



LEVEL III – ADVANCED RUNNER

NIKE WOMEN'S MARATHON RUN CLUB – DANVILLE

SUNDAYS AT 8:00 AM. DANVILLE TOWN GREEN, 420 FRONT ST.

WEEK	DATES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
17	6/28/2009							Nike Club Run - Kick Off 2mi Run!
16	6/29-7/5	FULL: 4-6 @ AT Flat run. Stretch HALF: 4-6@AT Flat run. Stretch	FULL: 6-8 @ AT HALF: 4-6 @ AT w/ Rolling Hills. Specific Strength	FULL: 6-8 @ AT HALF: 5-6 @ AT Flat run. Stretch	FULL: 2AT + 2LT + 1AT HALF: 2AT + 1LT.	Optional AT run &/or Aerobic Cross Train. Specific Strength Exercises	BOTH: 4-6 @ AT + core + stretch	On Own: FULL: 12 @ AT Last 1@MP HALF: 8-10 @ AT Last 1@1/2MP
15	7/6- 7/12	FULL: 4-6 @ AT Flat run. Stretch HALF: 4-6 @ AT Flat run. Stretch	FULL: 6-8 @ AT HALF: 5-6 @ AT w/ Rolling Hills. Specific Strength	FULL: 6-8 @ AT HALF: 6 @ AT Flat run. Stretch	BOTH: 20 min W-U w/drills. 6 X 800 @ 10k pace. 400m rec. 10 min C-D	Optional AT run &/or Aerobic Cross Train. Specific Strength Exercises	OFF	FULL: 14mi: 10 @ AT + 4@MP HALF: 10mi: 8@AT + last 2@1/2MP
14	7/13-7/19	FULL: 6-8 @ AT Flat run. Stretch HALF: 6 @ AT Flat run. Stretch	FULL: 6-8 @ AT HALF: 5-6 @ AT w/ Rolling Hills. 4 Strides at End. Specific Strength	FULL: 6-8 @ AT HALF: 6 @ AT Flat run. Stretch	FULL: 2AT+ 3LT+1AT HALF: 2AT+ 2LT	Optional AT run &/or Aerobic Cross Train. Specific Strength Exercises	BOTH: 4-6 @ AT + core + stretch	FULL: 16 @ AT Last 2@MP HALF: 12 @ AT Last 2@1/2MP
13	RECOVERY WEEK 7/20-7/26	FULL: 4-6 @ AT Flat run. Stretch HALF: 4-6@AT Flat run. Stretch	FULL: 6-8 @ AT HALF: 5-6 @ AT 4 Strides at End. Specific Strength	FULL: 4-6 @ AT HALF: 4 @ AT Flat run. Stretch	BOTH: 6-8 miles inc. 4 x half mile hill climbs, 85-90% perceived exertion	BOTH: 4-6 @ AT Specific Strength Exercises. Stretch	OFF	FULL: 12mi: 4 @AT + 6-8 @ MP + 0-2 @AT HALF: 8 @ AT
12	7/27-8/2	FULL: 6-8 @ AT Flat run. Stretch HALF: 6@AT Flat run. Stretch	FULL: 2AT + 4LT HALF: 2AT + 3LT + 1AT Specific Strength	FULL: 6-8 @ AT HALF: 6 @ AT Flat run. Stretch	BOTH: 20 min W-U w/Drills 3-5 x Mile @ LT down to 5k pace, 2:00m rec.	Optional AT run &/or Aerobic Cross Train. Specific Strength Exercises	BOTH: 4-6 @ AT + core + stretch	FULL: 18 @ AT w/middle 8@MP HALF: 12mi: final 5@1/2MP
11	8/3-8/9	FULL: 6-8 @ AT Flat run. Stretch HALF: 6 @ AT Flat run. Stretch	FULL: 2AT + 4MP HALF: 2AT + 3MP + 1AT Specific Strength	FULL: 6-8 @ AT HALF: 6 @ AT Flat run. Stretch	BOTH: 6-8 miles inc. 4 x mile-long hill climbs, 85-90% perceived exertion	BOTH: 4-6 @ AT Specific Strength Exercises. Stretch	OFF	FULL: 20mi: 10 @ AT + 2 (3 @MP + 1@LT) +2 AT HALF: 14 mi: @AT
10	8/10-8/16	FULL: 6 @ AT Flat run. Stretch HALF: 4-6 @ AT Flat run. Stretch	FULL: 6-8 @ AT HALF: 6 @ AT w/ Rolling Hills. 4 Strides. Specific Strength Exercises	FULL: 6-8 @ AT HALF: 6 @ AT Flat run. Stretch	FULL: 1AT+5LT HALF: 2AT+4LT + 4 Strides at End	Optional AT run &/or Aerobic Cross Train. Specific Strength Exercises	Aerobic cross train or Off. Core + stretch.	FULL: 22 @ AT HALF: 14-16@ AT
9	RECOVERY WEEK: 8/17-8/23	Optional AT run &/or Aerobic Cross Train	FULL: 8 @ MP HALF: 2AT + 3MP + 1LT Specific Strength	FULL: 6 @ AT HALF: 4-6 @ AT Flat run. Stretch	BOTH: 20 min W-U w/ Drills 4-6 x 1200m @ 10k pace 2:30 rec	Optional AT run &/or Aerobic Cross Train. Specific Strength Exercises	OFF	FULL: 16mi: 13 @ AT + 3 @ MP HALF: 10 @ AT
8	8/24-8/30	FULL: 6 @ AT HALF: 4 @ AT Flat run. Stretch	FULL: 2AT+5LT HALF: 2AT+4LT Specific Strength	FULL: 6-8 @ AT HALF: 6 @ AT Flat run. Stretch	BOTH: 6-8 miles inc. 3 x mile long hill climbs, 85-90% perceived exertion	Optional AT run &/or Aerobic Cross Train. Specific Strength Exercises	BOTH: 4-6 @ AT + core + stretch	FULL: 18 @AT w/middle 10@MP HALF: 10-12@ AT w/middle 7@MP
7	8/31-9/6	FULL: 4 @ AT HALF: 2-4 @ AT Flat run. Stretch	FULL: 2AT+6 LT HALF: 2AT +4-6LT Specific Strength	FULL: 4-6 @ AT HALF: 4 @ AT Flat run. Stretch	BOTH: 20 min W-U w/Drills 4-6 x 1000m @ 10k pace, 400m rec.	Optional AT run &/or Aerobic Cross Train. Specific Strength Exercises	OFF	FULL: 20mi: 8AT + 5MP + 1 LT + 3MP + 1LT + 2AT. HALF: 14-16mi: last 5@1/2MP to LT
6	PEAK LONG RUN A 9/07-9/13	FULL: 4 @ AT HALF: 2-4@ AT Flat run. Stretch	FULL: 6-8@AT HALF: 6 @ AT w/Rolling Hills. Specific Strength	FULL: 2x(3MP+1LT) HALF: 6 @ MP (not HALF pace)	FULL: 6-8 @ AT + stretch HALF: 4-6 @ AT + stretch	Optional AT run &/or Aerobic Cross Train. Specific Strength Exercises	Aerobic cross train or Off. Core + stretch.	FULL: 22 @ AT HALF: 14-16@AT

WEEK	DATES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5	RECOVERY WEEK: 9/14-9/20	Optional AT run &/or Aerobic Cross Train	FULL: 8@AT HALF: 6@AT Specific Strength	FULL: 6 @ AT HALF: 4-6 @ AT Flat run. Stretch	BOTH: 20 min W-U w/Drills: 3-5 x mile @ LT down to 5k pace, 2:00m rec.	Optional AT run &/or Aerobic Cross Train. Specific Strength Exercises	OFF	FULL: 16mi AT HALF: 12-14mi AT
4	PEAK LONG RUN B 9/21-9/27	FULL: 6 @ AT HALF: 4-6 @ AT Flat run. Stretch	FULL: 2AT+6LT HALF: 2AT+5LT Specific Strength	FULL: 6-8 @ AT HALF: 6 @ AT Flat run. Stretch	BOTH: 6-8 miles inc. 3 x half mile hill climbs, 85-90% perceived exertion	Optional AT run &/or Aerobic Cross Train. Specific Strength Exercises	Aerobic cross train or Off. Core + stretch.	FULL:22: 8AT+6MP+ 1LT+4MP+1LT+2AT. HALF: 16-18mi: final 6@1/2MP to LT
3	TAPER 9/28-10/4	Optional AT run &/or Aerobic Cross Train	FULL: 4-6 @ AT HALF: 3-5 @ AT Specific Strength	Up to 6 @ AT &/or optional cross train	BOTH: 20 min W-U w/Drills 4-6 x 800m @ 5k pace 400 rec	Optional AT run &/or Aerobic Cross Train. Specific Strength Exercises	BOTH: up to 6 @ AT & optional aerobic cross train + core + stretch	FULL: 10mi: final 2@LT HALF:10mi: final 2mi @LT
2	TAPER 10/5-10/11	OFF	Optional Light Run of 1-3 mi @ MP/AT + Light Specific Strength	FULL & HALF: 4 mi @ AT + strides	BOTH: 20 min. W-U w/Drills: 8-10 x 400 @ 5k pace, 400 rec	Optional AT run &/or Aerobic Cross Train. Light Specific Strength	OFF	FULL: 8mi: final 2@MP + 4 strides HALF:8mi: final 2mi @ 1/2MP + 4 strides
1	RACE WEEK! Short & Sharpen 10/12-10/18	OFF	BOTH: 2 mi @ GOAL race pace + 6 strides at end. Light specific strength	FULL: 2-4 @MP/AT + Strides HALF: 2-3 AT MP/AT + strides	Light Core Strength + optional light 1-3 mi run @ MP/AT	OFF	ALL: 1-3 miles + 4 strides	NIKE WOMEN'S MARATHON! FULL: 26.2 miles! HALF: 13.1 miles!

KEY

FULL: Miles for individuals training to RUN the marathon.

HALF: Miles for individuals training to RUN the HALF marathon.

STRIDES: Short, sharp runs of ~100m in length. Excellent form, light on feet, in control. Not all out, yet high speed. Full recoveries.

AT: Aerobic Threshold. 65% VO2 Max, ~65-70% max heart rate. Fatty Acid as primary fuel, sparing glycogen. Run at or below AT pace for maximum aerobic adaptations. ~1min SLOWER than goal marathon pace.

LT: Lactate/Anaerobic Threshold. ~85% VO2 Max and ~85 - 88% max heart rate. Glycogen primary fuel. Breaking point over to anaerobic system. ~20-30 sec/mile FASTER than goal Marathon Pace & ~15-20 sec/mile SLOWER than current 10k pace. Performed on flat terrain to maintain consistent intensity.

MP: Goal marathon pace. For the intermediate runner, this pace may be closer to AT pace than LT pace. Generally, it is at ~75% VO2 Max and 75-80% Max heart rate.

W-U: Warm Up.

Drills: Hops, skips, sideways runs, backward running.

C-D: Cool Down.

LEVEL III - ADVANCED RUNNER

CURRENTLY RUNNING 5+ TIMES PER WEEK, UP TO 10-12 MILES FOR LONG RUN (MARATHONERS) & 8 MILES (HALF MARATHONERS), 30-40 MILES PER WEEK INCORPORATED SPEED WORK WITHIN RECENT TRAINING CYCLE

ADVANCED FULL MARATHONERS SHOULD HAVE PREVIOUS MARATHON EXPERIENCE. BOTH FULL AND HALF MARATHONERS ARE RACING THE DISTANCE

CROSS TRAINING TO INCREASE AEROBIC CAPACITY, IMPROVE STRENGTH AND PREVENT INJURY

NON-IMPACT AEROBIC CROSS-TRAINING: DEEP WATER RUNNING, ELIPTICAL TRAINER, EASY CYCLING, SPINNING, SWIMMING & WALKING (IF USUALLY RUNNING)

STRENGTH TRAINING: PILATES, CORE STRENGTH EXERCISES, YOGA, WEIGHTS (MACHINE OR FREE) TWO DAYS/WEEK

SPECIFIC STRENGTH: PERSONAL STRENGTH EXERCISES FOR WEAK AREAS OR PREVIOUSLY INJURED BODY PARTS

FLEXIBILITY TRAINING: STRETCHING, PILATES, YOGA, STRETCH CLASSES

TRAINING OUTLOOK

CONTINUE 5+ RUNS/WEEK, INCORPORATING SUGGESTED QUALITY WORKOUTS DURING THE WEEK AND WITHIN LONG RUNS

RECOVERY WEEK EVERY FOURTH WEEK ALLOWING FOR MAXIMUM ADAPTATION AND INJURY PREVENTION

SUPPLEMENT TRAINING WITH CROSS TRAINING (NON-IMPACT AEROBIC, STRENGTH & FLEXIBILITY)

ADVANCED HALF MARATHON TRAINING IS "OVER" DISTANCE TRAINING, SIMILAR TO TRAINING FOR INTERMEDIATE FULL MARATHONERS

MARATHONERS TARGET RACING MARATHON AT GOAL MARATHON PACE; HALF MARATHONERS AT GOAL 1/2 MARATHON PACE