



TNAQ MASTERS RUNNING

9/18/17



Welcome to the second season of the TNAQ Provision Running Program. My name is Alan Horton-runner/triathlete and I'll be coaching the upcoming running session. The running program operates in phases of periodization to help athletes reach maximum performance for their peak races. I'll meet with each athlete to get an idea of future goals to help determine the best program for you. The current schedule is to meet Thursday mornings at 5:30 at the Provision Parking Lot located at Dowell Springs. We have a regular group already meeting at this location. The other runs are on your own time, but I'd highly recommend group runs throughout the week and weekend to help keep the accountability.

For the longevity of your running, it is imperative that you enroll in a strength and conditioning program, not only does it improve strength and running form, but more importantly will help prevent injuries. I've run more than 55,000 miles and the only seasons that I had injuries, were those that I skipped strength training. I'd rather you skip a day of running to do XT if you are having trouble fitting it in your schedule. This first week will be very easy for the Base group, getting the legs acclimated. Week 2 or 3 depending on your fitness level, we'll perform a time trial to gauge your fitness level.

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	4 miles EZ & Cross Train	DRILLS: 2 Mile warm-up 8x100 striders 2 miles cool	OFF -	EZ 4 miles	Build up to Long Run- Recommend 7 miles
BUILD	EZ 4-6 miles Striders	3mile WU 4x400 4x1000 4x400 2mile CD	Off- Cross Train	3 mile WU 1mile Tempo 6x100M Hills 2mile Tempo	4-6 miles	Off, Cross Train	Long Run 10-13 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 10K race pace.