



TRAINING PLAN ADVANCED



| WEEK | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | TOTAL |
|------|--------|-----------|-----------|-----------|--------|-------------|--------|-------|
| 1 | OFF | 4.5 TEMPO | 3 EASY | 4 HILLS | 3 EASY | 8 | 3 EASY | 25.5 |
| 2 | OFF | 4 | 3 HILLS | 5 | 3 EASY | 6 4 HILLS | 3 EASY | 28 |
| 3 | OFF | 5 TEMPO | 3 EASY | 4.5 HILLS | 3 EASY | 7 5 | 3 EASY | 30.5 |
| 4 | OFF | 5 TEMPO | 3 EASY | 5 | 3 EASY | 8 5 HILLS | 4 EASY | 33 |
| 5 | OFF | 3 | 2 | 3 HILLS | 3 EASY | 6 | 4 EASY | 21 |
| 6 | OFF | 6 TEMPO | 3 EASY | 6 | 3 EASY | 9 5 | 4 EASY | 36 |
| 7 | OFF | 3 | 3 HILLS | 3 | OFF | 6 | 3 EASY | 18 |
| 8 | OFF | 3 | 2 | 3 | OFF | RACE DAY | | 8+ |

Special thanks to OrthoNebraska Optimum Stride for this training program.

It's important to "practice how you play" - training specificity - so that's how the schedule is structured. You'll see dual workouts (miles | miles) on certain Saturdays followed by another run on Sunday. This is intended to allow you to experience what it feels like to run fatigued and otherwise train through Market to Market conditions. Be sure to space your dual runs on Saturdays at least 2-3 hours apart to allow your body to completely cool down. Use the time between runs to focus on timing of your food and hydration.

The key to training for Market to Market isn't just mileage - it's recovery too... nailing that recovery routine has a big impact on race day success. Most importantly, stay super-focused on nutrition and fueling before and after runs. Carb + protein recovery combos will be crucial to try and get in approximately 20 minutes after your workouts.

Easy/Recovery runs are intended to "flush the system" of lactic acid and prepare you for your next tough effort. One of the biggest mistakes athletes make is going too hard on their recovery runs. Take it easy.

XTRAIN (CROSS TRAIN): Pilates, Yoga, biking, spinning and swimming are examples of ways to cross train. Weight training is also an option (lower weights, higher reps). This day can also be a pure rest day if you're feeling run down or especially beat up.

TEMPO RUNS: These are the most effective way to improve lactate threshold and, thus, race performance. Start each tempo workout with a .5 mile warmup and end with a .5 mile cooldown. This total 1 mile is counted in with the mileage listed for that day. Tempo pace is typically your 5K - 10k race pace. **Do not run the tempo portion all out - stick to your 5K - 10K pace.

HILLS = choose a route that provides approximately 30 -50% of the terrain as rolling to steady hills. Hills are part of the course and good to get comfortable with ahead of race day. Another added bonus, hills provide a natural way to build strength and improve speed.

You have recovery weeks built into the schedule - those are not typos - enjoy them. It is during this recovery and rebuilding time that we actually become stronger. Think regular stretching after all runs and especially after Saturday/Sunday workouts.