



TNAQ MASTERS RUNNING



11/6/17

Week 8: **“If you want it to be easy, don't be a runner. If you want it to be the most rewarding challenge of your life, put on those shoes.”** After a down week from the volume, we'll ramp it up a notch and continue building speed from our base phase. Run like Shalane, even cuss like her if it makes you go faster. Many people want to get faster immediately, lucky for people like me, who weren't gifted with talent, you must put in the time to get faster, it takes months and years of running to get faster. Be patient, stick with the program and you'll see results. On Tuesday, run the pickups on a flat greenway, then on Thursday we are going to go after a mid-season time trial to gauge where our current fitness. The Tuesday pickups should be faster than conversational pace, but not race pace.

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 To Build	OFF	2 miles- EZ,then 5x3min fast, 1min slow) 2 miles CD	6 miles EZ	DRILLS: 3 Mile warm-up Mile Time Trial 2Mile Time Trial 2 miles cool	Weights/Cross Train	EZ 6-8 miles as you feel	Long Run- Progression 11-12 miles
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.