



TNAQ MASTERS RUNNING

11/13/17



Week 9: It's in the nature of human beings to face challenges. We're required to do these things just as salmon swim upstream – Neil Armstrong, astronaut

Great job on your time-trial on Thursday. Based on your time, I've provided you with suggested pacing for your runs. Use the key that I emailed you to match-up your respective mile paces. Tuesday will be endurance pace, followed-up with striders. Thursday will be VO2Max Pace for the 200s, followed by threshold pace for the 800's. Sunday's Long run will back-off a tad from last week volume, but continue the progression run, starting at active recovery pace and working down the pace zones until the last mile is around tempo pace. Do a few striders after that run. Practicing good form at the end of a long-run will teach your body to do the same when it is fatigued in a race. See you on Thursday morning at 5:00!

Pace Zones

Easy

Active Recovery

Endurance

Hills (Strength)

Cruise Intervals,
Fartlek

Tempo

Threshold

VO2 Max

Anaerobic

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
				5:00 a.m Provision			
BUILD	OFF	2 miles- EZ, then 2 miles Endurance, 5xstriders) 2 miles CD	7 miles Active Recovery to Endurance pace	DRILLS: 2 mile warm-up 4x200s, 2x800, 4x200's 2 mile CD	Weights/Cross Train	EZ 4-6 miles as you feel, no faster than Endurance pace	Long Run- Progression 9 miles

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.