

PACE EXPLANATIONS: Perceived Rate of Exertion (PRE). We will often discuss training paces using a scale from 1-10, with 1 being walking effort and 10 being maximal sprint effort.

RECOVERY or MAINTENANCE: PRE = 3-4; This is approximately 2 minutes slower per mile than 5k date pace. For example, an athlete with a 5k date pace of 6 minutes per mile should run at a velocity of about 8 minutes per mile for RECOVERY effort. These runs can range in length from 25 to 50 minutes. The objective of a RECOVERY run is to provide gentle aerobic stimuli with minimal musculoskeletal stress in order to promote optimal tissue repair. While “jogging” is often synonymous with careless, mechanically inefficient movement patterns, RECOVERY pace running should be conducted with mindful mechanical efficiency in order to reinforce optimal movement patterns.

LONG SLOW DISTANCE: PRE = 2-3; The purpose of Long Sustained Distance running of 40 to 90 minutes in duration is to stimulate adaptive response in various aerobic pathways, including cardio-vascular power and efficiency, mitochondrial density and efficiency, metabolic efficiency, muscle fiber size, and fatigue resistance. Given that the largest energy contribution comes from the aerobic system for races of 800m or longer, LSD paced running is the cornerstone of distance training. Extending the length of the Long Sustained Paced run over the course of the season and over the course of the high school career is essential for reaching endurance performance potential.

TEMPO: PRE = 5-6; Often called “threshold” effort, this pace is about 30 seconds per mile slower than 5k pace. It should be the fastest pace you can sustain for about 3-5 miles. This is the running effort at which the aerobic system is no longer able to supply the necessary energy to sustain the pace. This effort level creeps just beyond the “aerobic threshold”, the point at which lactate acid levels in the blood stream begin to increase. Tempo running should feel “comfortably quick”, allowing maintenance of breathing rhythm and sustained mental focus. Training at this pace promotes improved lactate recycling and fatigue buffering.

MID to LONG INTERVAL/VO₂ Max: Pre 7-9; These adaptations allow you to sustain faster paces for longer durations. This pace is approaching/reaching the VO₂max window, wherein sustained effort becomes noticeably more difficult. Training at this pace stimulates adaptive response to the various pathways responsible for oxygen utilization and mechanical efficiency with more significant stress on the musculoskeletal system. These training efforts are useful for reaching potential oxygen utilization capacity as well as developing and optimizing neuromuscular pathways, running economy, and power. In addition, training at these race paces is critical for developing race-pace awareness and race-specific mental endurance. These paces are most stressful to the musculoskeletal system and therefore account for the smallest fraction of total volume over the training cycle.

The calendar below is the goal. If you are just starting out (new to distance running) you need to start out slower with less time and less days and work up to 6 days a week. If you have been running for years, then you can do the max time.

ADD a CORE Workout Monday, Wednesday, and Friday (or three days a week minimum) for 15-30 minutes.

Remember to do a warm up and some dynamic stretches, especially on Wednesdays.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 1 - Maintenance 20-30 mins	June 2 - LSD 30-60 mins	June 3 - Tempo 10-15 mins then recovery 15-20 mins	June 4 - LSD 30-60 mins	June 5 - Maintenance 20-30 mins	June 6 - LSD 30-60 mins
June 8 - Maintenance 20-30 mins	June 9 - LSD 30-60 mins	June 10 - Tempo 10-15 mins then recovery 15-20 mins	June 11 - LSD 30-60 mins	June 12 - Maintenance 20-30 mins	June 13 - LSD 30-60 mins
June 15 - Maintenance 25-35 mins	June 16 - LSD 40-70 mins	June 17 - Tempo 15-20 mins then recovery 20-25 mins	June 18 - LSD 40-70 mins	June 19 - Maintenance 25-35 mins	June 20 - LSD 40-70 mins
June 22 - Maintenance 25-35 mins	June 23 - LSD 40-70 mins	June 24 - Tempo 15-20 mins then recovery 20-25 mins	June 25 - LSD 40-70 mins	June 26 - Maintenance 25-35 mins	June 27 - LSD 40-70 mins
June 29 - Maintenance 25-40 mins	June 30 - LSD 40-80 mins	July 1 - Tempo 20-25 mins then recovery 25-20 mins	July 2 - LSD 40-80 mins	July 3 - Maintenance 25-40 mins	July 4 - LSD 40-80 mins
July 6 - Maintenance 25-40 mins	July 7 - LSD 40-80 Mins	July 8 - Tempo 20-25 mins then recovery 25-20 mins	July 9 - LSD 40-80 Mins	July 10 - Maintenance 25-40 mins	July 11 - LSD 40-80 Mins
July 13 - Maintenance 30-45 mins	July 13 - LSD 50-90 mins	July 15 - Tempo 20-25 mins then recovery 25-20 mins	July 16 - LSD 50-90 mins	July 17 - Maintenance 30-45 mins	July 18 - LSD 50-90 mins
July 20 - Maintenance 30-45 mins	July 21 - LSD 50-90 mins	July 22 - Tempo 20-25 mins then recovery 25-20 mins	July 23 - LSD 50-90 mins	July 24 - Maintenance 30-45 mins	July 25 - LSD 50-90 mins
July 27 - Maintenance 35-50 mins	July 28 - LSD 60-90 mins	July 29 - Tempo 20-25 mins then recovery 25-20 mins	July 30 - LSD 60-90 mins	July 31 - Maintenance 35-50 mins	Aug 1 - LSD 60-90 mins
Aug 3 - Maintenance 35-50 mins	Aug 4 - LSD 60-90 mins	Aug 5 - Tempo 20-25 mins then recovery 25-20 mins	Aug 6 - LSD 60-90 mins	Aug 7 - Maintenance 35-50 mins	Aug 8 - LSD 60-90 mins