts, running twice a day, and possible running of different surfaces to get used to varied terrain throughout the day. These activities should get you ready for the Market To Market Relay by preparing your legs for running and stopping.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Week 9	3 to 4 easy	3 to 4 or off	5 easy	Off	4 to 5 hilly	6 to 8 easy	Off	18 to 25
Week 8	3 to 4 easy	3 to 4 or off	3 morning 3 evening	4 hilly morning	Off	6 to 8 easy	4 hilly	23 to 31
Week 7	3 to 4 easy	3 to 4 or off	3 morning 4 evening	4 hilly morning	Off	6 to 8 easy	4 hilly	23 to 31
Week 6	3 to 4 easy	3 to 4 steady, strides	4 morning 4 evening steady	5 morning 3 x hills	Off	6 to 8 easy	4 hilly	26 to 35
Week 5	3 to 4 easy	3 to 4 steady, strides	4 morning 4 evening tempo	5 morning 3 x hills	Off	8 to 10	5 hilly	31 to 36
Week 4	3 to 4 easy	3 to 4 steady, strides	4 morning 4 evening tempo	5 morning 3 x hills	Off	8 to 12	5 hilly	31 to 38
Week 3	3 to 4 easy	3 to 4 steady, strides	4 morning 4 evening tempo	5 morning 3 x hills	Off	6 to 8	4 hilly	29 to 33
Week 2	3 to 4 easy	3 to 4 steady, strides	5 steady	5 hilly	Off	5 to 8	Off	21 to 26
Week 1	3 easy	3 easy, strides	Off	3 easy	Off	Race Day	Off & EAT & ICE!	

Narrative: Maybe more or less than typically train, remember this is just a suggestion of what would work to train for the Relay. Having consistent miles is very important, so even if you can't get in quite the mileage scheduled, getting out and getting in some miles is huge! Midway through the schedule you'll notice that you will be running twice a day, then again the next morning. This is to get your body used to performing close intervals. Training specificity it's called. One very important element for an event like this is nutrition. Fueling yourself after that first morning run will set you up well for the remaining other 2 or 3 runs. Immediately after the first run fuel yourself with some good carbohydrates and a bit of protein and the next 2 runs will go better. Tapering the last two weeks is also crucial. Even if you haven't gotten in all the miles you will still need to back off the last two weeks. At that point in training there is nothing more you can do to help, but adding more stress could definitely hurt you!

Hilly: Doing a hilly route on the second day in the morning, and then again the day after a long run is just to add a bit more of a challenge and will likely encounter hills during the course. **Hills:** Find good hill and run up at fairly hard pace- key here is to keep same pace entire way. **Downhills:** Definitely your choice, they are tough on body and you need to do these only if you are injury free. The idea behind these is to "toughen up" your legs and if you choose to do these you will recover great after the relay. **Tempo:** Runs that are "comfortably hard" Added after a few weeks if you do any faster will sabotage your next morning run. **Strides:** After all of this running you will need these to keep your fast twitch muscles, fast. These are done after an easy run and 4 to 6 50 meter strides, or just running fast.