

Ten Steps to Setting up a Training Plan – By Mike Reif and Carolyn Smith-Hanna

April 2009 – Contacts: Mike Reif: coachmr@rochester.rr.com Carolyn Smith Hanna: cshanna@rochester.rr.com

This plan assumes you are in good health, have engaged in basic training and are ready to advance.

1. State your primary goal for the next 6 months: name the race and time or place you would like to achieve

2. State several secondary goals that will help lead up to the primary goal:

3. What is a reasonable highest mileage week in the next 5 months? _____

4. What is a reasonable weekly average over the next 6 months? _____

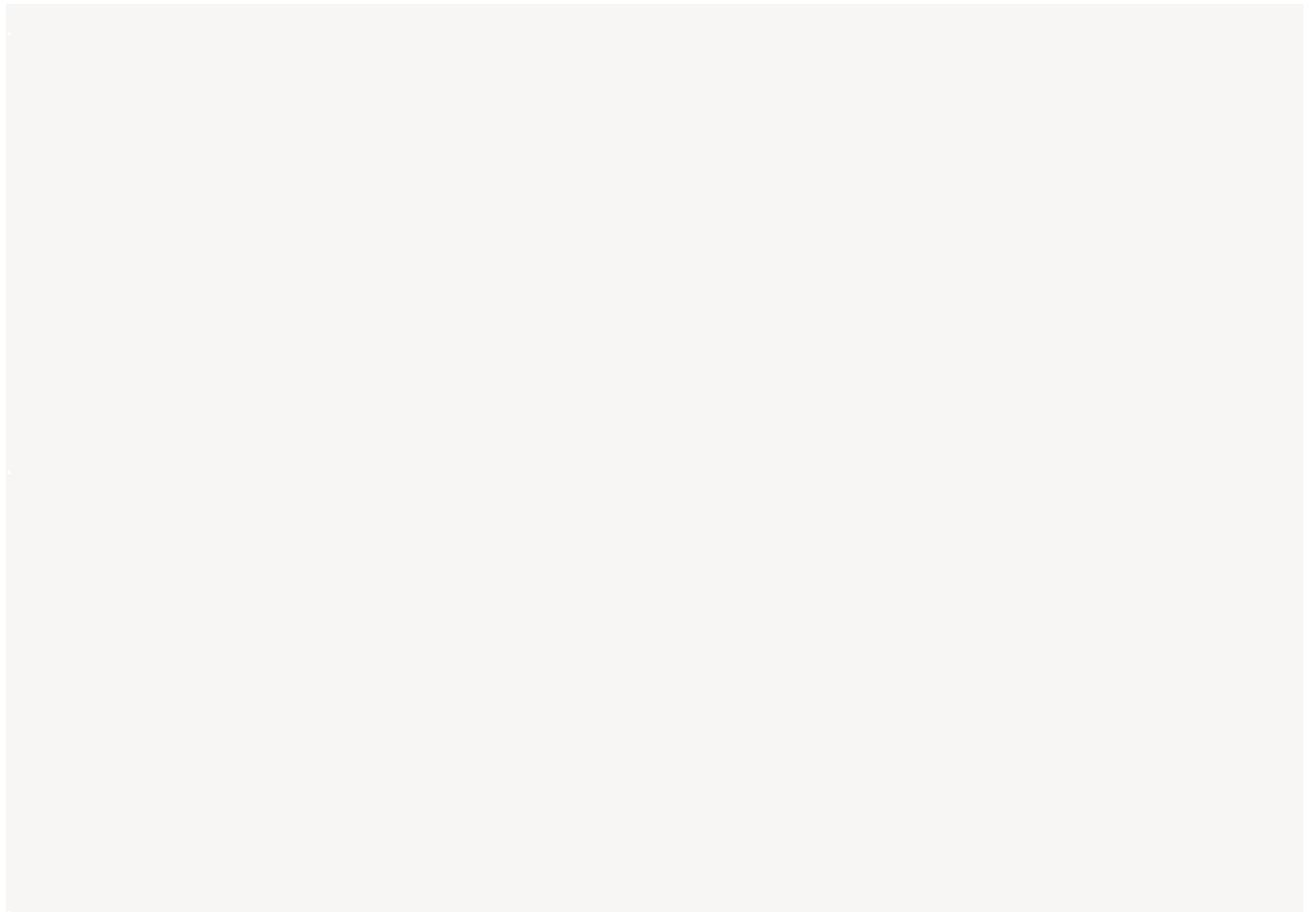
5. Calculate your current training paces based on current fitness level . . . change it as you improve

Training paces based on your current Vdot:	Goal race paces:
Easy/Long pace (E/L) = _____/mile Should not exceed 30% of weekly mileage	
Marathon Pace (MP) = _____/mile	Marathon Goal Pace (MGP) = _____/mile
1/2 Marathon Pace (.5MP) = _____/mile	1/2 Marathon Goal Pace (.5MGP) = _____/mile
Lactate Threshold (T) = _____/mile = I +24sec/mi. You may include workouts of up to 10% of weekly mileage at this pace	(10K GP) = _____/mile
VO2 Max (I) = _____/mile (Aprox 5K pace) You may include workouts of up to 8% of weekly mileage	(5K GP) = _____/mile
Repetition (R) = _____/400 = I-24sec/mi. You may include workouts of up to 6% of weekly mileage	1500 or (mile GP) = _____/mile
Strides (S) = focus on bio-mechanics @ R pace	Other:

6. Core Exercises: Decide how often and what core exercises and other cross training you can incorporate into your plan. This is a key element people overlook.	7. Strength Training – Decide when and where will you lift weights or do other strength exercises. Try to get in 2x/week.
8. Focus on Bio-Mechanics: Identify on any inefficiencies in your running form. Periodically, especially during strides and warm-ups/cool downs focus on proper technique. Periodically count your stride rate and make adjustments to get maximum benefit (90-100 strides per leg/minute).	9. Rest and Nutritional considerations: Plan to get adequate sleep and recovery time. Decide when to take days off. Be sure you are eating nutritionally sound meals and hydrating well.

Notes:

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10 – The running plan: - jot in specific mileage or workouts you plan to do each day. Modify workout days as you need to. Consider work schedule, family obligations and races you want to run. The suggestions below are just a guide.

Week	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Weekly Mileage	Phase
1	E	E	Short R	E	ML	Off	L	+10%	Phase I Base Endurance Emphasis This phase may be skipped if you have been running for an extended period of time Maintain other areas
2	E	E	Short I	E	ML	E	ML	+10%	
3	E	E	Short T	E	ML	Off	L	+10%	
4	E	E	Med R	E	ML	E	OFF	-10%	
5	L	E	Med I	E	T	Off	L	Week 3 +10%	
6	ML	E	Med T	E	ML	E	L High miles	+10%	
7	ML	E	Med R	E	Short I	Off	L	-10%	Phase II Economy Repetition emphasis Maintain other areas
8	E	E	Med R	E	Short T	E	ML	same	
9	ML	E	Med R Hills	E	Long T	Off	L	+5%	
10	E	E	Long R	E	I	E	ML	same	
11	ML	E	Hard R	E	ML	Off	L	+10%	
12	E	E	Hard R	E	T	E	ML	+10%	

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13	ML	E	Short I	E	ML	Off	L Max Mileage	+10%	Phase III VO2 Max Interval emphasis Maintain other areas
14	E	E	Short I	E	T	E	Preliminary race	-10%	
15	ML	E	Med I	E	R	Off	L	+10%	
16	E	E	Long I	E	I – goal pace		ML	+10%	
17	ML	E	Hard I	E	Short R	Off	Preliminary race	same	
18	E	E	Hard I	E	T	E	L	+10%	
19	ML	E	Long T	E	R – goal pace	Off	ML	-10%	Phase IV Lactate Threshold Goal pace and Sharpenin g phase
20	E	E	Easy T	E	E	E	Secondary Goal race	same	
21	ML	E	Hard T	E	Goal pace	Off	Last long run Hi Mileage	+10%	
22	E	E	Hard T	E	Goal pace	E	ML Taper week	-20%	
23	ML	E	Goal pace	E	Goal pace	Off	Short T Taper week	-10%	
24	OFF	E	Cut backs	E	Off	E	Goal race	-10%	

Note: If you have fewer weeks, reduce each phase by a week or two . . .

OR put more emphasis on the intensity your goal race is most dependent upon e.g.

Intensities race is more dependent upon:

Marathon: Long, MP and T;

5K: Interval;

Mile: Repetitions.

Sprints: Repetitions, Bio-mechanics

Remember it's important to incorporate some work in each training intensity area so you have strength in each area.

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Table 1

Table 1 VDOT values associated with times raced over some popular distances

VDOT	1500	Mile	3000	2-mile	5000	10,000	15,000	1/2 Mara	Marathon	VDOT
30	8:30	9:11	17:56	19:19	30:40	63:46	98:14	2:21:04	4:49:17	30
32	8:02	8:41	16:59	18:18	29:05	60:26	93:07	2:13:49	4:34:59	32
34	7:37	8:14	16:09	17:24	27:39	57:26	88:30	2:07:16	4:22:03	34
36	7:14	7:49	15:23	16:34	26:22	54:44	84:20	2:01:19	4:10:19	36
38	6:54	7:27	14:41	15:49	25:12	52:17	80:33	1:55:55	3:59:35	38
40	6:35	7:07	14:03	15:08	24:08	50:03	77:06	1:50:59	3:49:45	40
42	6:19	6:49	13:28	14:31	23:09	48:01	73:56	1:46:27	3:40:43	42
44	6:03	6:32	12:55	13:56	22:15	46:09	71:02	1:42:17	3:32:23	44
45	5:56	6:25	12:40	13:40	21:50	45:16	69:40	1:40:20	3:28:26	45
46	5:49	6:17	12:26	13:25	21:25	44:25	68:22	1:38:27	3:24:39	46
47	5:42	6:10	12:12	13:10	21:02	43:36	67:06	1:36:38	3:21:00	47
48	5:36	6:03	11:58	12:55	20:39	42:50	65:53	1:34:53	3:17:29	48
49	5:30	5:56	11:45	12:41	20:18	42:04	64:44	1:33:12	3:14:06	49
50	5:24	5:50	11:33	12:28	19:57	41:21	63:36	1:31:35	3:10:49	50
51	5:18	5:44	11:21	12:15	19:36	40:39	62:31	1:30:02	3:07:39	51
52	5:13	5:38	11:09	12:02	19:17	39:59	61:29	1:28:31	3:04:36	52
53	5:07	5:32	10:58	11:50	18:58	39:20	60:28	1:27:04	3:01:39	53
54	5:02	5:27	10:47	11:39	18:40	38:42	59:30	1:25:40	2:58:47	54
55	4:57	5:21	10:37	11:28	18:22	38:06	58:33	1:24:18	2:56:01	55
56	4:53	5:16	10:27	11:17	18:05	37:31	57:39	1:23:00	2:53:20	56
57	4:48	5:11	10:17	11:06	17:49	36:57	56:46	1:21:43	2:50:45	57
58	4:44	5:06	10:08	10:56	17:33	36:24	55:55	1:20:30	2:48:14	58
59	4:39	5:02	9:58	10:46	17:17	35:52	55:06	1:19:18	2:45:47	59
60	4:35	4:57	9:50	10:37	17:03	35:22	54:18	1:18:09	2:43:25	60

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VDOT	1500	Mile	3000	2-mile	5000	10,000	15,000	1/2 Mara	Marathon	VDOT
61	4:31	4:53	9:41	10:27	16:48	34:52	53:32	1:17:02	2:41:08	61
62	4:27	4:49	9:33	10:18	16:34	34:23	52:47	1:15:57	2:38:54	62
63	4:24	4:45	9:25	10:10	16:20	33:55	52:03	1:14:54	2:36:44	63
64	4:20	4:41	9:17	10:01	16:07	33:28	51:21	1:13:53	2:34:38	64
65	4:16	4:37	9:09	9:53	15:54	33:01	50:40	1:12:53	2:32:35	65
66	4:13	4:33	9:02	9:45	15:42	32:35	50:00	1:11:56	2:30:36	66
67	4:10	4:30	8:55	9:37	15:29	32:11	49:22	1:11:00	2:28:40	67
68	4:06	4:26	8:48	9:30	15:18	31:46	48:44	1:10:05	2:26:47	68
69	4:03	4:23	8:41	9:23	15:06	31:23	48:08	1:09:12	2:24:57	69
70	4:00	4:19	8:34	9:16	14:55	31:00	47:32	1:08:21	2:23:10	70
71	3:57	4:16	8:28	9:09	14:44	30:38	46:58	1:07:31	2:21:26	71
72	3:54	4:13	8:22	9:02	14:33	30:16	46:24	1:06:42	2:19:44	72
73	3:52	4:10	8:16	8:55	14:23	29:55	45:51	1:05:54	2:18:05	73
74	3:49	4:07	8:10	8:49	14:13	29:34	45:19	1:05:08	2:16:29	74
75	3:46	4:04	8:04	8:43	14:03	29:14	44:48	1:04:23	2:14:55	75
76	3:44	4:02	7:58	8:37	13:54	28:55	44:18	1:03:39	2:13:23	76
77	3:41+	3:58+	7:53	8:31	13:44	28:36	43:49	1:02:56	2:11:54	77
78	3:38.8	3:56.2	7:48	8:25	13:35	28:17	43:20	1:02:15	2:10:27	78
79	3:36.5	3:53.7	7:43	8:20	13:26	27:59	42:52	1:01:34	2:09:02	79
80	3:34.2	3:51.2	7:37.5	8:14.2	13:17.8	27:41.2	42:25	1:00:54	2:07:38	80
81	3:31.9	3:48.7	7:32.5	8:08.9	13:09.3	27:24	41:58	1:00:15	2:06:17	81
82	3:29.7	3:46.4	7:27.8	8:03.7	13:01.1	27:07	41:32	59:38	2:04:57	82
83	3:27.6	3:44.1	7:23.1	7:58.7	12:53.0	26:51	41:06	59:01	2:03:40	83
84	3:25.5	3:41.8	7:18.5	7:53.7	12:45.2	26:34	40:42	58:25	2:02:24	84
85	3:23.5	3:39.6	7:14.1	7:48.9	12:37.4	26:19	40:17	57:50	2:01:10	85

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Table 2

Table 2 Training intensities based on current VDOT

VDOT	E(Easy)/L(Long)		MP	T(Threshold Pace)			I (Interval Pace)				R (Rep Pace)		
	per Km	Per mile		400	1000	Mile	400	1000	1200	Mile	200	400	800
30	7:37	12:16	11:02	2:33	6:24	10:18	2:22				67	2:16	
32	7:16	11:41	10:29	2:26	6:05	9:47	2:14				63	2:08	
34	6:56	11:09	10:00	2:19	5:48	9:20	2:08				60	2:02	
36	6:38	10:40	9:33	2:13	5:33	8:55	2:02	5:07			57	1:55	
38	6:22	10:14	9:08	2:07	5:19	8:33	1:56	4:54			54	1:50	
40	6:07	9:50	8:46	2:02	5:06	8:12	1:52	4:42			52	1:46	
42	5:53	9:28	8:25	1:57	4:54	7:52	1:48	4:31			50	1:42	
44	5:40	9:07	8:06	1:53	4:43	7:33	1:44	4:21			48	98	
45	5:34	8:58	7:57	1:51	4:38	7:25	1:42	4:16			47	96	
46	5:28	8:48	7:48	1:49	4:33	7:17	1:40	4:12	5:00		46	94	
47	5:23	8:39	7:40	1:47	4:29	7:10	98	4:07	4:54		45	92	
48	5:17	8:31	7:32	1:45	4:24	7:02	96	4:03	4:49		44	90	
49	5:12	8:22	7:24	1:43	4:20	6:55	95	3:59	4:45		44	89	
50	5:07	8:14	7:17	1:42	4:15	6:51	93	3:55	4:41		43	87	
51	5:02	8:07	7:09	1:40	4:11	6:44	92	3:51	4:36		42	86	
52	4:58	7:59	7:02	98	4:07	6:38	91	3:48	4:33		42	85	
53	4:53	7:52	6:56	97	4:04	6:32	90	3:44	4:29		41	84	
54	4:49	7:45	6:49	95	4:00	6:26	88	3:41	4:25		40	82	
55	4:45	7:38	6:43	94	3:56	6:20	87	3:37	4:21		40	81	
56	4:40	7:31	6:37	93	3:53	6:15	86	3:34	4:18		39	80	
57	4:36	7:25	6:31	91	3:50	6:09	85	3:31	4:15		39	79	
58	4:33	7:19	6:25	90	3:45	6:04	83	3:28	4:10		38	77	
59	4:29	7:13	6:19	89	3:43	5:59	82	3:25	4:07		37	76	
60	4:25	7:07	6:14	88	3:40	5:54	81	3:23	4:03		37	75	2:30

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61	4:22	7:01	6:09	86	3:37	5:50	80	3:20	4:00		36	74	2:28
62	4:18	6:56	6:04	85	3:34	5:45	79	3:17	3:57		36	73	2:26
63	4:15	6:50	5:59	84	3:32	5:41	78	3:15	3:54		35	72	2:24
64	4:12	6:45	5:54	83	3:29	5:36	77	3:12	3:51		35	71	2:22
65	4:09	6:40	5:49	82	3:26	5:32	76	3:10	3:48		34	70	2:20
66	4:05	6:53	5:45	81	3:24	5:28	75	3:08	3:45	5:00	34	69	2:18
67	4:02	6:30	5:40	80	3:21	5:24	74	3:05	3:42	4:57	33	68	2:16
68	4:00	6:26	5:36	79	3:19	5:20	73	3:03	3:39	4:53	33	67	2:14
69	3:57	6:21	5:32	78	3:16	5:16	72	3:01	3:36	4:50	32	62	2:12
70	3:54	6:17	5:28	77	3:14	5:13	71	2:59	3:34	4:46	32	65	2:10
71	3:51	6:12	5:24	76	3:12	5:09	70	2:57	3:31	4:43	31	64	2:08
72	3:49	6:08	5:20	76	3:10	5:05	69	2:55	3:29	4:40	31	63	2:06
73	3:46	6:04	5:16	75	3:08	5:02	69	2:53	3:27	4:37	31	62	2:05
74	3:44	6:00	5:12	74	3:06	4:59	68	2:51	3:25	4:34	30	62	2:04
75	3:41	5:56	5:09	74	3:04	4:56	67	2:49	3:22	4:31	30	61	2:03
76	3:39	5:52	5:05	73	3:02	4:52	66	2:48	3:20	4:28	29	60	2:02
77	3:36	5:48	5:01	72	3:00	4:49	65	2:46	3:18	4:25	29	59	2:00
78	3:34	5:45	4:58	71	2:58	4:46	65	2:44	3:16	4:23	29	59	1:59
79	3:32	5:41	4:55	70	2:56	4:43	64	2:42	3:14	4:20	28	58	1:58
80	3:30	5:38	4:52	70	2:54	4:41	64	2:41	3:12	4:17	28	58	1:56
81	3:28	5:34	4:49	69	2:53	4:38	63	2:39	3:10	4:15	28	57	1:55
82	3:26	5:31	4:46	68	2:51	4:35	62	2:38	3:08	4:12	27	56	1:54
83	3:24	5:28	4:43	68	2:49	4:32	62	2:36	3:07	4:10	27	56	1:53
84	3:22	5:25	4:40	67	2:48	4:30	61	2:35	3:05	4:08	27	55	1:52
85	3:20	5:21	4:37	66	2:46	4:27	61	2:33	3:03	4:05	27	55	1:51