



January 2010 - Club							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes/Mileage
				1-	2-	3-	
							0.00
4-	5-	6-	7-	8-	9-	10-	
			3-4x 1600 Laps faster; marathon, 10k, 5k, fast				0.00
11-	12-	13-	14-	15-	16-	17-	
			3-4x 1600 Laps faster; marathon, 10k, 5k, fast				0.00
18-	19-	20-	21-	22-	23-	24-	
			3-4x 1600 Laps faster; marathon, 10k, 5k, fast				0.00
25-	26-	27-	28-	29-	30-	31-	
Time Trials – Plus Workout 400, 800, mile, 2-mile, 3000, 5000			4-5 x 1600 Paces: 10k, 5k, 10k, 5k				0.00





March 2010 - Club							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes/Mileage
1-	2-	3-	4-	5-	6-	7-	
Speed strength 8-10 x 400 with exercises (800s )			2-3 miles with stadiums				
							0.00
8-	9-	10-	11-	12-	13-	14-	
Time Trials TBA			Long ladder w/ pace progression; 2400, 1600, 800, 400, 200				Note: over the next 6-8 weeks we will do time trials of varying distances. 😊
							0.00
15-	16-	17-	18-	19-	20-	21-	
Time Trials TBA			2-3 miles with stadiums & drills				
							0.00
22-	23-	24-	25-	26-	27-	28-	
Relay workout			Long ladder w/ pace progression; 2400, 1600, 800, 400, 200				
							0.00
29-	30-	31-					
Time Trials TBA			Track Tempo run 10k pace				



Your link to  
performance  
improvement.

[Coach@RxRunning.com](mailto:Coach@RxRunning.com) [www.RxRunning.com](http://www.RxRunning.com)  
480-600-3506  
[www.coachdeanhebert.wordpress.com](http://www.coachdeanhebert.wordpress.com)

							0.00
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October 2010 - Club							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes/Mileage
				1-	2-	3-	
4-	5-	6-	7-	8-	9-	10-	
11-	12-	13-	14-	15-	16-	17-	
18-	19-	20-	21-	22-	23-	24-	
25-	26-	27-	28-	29-	30-	31-	




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December 2010 - Club							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes/Mileage
		1-	2-	3-	4-	5-	
6-	7-	8-	9-	10-	11-	12-	
13-	14-	15-	16-	17-	18-	19-	
20-	21-	22-	23-	24-	25-	26-	
27-	28-	29-	30-	31-			



<b>Coach's Notes</b>	<b>Goals/Time Trials/Assessment Information</b>	
	<b>1600 Time Trial</b>	
	<b>5K</b>	
	<b>10k</b>	
	<b>Half-Marathon</b>	
	<b>Marathon</b>	

**General Information**

**Group Run Options:** *Please click or "control-click" on hyperlinks for directions and other information. Read your weekly email updates and the "coach's message" on the RxRunning home page to keep up with any time, day or location changes.*

<http://members.cox.net/rsnichol/index.htm> for latest schedule of long runs and more information.

<http://www.rxrunning.com/> for same day updates for workouts and workout location changes or cancellations.

<http://coachdeanhebert.wordpress.com/> for answers to your most common questions, topics and discussions on running-related issues as well as up-to-date



research findings and training implications.

**Speedplay aka Fartlek** goes like this: After warming up a mile then start alternating the respective interval paces in sequence, each for 1:00; fast-5k-10k-easy (recovery). Repeat until the last mile of the run where you can ease it in as a warm-down. Run the specified hard-easy sequence for the distance specified. These workouts are a key quality workout. You can use a myriad of combinations of time, distance, and terrain for this workout. The goal is to get 30-45 minutes of quality running.

**Speed-Strength** track workouts go like this: after warming up, run a 400 @ 5k pace. Rest. Then, run the next group of 400s @ 5k pace but instead of a regular rest between them you will do the following exercises: 5-20 push-ups, 10-20 crunches (similar to sit-ups), 5-20 modified squats AND 5-20 squat thrusts. Use exercises specific to your development, muscular balance and injury prevention. Then launch into the next 400 (or 600 or 800) without any rest. The exercises ARE your rest break! At the end of that set, take a rest then do one 400 FAST to wrap things up. Warm down. Fun!

**Goal** runs are critical to race day performance. Warm up a mile and warm down a mile, the middle miles (however many remain) are run at your marathon (or half-marathon) goal pace. Do not vary more than + or – 10 seconds per mile. Play a game of how many miles you can do on pace. You teach your body what to expect on race day. Some shorter runs will be run entirely at goal pace (4-8 miles). Some runs are designed for goal miles to be at the beginning or end of your run in order to teach you pace under different circumstances.

**Long** runs are meant to build up your endurance – time and miles under your belt. This is true “endurance.” They are about 1:00 per mile slower than goal pace. But, the pace is actually less important than completion of the workout. The worst thing to do is run these too fast or too slow.

**Hill** workouts are not passive. These are specific paces for the inclines prescribed. Running passive hills on trails for instance does not substitute unless it is race specific – see your workout prescription for any exceptions.

**Tempo** runs are not easy runs. These are key quality workouts for any races over 10K. Marathoners should run these at 15K race pace. Half-marathoners should run them at 10K pace. This pace should last 20-25:00.

**Aqua-Running** workouts: What is in this schedule is a guide. See the Aqua Running handout for more details and variations. The goal is to be out there about 40:00 and go hard intervals. If you want to substitute an interval aqua-run workout for your easy mile day – GREAT. If you want to add day of aqua workouts – GREAT! These do not take anything away from other workouts in our experience and are the best cross-training you can possibly do. We have even been able to follow hard workout days or precede aqua workouts with hard workout days successfully. If your body can only handle 4 days or even only 3 days a week of running, we will replace them with aqua-running interval workouts... they may get boring or tedious but they work!