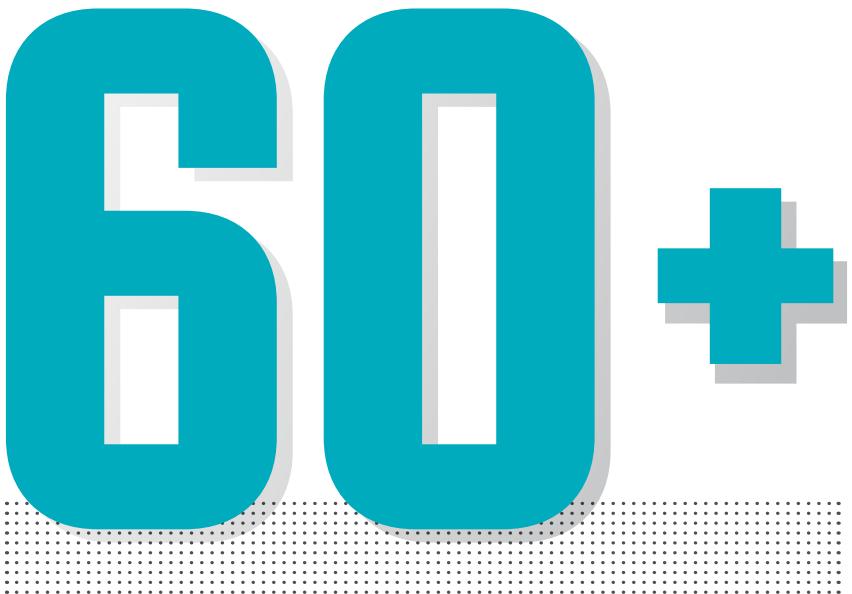


RUNNER'S WORLD



MAINTENANCE
RUN
PLAN

M E E T Y O U R C O A C H



WELCOME TO YOUR **60+** MAINTENANCE RUN PLAN



As a runner in my mid-40s who has coached hundreds of masters runners (40+ in running categories), I know firsthand what some of the challenges can be when starting to run for the first time or starting back up after a long hiatus. We're not as young as we used to be. We're not as fast (a relative term) as we once were. And more than likely, we don't have as much free time as we once did. But one of the many great things about running is that you can start at any time.

I was fortunate enough to be introduced to running at a very early age when Uncle Dan would bring me along to some of the shorter races during his preparation for the New York City Marathon in the early 1980s. I ran my first race—an out-and-back mile fun run on the Long Beach Boardwalk in Long Beach, New York—in 1982 as a 6-year-old, and finished in 6 minutes and 54 seconds. I enjoyed it so much that I've been hooked on running ever since, the spirit of competition serving as motivation to keep getting better. I would eventually go on to win a National Championship by running the fastest time in the country as part of the Chaminade High School 4x800 relay, qualify for several NCAA Championships in both Cross Country and Track & Field at St. John's University (Queens, New York), and set the American record in 2000 as part of the 4x1,500 Relay with the Reebok Enclave based in Washington, D.C.

Running has done so much for my life that helping others get as much out of their own training felt like a natural next step for me. Over the years, I've coached runners from all walks of life—many of whom started out right where you are now, hesitant and concerned about whether your aging body can handle this type of activity. But that's the beauty of running—whether you're just starting out or you want to take your running to the next level, it's never too late. I've known runners who picked up running for the first time in their 80s, and I've coached many runners who ran their fastest times as masters. All you need to do is take that first (or next) step, and I'll help guide you on your running journey.

—JOHN HONERKAMP

Certified Run Coach
Founder & CEO of Run Kamp

HOW TO MAKE THE PLAN YOUR OWN

As you're choosing the right plan for your running needs, keep in mind that this plan is not set in stone. Think of it more like a training guide—it's designed to be written in pencil, not pen. If you follow the set plan to a tee, that's fantastic! Or you can modify and tweak by reducing mileage, intensity, or time when pain crops up or switching days up when busy schedules interfere with training. For your reference, I've included a list of terms used throughout the plan. Life happens when you are training. Adjust.

GLOSSARY OF TERMS

Easy Run

Recovery run with a focus on running very easy

Cross-Train

Any activity that gets your heart rate up but doesn't involve running. Examples: cycling, spinning, swimming, aqua-jogging, elliptical. Recommended duration: 30–45 minutes

Quality Day

Any workout that gets your heart rate up and has a specific purpose. A run that isn't easy or regular. Examples: intervals, fartlek, hills, tempo run, and even a long run

Intervals

Running faster repeats—typically ranging from 200 to 1,600 meters—with recovery jogs in between. Builds speed and endurance

Fartlek

“Speed play” in Swedish. Blends continuous training with interval training. Periods of fast running mixed with periods of slower running

Hills

Hidden speedwork. Hill repeats can be done on any hill and are typically 100 meters to a mile long.

Tempo Run

Slightly slower than 10K race pace and faster than half marathon pace

Long Run

Most important workout of the week for anyone tackling the half marathon distance or longer

ELEMENTS OF THE PLAN

THERE ARE THREE main reasons to utilize a maintenance program:

1. You just finished a race and now want to maintain fitness.
2. You're not looking to race but want to enjoy some training structure.
3. Your next training cycle doesn't start for a while and you want to maintain fitness, have some structure, and enjoy a mental break before that next cycle.

A good maintenance program allows more freedom than a training program for a specific distance and/or time while also providing structure for consistency.

This four-week program is designed to give you the option to run/work out three to four days a week.

- **3 RUNS/WEEK**
- **0 OR 1 CROSS-TRAIN DAYS/WEEK**
- **3 OR 4 DAYS OFF/WEEK**

To keep things interesting (so you're less likely to quit from boredom), your one quality workout will be a different type each week—intervals, fartlek, hills, or tempo. At the same time, you will have a range of mileage for long runs. Good news: There is no pressure to have your long run mileage build like you might see in a typical half or full marathon program—your long run is just your longest run of the week (it can even be the same as your other runs).

If you are coming off a big race, especially a half or full marathon, allow yourself to recover before starting a maintenance program. Take off a full week or two, if needed, before physically and mentally starting any sort of plan.

A maintenance program is also a great opportunity to play around with different cross-training options. Many runners will only cross-train when they absolutely have to (when they're injured, for example), but cross-training is great for building strength with minimal risk of overtraining.

Before we move forward with this program, I want you to know that there's no shame in not having a specific race in your future. Want to run a 10K in under an hour? Working hard to consistently run 5Ks in less than 30 minutes every week? It's great to have goals, but it's perfectly fine if you just want to train for life.

Here's how:

RUNNING TIPS

- Aim for a peak long run of 6 miles over the course of this program.
- Tempo runs are capped at 2 miles.
- On hill repeats, walk the downhill sections to lessen the shock of eccentric movement.

DAILY TRAINING PLAN

All workouts should start with a 1-mile warmup (10-15 min.) and same for the cooldown.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Quality Day		Easy Run			Long Run
1	Off	Tempo	Off	3 Miles	Off	Off	3-6 Miles
2	Off	Fartlek	Cross-Train	3 Miles	Off	Off	3-6 Miles
3	Off	Hills	Off	3 Miles	Off	Cross-Train	3-6 Miles
4	Off	Intervals	Cross-Train	3 Miles	Off	Off	3-6 Miles

Week 1 Tempo: 2-mile tempo run (1 mile easy, 1 mile medium). Progression tempo.

Week 2 Fartlek: Randomly surge or pick up your pace 5x throughout the middle part of your run. Surges/pickups should be 30 sec. to 2 min. with a random amount of rest between each. Rest = easy jog.

Week 3 Hills: 4-6 x 1 min. hill jog downhill for recovery.

Week 4 Intervals: 4-6 x 400m with 2 min. rest (active walk, not standing).

This book is intended as a reference volume only, not as a medical manual. The information given here is designed to help you make informed decisions about your health. It is not intended as a substitute for any treatment that may have been prescribed by your doctor. If you suspect that you have a medical problem, we urge you to seek competent medical help.

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