

PREPARATION for Step 3 Training Plan

Spring 2010

**You must be at 17 miles/week for the first class of Step 3.
This plan will take you there using the Hard/Easy system.**

5 Day/Week Training Plan

**Goal: Increased Endurance using the Hard/Easy System;
*All Runs are expressed in Minutes of Running.***

- **Before each workout, warm up with 5 minutes of BRISK walking. Cool down after each workout with 5 minutes of relaxed, slow walking.**
- ALL runs, WITHOUT exception, really I mean it, should be run at your conversational easy pace. Except for racing and speed-work, ALL runs should be run at 60-80% of what you COULD do for that distance. We're talking very slow running. This goes for experienced marathoners and beginners alike.
- **RUNNERS ARE NOTORIOUSLY BAD AT ESTIMATING THEIR EFFORT.** They ALWAYS think they're running in the 60%-80% range, when they're really doing all of their runs in the 85%-90% or more range. We'll talk about heart rate monitoring and monitors at some point so that you can check where you are.
- How do you know that you're running between 60%-80%? Check your heart rate. You can check it manually. **Be sure to run at least 2 minutes before evaluating your heart-rate.** Keep walking briskly when counting your heart-rate for 10 seconds. Multiply this by 6 for your beats/minute (bpm). A chart showing Training Heart Rate (what you want for this plan) in distance/age/effort is in pdf form from a link on our Running Classes page at www.cjrrc.org. Don't be surprised if you never ran that slowly before! We'll explain why this is the absolute optimum training effort pace for non-speed-workout runs in class.
- There are 2 days of rest per week. You need these rest days for recovery and to become stronger. Cross training can be done on your rest days, if you want. You can also jostle the days around if you wish, but please keep Wednesday a rest day.
- **Never mix increasing mileage and speed. Never, ever, ever, ever! During the class session, when you enter your speed/sharpening phase, DO NOT INCREASE MILEAGE. In fact your mileage will decrease during this phase of your training plan in class. Keep it that way!**
- Short runs are **JUST** as important as the long runs.
- **Tip: start out each run slower than you normally run.** You'll have much more stamina during your entire run than if you start out fast and slow down later. This is a strategy that competitive runners use all the time, and it works.

And, please, enjoy yourself!

If someone says, "Hey, I ran 100 miles this week. How far did you run?" ignore him! What the hell difference does it make?... The magic is in the man, not the 100 miles.

Bill Bowerman

Don't be fooled by the calendar. There are only as many days in the year as you make use of.

Charles Richard

He who is outside his door has already got a good part of his journey behind him.

Dutch proverb



PREPARATION for Step 3 Training Plan

5 Day/Week Training Plan

**Goal: Hard/Easy System of Running; Increased Endurance;
With 80 Minute Long Run 1x/week**

All Runs are expressed in Minutes of Running.

◆ Before each workout, warm up with ½ mile SLOW running or walking. Cool down after each workout with ½ mile SLOW running or walking.

Week	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday (Long Run)	Monday	Total Running This Week In Minutes
1	◆ Run 20	◆ Run 30	◆ Run 20	◆ Run 30	Rest or Cross Train	◆ Run 50	Rest or Cross Train	150
2	◆ Run 20	◆ Run 30	◆ Run 20	◆ Run 30	↓	◆ Run 60	↓	160
3	◆ Run 20	◆ Run 35	◆ Run 20	◆ Run 35	↓	◆ Run 60	↓	170
4	◆ Run 20	◆ Run 40	◆ Run 20	◆ Run 40	↓	◆ Run 60	↓	180
5	◆ Run 20	◆ Run 40	◆ Run 20	◆ Run 40	↓	◆ Run 70	↓	190
6	◆ Run 20	◆ Run 45	◆ Run 20	◆ Run 45	↓	◆ Run 70	↓	200
7	◆ Run 20	◆ Run 50	◆ Run 20	◆ Run 50	↓	◆ Run 70	↓	210
8	◆ Run 20	◆ Run 50	◆ Run 20	◆ Run 50	↓	◆ Run 80	↓	<i>You are now ready for first class of Step 3! 220</i>

