**Introduction:**

Hi friends! This is a general 12 week training plan that will take you through the summer up to the beginning of the school year. This plan is for those looking to do well in the 6k or 8k.

The goal of these 12 weeks is to build a foundation to prepare your body for more intense training in the fall. The plan focuses on gradually increasing mileage and includes one controlled aerobic workout per week. Additionally, you will do strides 2-3 times a week in the shoes you plan to race in to help maintain your leg speed and prevent injury when you transition to racing shoes in the fall. In the second half of the summer, begin to slowly incorporate your racing shoes into the weekly aerobic workout.

While training, be aware that burnout and overtraining is a very real thing. It can affect you both physically and mentally and when it hits, it sucks. If your not giving your body enough time to recover, that fatigue builds. We did our best to avoid it with down weeks, but it's easy to fall into it when your not listening to your body. Feeling tired is normal but if it comes to be too much, take it easy. Run recovery paces after workouts and don’t run everyday hard. Moreover, running everyday gets to be a grind. Keep things fresh by running with friends or by running in different areas. (give us a call if your near albany or westchester!)

One more thing: Take the extra time you have in the summer to do core, strength training, and flexibility. Running is a repetitive motion, so it is important to strengthen muscle groups that you do not work while running. This will help to make you a stronger runner and prevent injury. Below, we have provided some suggestions:

**Stretching:**

Stretching before running will help you avoid injury. We recommend active isolated stretching. Unlike static stretching, this type of stretching does not provoke a protective stretch reflex (when a muscle fights back in resistance to a stretch, rather than lengthening) If you don't have one already, go out and buy a piece of rope around 6 feet in length. This will help in stretching.

This link provides some good stretches: <https://www.runnersworld.com/advanced/a20784032/active-isolated-stretching-exercises/>

**Strength training:**

Runners must strength train because repetitive endurance running can actually decrease bone density, which may lead to stress-fractures. General strength training helps build muscle, increase bone density, improve running economy, and reduce fatigue.

Because we are training for general strength, rather than mass (“getting swole”), you only need to hit the weight room 2-3x a week! Don’t bother with specific upper and lower body days. Instead, try to hit every major muscle group for a balanced routine.

Thanks to some incredibly knowledgeable former BURC captains (shoutout Megan Doyle and Jigar Gosalia), we have some great runner-specific strength training plans! (on the next page)

**Strength Workouts!**

3 sets of 8-12 reps increases general strength and fat burn. Approximately 8-10 exercises. 2-3x a week. Core 2-3x a week on non-lift days.

(Thanks Jigar)

Weighted Squats

Lateral dumbbell Raises <https://www.youtube.com/watch?v=3VcKaXpzqRo>

Chest Press

Upright Rows <https://www.youtube.com/watch?v=jaAV-rD45I0>

Hip Raises

Lower Back Extensions <https://www.youtube.com/watch?v=ph3pddpKzzw>

Tricep pull-down

Shoulder Shrugs

Hamstring Curls

Chest Flies

Straight Leg deadlifts <https://www.youtube.com/watch?v=1uDiW5--rAE>

(Shoulder) Military Press

Bicep Curls

Lat Pull-downs

Dumbbell Calf Raises

Skull Crushers <https://www.youtube.com/watch?v=d_KZxkY_0cM>

Forward Lunges

Assisted Dip Machine

Hammer Curls <https://www.youtube.com/watch?v=zC3nLlEvin4>

Goblet Squats <https://www.youtube.com/watch?v=MeIiIdhvXT4>

Seated Low Row Pulls <https://www.youtube.com/watch?v=GZbfZ033f74>

Forward Raises (Shoulder) <https://www.youtube.com/watch?v=-t7fuZ0KhDA>

Kettle Ball Forward Swing <https://www.youtube.com/watch?v=OopKTfLiz48>

Box Jumps

Backward Lunges

Chest Flies

Lower Back Extensions

Medicine Ball Seated Toss (With a partner) <https://www.youtube.com/watch?v=Vc8Xx26ohv8>

Squat Jumps <https://www.youtube.com/watch?v=U4s4mEQ5VqU>

Chest Press

Single arm lat pull-downs (each arm) <https://www.youtube.com/watch?v=0BT533ueEdI>

Overhead Tricep extension <https://www.youtube.com/watch?v=YbX7Wd8jQ-Q>

Dumbbell Calf Raises

Chest Flies

Plate Raises (Shoulder) <https://www.youtube.com/watch?v=hFo-LIkCozU>

Row Machine

**Core Workouts!**

(Thanks Chloe)

Day One: Stability

Plank (1 min)

Side Plank (60 sec each side)

Plank (2 min w/ leg raises at 80 sec)

Superman (1 min)

Bridge (1 min)

Superman (75 sec)

bridge (1 min)

Superman (1 min)

Plank (2 min w/ leg raises at 80 sec)

Side plank (75 sec each side w/ leg lifts)

Plank (1 min)

Day 2: Lower Core

6 inches off the ground (1 min)

Scissor kicks (1 minute)

Mountain climbers (90 seconds)

Jack Knife (1 min)

Leg lifts (90 seconds)

Frozen bike (30-20-10 sec each side)

Scissor kicks (75 seconds)

Frozen

6 inches off the ground (90 sec)

Day 3: Oblique

Weighted Russian twists (45 seconds)

Side crunches (1 min)

V-Ups (1 min)

Weighted Russian twists (45 seconds)

Single leg side planks (1 min each side)

Hip ups (1 min each side) ( moving up up and down while in side plank position)

Weighted Russian twists (45 seconds)

Day 4: Mixed

choose 3 exercise from each day 1-3 and do them again for day 4

The general layout of the plan will be:

***Monday*** | Rest: Just chill!

***Tuesday***| Run: 15% of miles with 4 x 50m strides

***Wednesday*** | Workout: 20% of miles with a warm-up and cool-down

***Thursday***| Recovery: 15% of miles

***Friday***| Run or rest:10-15% of miles

***Saturday***| Long run: 25-35% of miles with pace progression

***Sunday*** | run: 15% of miles

**Paces:**

Here is a link to a website with a good pace calculator:

<https://www.chicagoendurancesports.com/runcalc.htm>

Alternatively, here is a pace chart courtesy of Jigar

|  |  |  |  |
| --- | --- | --- | --- |
| 5k Race Time | Easy-Moderate Pace (long runs add like 15 seconds) | Recovery Pace | Tempo/ Progression |
| 18:00 | 6:55-7:50 | 7:55-8:40 | 6:05-6:30 |
| 18:30 | 7:05-8:00 | 8:05-8:50 | 6:15-6:40 |
| 19:00 | 7:15-8:10 | 8:15-9:00 | 6:25-6:50 |
| 19:30 | 7:25-8:20 | 8:25-9:10 | 6:35-7:00 |
| 20:00 | 7:35-8:30 | 8:35-9:20 | 6:45-7:10 |
| 20:30 | 7:45-8:40 | 8:45-9:30 | 6:55-7:20 |
| 21:00 | 7:55-8:50 | 8:55-9:40 | 7:05-7:30 |
| 21:30 | 8:05-9:00 | 9:05-9:50 | 7:15-7:40 |
| 22:00 | 8:15-9:10 | 9:15-10:00 | 7:25-7:50 |
| 22:30 | 8:25-9:20 | 9:25-10:10 | 7:35-8:00 |
| 23:00 | 8:35-9:30 | 9:35-10:20 | 7:45-8:10 |
| 23:30 | 9:00-9:45 | 9:50-10:30 | 7:55-8:20 |
| 24:00 | 9:15-10:00 | 10:05-11:00 | 8:05-8:30 |

\*\*\*These paces are meant to be used as suggestions but base your runs on feel!

Week 1 (May 20-26)

Rest, take this week off, get outside and have fun!

Week 2 (May 27-June 1)

(50% of mileage you plan to maintain throughout the fall season)

Mon:

Rest or x-training

Tue:

15% of mileage at easy pace, 4-8 50m strides in shoes you plan to race in

Strength and mobility

Wed:

2 min on, 3 min off fartlek at race pace (20% of mileage including warm-up and cool-down)

Stretching

Thur: 15% of mileage at recovery pace, 4-8 50m strides in shoes you plan to race in

Strength and mobility

Fri: Rest or 15% of mileage at easy pace

Sat: Long run! (25-30% of mileage) - 75% of the run should be at a comfortable pace and slowly progress for the last quarter of the run. You should feel like you can run one more mile at the end.

Sun: 15% of mileage at recovery pace, 4-8 50m strides in shoes you plan to race in

Week 3 (June 3- June 9)

(60% of mileage you plan to maintain throughout the fall season)

Mon:

Rest or x-training

Tue:

15% of mileage at easy pace, 4-8 50m strides in shoes you plan to race in

Strength and mobility

Wed:

8-16 hills. 100-200m or fartlek, 2 min on, 3 min off at race pace(20% of mileage including warm-up and cool-down)

Stretching

Thur:

15% of mileage at recovery pace, 4-8 50m strides in shoes you plan to race in

Strength and mobility

Fri:

Rest or 15% of mileage at easy pace

Sat:

Long run! (25-30% of mileage) - 75% of the run should be at a comfortable pace and slowly progress for the last quarter of the run. You should feel like you can run one more mile at the end.

Sun:

15% of mileage at recovery pace, 4-8 50m strides in shoes you plan to race in

Week 4 (June 10-16)

(70% of mileage you plan to maintain throughout the fall season)

Mon:

Rest or x-training

Tue:

15% of mileage at easy pace, 4-8 50m strides in shoes you plan to race in

Strength and mobility

Wed:

25 min tempo (20% of mileage including warm-up and cool-down)

Stretching

Thur:

15% of mileage at recovery pace, 4-8 50m strides in shoes you plan to race in

Strength and mobility

Fri:

Rest or 15% of mileage at easy pace

Sat:

Long run! (25-30% of mileage) - 75% of the run should be at a comfortable pace and slowly progress for the last quarter of the run. You should feel like you can run one more mile at the end.

Sun:

15% of mileage at recovery pace, 4-8 50m strides in shoes you plan to race in

Week 5 (June 17-23)

(60% of mileage you plan to maintain throughout the fall season)

Mon:

Rest or x-training

Tue:

15% of mileage at easy pace, 4-8 50m strides in shoes you plan to race in

Strength and mobility

Wed:

1mi, 1200, 800, 400, 200. @5k pace for 1mi and 1200, and 3k pace for the rest.

3min recovery for first two reps and 90 recovery rest (courtesy of Jig :) )

(20% of mileage including warm-up and cool-down)

Stretching

Thur:

15% of mileage at recovery pace, 4-8 50m strides in shoes you plan to race in

Strength and mobility

Fri:

Rest or 15% of mileage at easy pace

Sat:

Long run! (25-30% of mileage) - 75% of the run should be at a comfortable pace and slowly progress for the last quarter of the run. You should feel like you can run one more mile at the end.

Sun:

15% of mileage at recovery pace, 4-8 50m strides in shoes you plan to race in

Week 6 (June 24-30)

(70% of mileage you plan to maintain throughout the fall season)

Mon:

Rest or x-training

Tue:

15% of mileage at easy pace, 4-8 50m strides in shoes you plan to race in

Strength and mobility

Wed:

8-16 hills. 100-200m or fartlek, 2 min on, 3 min off at race pace (20% of mileage including warm-up and cool-down)

Stretching

Thur:

15% of mileage at recovery pace, 4-8 50m strides in shoes you plan to race in

Strength and mobility

Fri:

Rest or 15% of mileage at easy pace

Sat:

Long run! (25-30% of mileage) - 75% of the run should be at a comfortable pace and slowly progress for the last quarter of the run. You should feel like you can run one more mile at the end.

Sun:

15% of mileage at recovery pace, 4-8 50m strides in shoes you plan to race in

Week 7 (July 1-July 7)

(80% of mileage you plan to maintain throughout the fall season)

Mon:

Rest or x-training

Tue:

15% of mileage at easy pace, 4-8 50m strides in shoes you plan to race in

Strength and mobility

Wed:

25 min tempo (20% of mileage including warm-up and cool-down)

Stretching

Thur:

15% of mileage at recovery pace, 4-8 50m strides in shoes you plan to race in

Strength and mobility

Fri:

Rest or 15% of mileage at easy pace

Sat:

Long run! (25-30% of mileage) - 75% of the run should be at a comfortable pace and slowly progress for the last quarter of the run. You should feel like you can run one more mile at the end.

Sun:

15% of mileage at recovery pace, 4-8 50m strides in shoes you plan to race in

Week 8 (July 7- July 14)

(80% of mileage you plan to maintain throughout the fall season)

Mon:

Rest or x-training

Tue:

15% of mileage at easy pace, 4-8 50m strides in shoes you plan to race in

Strength and mobility

Wed:

800 repeats 4-8 reps @5k 90sec recovery. Recovery should be a jog, not a standing rest. (20% of mileage including warm-up and cool-down)

Stretching

Thur:

15% of mileage at recovery pace, 4-8 50m strides in shoes you plan to race in

Strength and mobility

Fri:

Rest or 15% of mileage at easy pace

Sat:

Long run! (25-30% of mileage) - 75% of the run should be at a comfortable pace and slowly progress for the last quarter of the run. You should feel like you can run one more mile at the end.

Sun:

15% of mileage at recovery pace, 4-8 50m strides in shoes you plan to race in

Week 9 (July 15-July 21)

(90% of mileage you plan to maintain throughout the fall season)

Mon:

Rest or x-training

Tue:

15% of mileage at easy pace, 4-8 50m strides in shoes you plan to race in

Strength and mobility

Wed:

Fartlek - 5min on, 4 min off, 4 on, 3 off, 3 on, 2 off, 2 on, 1 off, 1 on (tempo pace for first two and race pace for the rest) (20% of mileage including warm-up and cool-down)

Stretching

Thur:

15% of mileage at recovery pace, 4-8 50m strides in shoes you plan to race in

Strength and mobility

Fri:

Rest or 15% of mileage at easy pace

Sat:

Long run! (25-30% of mileage) - 75% of the run should be at a comfortable pace and slowly progress for the last quarter of the run. You should feel like you can run one more mile at the end.

Sun:

15% of mileage at recovery pace, 4-8 50m strides in shoes you plan to race in

Week 10 (July 22- 28)

(85% of mileage you plan to maintain throughout the fall season)

Mon:

Rest or x-training

Tue:

15% of mileage at easy pace, 4-8 50m strides in shoes you plan to race in

Strength and mobility

Wed:

25 min tempo (20% of mileage including warm-up and cool-down)

Stretching

Thur:

15% of mileage at recovery pace, 4-8 50m strides in shoes you plan to race in

Strength and mobility

Fri:

Rest or 15% of mileage at easy pace

Sat:

Long run! (25-30% of mileage) - 75% of the run should be at a comfortable pace and slowly progress for the last quarter of the run. You should feel like you can run one more mile at the end.

Sun:

15% of mileage at recovery pace, 4-8 50m strides in shoes you plan to race in

Week 11 (July 29- Aug 4) PEAK

(100% of mileage you plan to maintain throughout the fall season)

Mon:

Rest or x-training

Tue:

15% of mileage at easy pace, 4-8 50m strides in shoes you plan to race in

Strength and mobility

Wed:

Hilly distance run, pick pace up on the hills (20% of mileage including warm-up and cool-down)

Stretching

Thur:

15% of mileage at recovery pace, 4-8 50m strides in shoes you plan to race in

Strength and mobility

Fri:

Rest or 15% of mileage at easy pace

Sat:

Long run! (25-30% of mileage) - 75% of the run should be at a comfortable pace and slowly progress for the last quarter of the run. You should feel like you can run one more mile at the end.

Sun:

15% of mileage at recovery pace, 4-8 50m strides in shoes you plan to race in

Week 12 (Aug 5- Aug 12)

(100% of mileage you plan to maintain throughout the fall season)

Mon:

Rest or x-training

Tue:

15% of mileage at easy pace, 4-8 50m strides in shoes you plan to race in

Strength and mobility

Wed:

5 x 1k at 8k/10k pace (20% of mileage including warm-up and cool-down)

Stretching

Thur:

15% of mileage at recovery pace, 4-8 50m strides in shoes you plan to race in

Strength and mobility

Fri:

Rest or 15% of mileage at easy pace

Sat:

Long run! (25-30% of mileage) - 75% of the run should be at a comfortable pace and slowly progress for the last quarter of the run. You should feel like you can run one more mile at the end.

Sun:

15% of mileage at recovery pace, 4-8 50m strides in shoes you plan to race in

Nice job, you made it!