



TNAQ MASTERS RUNNING

10/23/17



Week 6: "Most people never run far enough on their first wind to find out they've got a second."--**William James, American psychologist and philosopher**

We have some cooler weather in store for this week. Be sure to wear a light if you run in the dark. We'll begin to add some more tempos and intervals to the mix to continue to build upon your base. As you can see the mileage continues to increase. We do this slowly and methodically so as not to increase the mileage too quickly. The idea of increasing mileage and performing workouts is called fatigue training. It teaches your body to run faster, while the body is loaded with fatigue. If you can tough through, the body will adapt, and you can make significant gains. If you feel injured or overwhelmed, back it down. Next week we'll cut back the mileage some to allow the body recover.

BASE: For athletes just starting or just starting a new running cycle.

BUILD: For athletes already into their season, building up to their peak race.

PEAK: For athletes who are ready to peak for that special race.

	MON	TUE	WED	THUR	FRI	SAT	SUN
				5:30 a.m Provision			
BASE	OFF	3 miles- EZ, then 20 min of (1min fast, 1 min slow) 2 miles CD	7 miles EZ	DRILLS: 3 Mile warm-up 6xhills 2 miles cool	Weights/Cross Train	EZ 4-6 miles as you feel	Long Run- Easy 13 miles
BUILD	Off	3 miles Ez, 20 min of 1 min fast, 1 min slow) 2 miles CD	7 miles EZ,	3 mile EZ 10xStriders 2 mile cool	OFF or XT	Ez Run or Farragut Half Marathon	EZ shakeout Or Long Run if you didn't race
PEAK	No Athletes Currently in this phase						

WU: Warmup CD: Cool Down EZ: Easy Pace, conversational

M: Miles Min: Minutes, XT: Cross Training, LR: Long Run

Strides: 50-100 Meter pickups. Start steady, work on good form, stay upright, accelerate, (not a full sprint) then decelerate at the end. Tempo – sustained effort of higher heart rate, ideally around 10K-Half Marathon race pace.