

# White

The White program is for runners whose long run is between 6 to 8 miles and weekly mileage is between 15 to 25 miles per week.

## Speed Development Program Training Schedule

	Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Total
1	Jan 11		Running and Drills		4 miles E		8 – Needwood		15 – 20
2	Jan 18		6 x 400 T 400 recovery	E	4 miles E 4 x strides		8 – Needwood		18 – 20
3	Jan 25		4 x 800 T 2 x 100 R 400/100 recovery	E	4 miles E 4 x strides		10 – Needwood		18 – 22
4	Feb 1		4 x 1000 T 200 recovery	E	4 miles E 4 x strides		10 – Needwood		20 – 25
5	Feb 8		Watkins Mill Hill Workout	E	4 miles E 4 x strides		12 – Capital Crescent		20 – 25
6	Feb 15		6 x 800 I 4 x 100 R 400/100 recovery	E	6 miles E 4 x strides		12 – Capital Crescent		20 – 25
7	Feb 22		4 x 1200 I 2 x 200 R 400/200 recovery	E	6 miles, 2 x 10 min T		12 or →	RRCA 10 mile Challenge	25 – 30
8	Mar 1		5 x 1200 I 400 recovery	E	6 miles, 3 x 10 min T		Volunteer for the Seneca Creek Trail Marathon & 50k	14 – Needwood	25 – 30
9	Mar 8		3 x 1600 I 400 recovery	E	6 miles, 2 x 15 min T		14 – Capital Crescent		20 – 25
10	Mar 15		4 x 1600 I 400 recovery	E	7 miles, 1 x 10 min T 1 x 20 min T		14 – Capital Crescent		25 – 30
11	Mar 22		4 miles E	2 x 1600 I 2 x 800 I 2 x 200 R	E			Piece of Cake 10k	20 – 25

				400/400/200 recovery					
12	Mar 29		4 sets of 4 x 300 I w/100 float 500 recovery between sets	E	7 miles, 2 x 20 min T		12 – Needwood	Easter	25 – 30
13	Apr 5		4 miles E	2 x 1600 I 2 x 800 I 4 x 200 R 400/400/200 recovery	E		12 or →	Cherry Blossom 10 Miler	25 - 30
14	Apr 12		4 x 800 T 400 recovery	Firebird Mile	4 miles E		12.4 Pike's Peek course out and back. Start at 6:30 AM		20 – 25
15	Apr 19		3 x 800 10k pace 400 recovery	E	3 miles E 4 x strides		Rest	Pike's Peek 10k	15 – 20

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 2 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.