**Lehigh Valley Training schedule – September 11, 2016:**

**Easy Runs (E):**

**Marathon Pace (MP):**

**Threshold Pace (T):**

**Track Workouts:** 200 @

400 @

800 @

1200 @

1600 @

**Easy Runs:** Easy running (conversational pace) should make up 55-65% of your total weekly mileage. The easy pace listed for you has a range for a reason. You run faster alone and that is okay. You run slower when you are talking. That is also okay. You have days when you feel good and days when you don’t. On days that you don’t, don’t stop running, slow down. The pace is really not that important on some of the days.

**Marathon Pace (MP):** Your marathon pace runs are based on one of two things: 1) if your VDot number (all paces are based on Jack Daniels VDot formula) has your marathon pace at faster than a Boston Qualifying (BQ) pace, we used that pace. If it had your pace at or slower than a BQ pace, your MP is based on your Boston Marathon qualifying time. **If this pace is too hard, you need to let us know!**

**Threshold Pace:** Your threshold pace is a pace you can hold for approximately 60 minutes. This is an educated based on your previous races and conversion charts. It should feel hard and should feel like approximately your 10k pace.

**Interval Paces:** These paces should feel like almost all out running. Remember, we’re doing a lot of them….so, if the first few feel doable or even easy…. just wait, the last few won’t. If you use the Jack Daniels VDot calculator, your 800 meter and shorter intervals are based on your repetition pace and your intervals longer than 800 meters are based on your interval pace.

**Warm-ups, cool-downs and recovery between intervals:** This should be the easiest running you do (especially the cool down). I like to think of it as the calm before and after the storm. However, it is not meant to be a walk. If you want to walk 20-40 yards after an interval and then start a recovery jog, that is okay – **DO NOT WALK THE ENTIRE RECOVERY!**

**Marathon Training**

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| --- | --- | --- | --- | --- | --- | --- | --- |
| Week  Beginning | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| **May.2nd**  **17 miles** |  |  |  |  |  | 12 Miles @ E | 5 miles @ E |
| **Week 1**  **May. 9th**  **42.25 miles** | Off/Strength training | Track:1.5 mile warmup6x200 w/ 200 recovery1x1200 @ E6x200 w/ 200 recovery1 mile cooldown | 5 miles @ E | **7 miles total:** **1.5 mile warmup**  **2x10:00s @ T w/ 5:00 recovery**  **1 mile cooldown** | 5 miles @ E/Strength Train/Off | 14 mile @ E | 5 miles @ E |
| **Week 2**  **May 16th**  **46.5 miles** | Off/Strength training | Track: **1.5 mile warmup**  **10x400 w/ 400 recovery**  **1 mile cooldown** | 5 miles @ E | **7 miles total**  **1.5 mile warmup**  **1x10:00 @ MP**  **1x5:00@ T**  **1x10:00 @ MP**  **1 mile cooldown** | 5 miles @ E/Strength Train/Off | 16 miles @ E | 6 miles @ E |
| **Week 3**  **May 23rd**  **47.25 miles** | Off/Strength training | Track: **1.5 mile warmup**  **8x600 w/ 400 recovery**  **1 mile cooldown** | 5 miles @ E | **7 miles total:**  **1 mile @ E**  **5 miles @ MP**  **1 mile @ E** | 5 miles @ E/Strength Train/Off | 16 miles (fast finish):  **12 miles @ E**  **4 miles @ MP** | 7 miles @ E |
| **Week 4**  **May 30th**  **49.5 miles** | Off/Strength training | Track: **1.5 mile warmup**  **7x800 w/ 400 recovery**  **1 mile cool down** | 6 miles @ E | **6 miles total:**  **1.5 mile warmup**  **1x15:00 @ T**  **1 mile cooldown** | 5 miles @ E/Strength Train/Off | 18 miles @ E | 7 miles @ E |
| **Week 5**  **Jun. 6th**  **49 miles** | Off/Strength training | **1.5 mile warmup**  **8x.25 mile hill w/ recovery down**  **1.5 mile cooldown** | 6 miles @ E | **8 miles total:**  **1.5 mile warmup**  **1x20:00 @ MP**  **1x5:00 @ E**  **1x10:00 @ T**  **1 mile cooldown** | 5 miles @ E/Strength Train/Off | 16 miles @ E | 8 miles @ E |
| **Week 6**  **Jun. 13th**  **51.5 miles** | Off/Strength training | **Track:**  **1.5 mile warmup**  **8x200 w/ 200 recovery**  **4x400 w/ 400 recovery**  **8x200 w/ 200 recovery**  **1 mile cooldown** | 6 miles @ E | 7 miles @ E | 5 miles @ E/Strength Train/Off | **17miles:**  **w/ 2x4-miles @ MP pace w/ 10:00 of easy running between** | 8 miles @ E |
| **Week 7**  **Jun. 20th**  **55 miles** | Off/Strength training | **Track:**  **1.5 mile warmup**  **4x400 w/ 400 recovery**  **2x800 w/ 400 recovery**  **4x400 w/ 400 recovery**  **1 mile recovery** | 7 miles @ E | **9 miles:**  **1.5 mile warmup**  **6 miles @ MP**  **1.5 mile cooldown** | 5 miles @ E/Strength Train/Off | 18-20 miles @ E | 6 miles @ E |
| **Week 8**  **Jun. 27th**  **51.25 miles** | Off/Strength training | **Track:**  **1.5 mile warmup**  **8x800 w/ 400 recovery**  **1 mile cooldown** | 7 miles @ E | **7 miles:**  **2 miles @ E**  **3 miles @ T**  **2 miles @ E** | 5 miles @ E/Strength Train/Off | 16 miles @ E | 8 miles @ E |
| **Week 9**  **July 4th**  **53 miles** | Off/Strength training | **Track:**  **1.5 mile warmup**  **3x1-mile w/ 400 recovery**  **1 mile cool down** | 7 miles @ E | 10 miles @ E | 5 miles @ E/Strength Train/Off | **18 miles:**  **4 miles @ E**  **10 miles @ MP**  **4 miles @ E** | 8 miles @ E |
| **Week 10**  **July. 11th**  **55 miles** | Off/Strength training | **1.5 mile warmup**  **10x.25 mile hill w/ recovery down**  **1.5 mile cooldown** | 7-8 miles @ E | **8 miles:**  **1.5 mile warmup**  **1x10:00 @ MP**  **1x10:00 @ T**  **1x10:00 @ MP** | 5 miles @ E/Strength Train/Off | 18  miles @ E | 8 miles @ E |
| **Week 11**  **July 18th**  **59.5 miles** | Off/Strength training | **Track:**  **1.5 mile warmup**  **3x1.5 mile @ MP – 15 secs w/ 800 recovery**  **1 mile cooldown** | 9 miles @ E | **8.5 miles:**  **1.5 mile warmup**  **6 @ MP -10 secs**  **1 mile cooldown** | 5 miles @ E/Strength Train/Off | 20 miles @ E | 9 miles @ E |
| **Week 12**  **July 25th**  **52.5 miles** | Off/Strength training | **Track:**  **1.5 mile warmup**  **2x2-miles @ MP -10 secs w/ 800 recovery**  **1x1 mile @ MP -20 secs**  **1 mile cooldown** | 7-8 miles @ E | 7 miles @ E | 5 miles @ E/Strength Train/Off | **16 miles:**  **2 miles @ E**  **4 miles @ MP**  **1 mile @ E**  **2 miles @ MP**  **1 mile @ E**  **4 miles @ MP**  **2 miles @ E** | 8  miles @ E |
| **Week 13**  **Aug 1st**  **55.5 miles** | Off/Strength training | **Track:**  **1.5 mile warmup**  **5x1-mile @ MP w/ 400 recovery**  **1 mile cooldown** | 7-8 miles @ E | **10 miles:**  **1.5 mile warmup**  **4 miles @ MP**  **.5 mile @ E**  **4 miles @ MP**  **1 mile cooldown** | 5 miles @ E/Strength Train/Off | 16 miles @ E | 8 miles @ E |
| **Week 14**  **Aug. 8th**  **58.75** | Off/Strength training | **Track:**  **1.5 mile warmup**  **8-10x800 w/ 400 recovery**  **1 mile cooldown** | 7-8 miles @ E | **9 miles:**  **1.5 mile warmup**  **6 miles @ MP**  **1 cooldown** | 5 miles @ E/Strength Train/Off | 19 miles @ E | 8 miles @ E |
| **Week 15**  **Aug 15th**  **60 miles** | Off/Strength training | **1.5 mile warmup**  **6x.5 mile hill w/ recovery down**  **1.5 mile cooldown** | 8 miles @ E | 8 miles @ E | 5 miles @ E/Strength Train/Off | **22 miles:**  **3 miles @ E**  **7 miles @ MP**  **2 miles @ E**  **7 miles @ MP**  **3 miles @ E** | 8 miles @ E |
| **Week 16**  **Aug. 22nd**  **51 miles** | Off/Strength training | **6 easy miles** | 7 miles @ E | **9 miles:**  **1.5 miles @ warmup**  **6 miles @ MP**  **1.5 mile cooldown** | 5 miles @ E/Strength Train/Off | 16 miles @ E | 8 miles @ E |
| **Week 17**  **Aug 29th**  **41 miles** | Off | **Track:**  **1.5 mile warmup**  **2x2-mile @ MP w/ 800 recovery**  **1 mile cooldown** | 5 miles @ E | **7 miles:**  **1.5 mile warmup**  **4 miles @ MP**  **1.5 mile cooldown** | 5 miles @ E/Off | 12 miles @ E | 5 miles @ E |
| **Week 18**  **Sept. 5th**  **46 miles (counting race)** | Off | **Track:**  **1.5 mile warmup**  **2x1-mile @ MP w/ 400 recovery** | 5 miles @ E | 4 miles @ E | 3 miles @ E/Off | **3 miles @ E or Off** | **Race Day** |