

Red

The Red program is for runners whose long run is between 4 to 6 miles and weekly mileage is between 10 to 15 miles.

Speed Development Program Training Schedule

	Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Total
1	Jan 14		Running and Drills	3 miles E	3 miles E	Rest	Shooting Starr 5 miler or 4 E		12 – 15
2	Jan 21		3 miles E	2 miles E	3.5 miles E	Rest	4.5 – Ken-Gar		12 – 15
3	Jan 28		3.5 miles E	3 miles E	4 miles E	Rest	5 – Ken-Gar or →	Country Road Run 5 miler	12 – 15
4	Feb 4		3.5 miles E	2 miles E	4 miles E 4 x strides	Rest	5.5 – Capital Crescent		15 – 18
5	Feb 11		Watkins Mill Hill Workout	3 miles E	4 miles E 4 x strides	Rest	6 – Capital Crescent		15 – 18
6	Feb 18		4 miles E	3 miles E	4 miles E 4 x strides	Rest	6.5 – Capital Crescent		15 – 18
7	Feb 25		2 miles ins and outs	3 miles E	4 miles E 10 min T	Rest	Volunteer for the Greenway Trail Marathon	7 – Capital Crescent	16 – 20
8	Mar 3		4 x 400 T 400 recovery	3 miles E	4 miles E 15 min T	Rest	7 – Run North from Ken-Gar		17 – 20
9	Mar 10		6 x 400 T 400 recovery	3 miles E	4 miles E 4 x strides	Rest	8 – Run South from Ken-Gar		18 – 20
10	Mar 17		6 x 400 T 400 recovery	3 miles E	4 miles E 2 x 10 min T	Rest	Piece of Cake 10k	Easter	18 – 20
11	Mar 24		4 x 800 T 400 recovery	3 miles E	4 miles E 4 x strides	Rest	8 – Capital Crescent		20 – 22
12	Mar 31		4 x 800 I 400 recovery	3 miles E	4 miles E 20 min T	Rest	8 miles or →	Cherry Blossom 10 Miler??	20 – 22

13	Apr 7		4 x 800 I 400 recovery	3 miles E	4 miles E 4 x strides		6.2 Pike's Peek course. Start at 6:30 AM. Bring money for Food & Metro		
14	Apr 14		4 x 800 I 400 recovery	3 miles E	Firebird Mile	Rest	8 – Capital Crescent		22
15	Apr 21		4 x 400 10k pace 400 recovery	3 miles E	3 miles E 4 x strides	Rest	Rest	Pike's Peek 10k	16

Tuesday nights are track workouts. All track workouts start with a mile warm-up followed by drills, strides and then the workout. The workouts finish with a mile cool-down. Here is how to read the schedule: 4 x 800 T, 400 recovery means you will be running 800 meters followed by a 400 meter recovery. You will be doing this 4 times. The letter (T) corresponds to the level of effort you will be running the hard portion of the workout (see below).

Thursday night will start off with easy runs and strides following the run. The strides are used to stretch the muscles and open up the runners stride. Eventually these runs will become threshold runs where portions of the run will be run at threshold pace. Here is how to read the schedule: 6 miles, 2 x 15 min T means you start off with 10 min of easy running followed 15 min at threshold pace. This is followed by 5 min of easy running and another 15 min at threshold. You finish the rest of the run at an easy pace.

Saturday is the long run day with the exception of a few Sunday races. These are to be run at an easy conversational pace.

Friday usually will be a rest day. This means no running or cross training.

Sunday, Monday, and Wednesday are good days to do some cross training and also get the rest of the miles in you need to make up the rest of your weekly mileage.

Glossary

E: Easy runs at 60% - 70% level of effort. You should be able to have a conversation at this pace.

T: Threshold runs at 75% - 85% level of effort. You should be on the edge of huffing and puffing at this pace.

I: Interval runs at 85% - 95% level of effort. About your 3k – 5k pace.

R: Repetition runs at 90% - 95% level of effort. Nearly all out: you can only maintain this pace for a short period of time.

Strides: 15 – 20 sec runs at 10k race pace used to stretch the muscles and open up the runners stride.

XT: Cross training.

Rest: Day off from running and cross training.