

## 2014 Advanced Derby Festival Mini Marathon Schedule

<i>Pace</i>		<i>Training</i>	<i>Training</i>		<i>Race</i>		<i>Long</i>	<i>Training</i>
<b>Week</b>	<b>Description</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
1/6	Base	4	4	XT	4	OFF	4	4
1/13	Base	5	4	XT	4	OFF	5	4
1/20	Base	5	4	XT	4	OFF	6	4
1/27	Base	5	4	XT	4	OFF	7	XT
2/3	Build 1	5	6 X 800	XT	4	OFF	8	4
2/10	Build 2	6	6 X 800	XT	5	OFF	9	4
2/17	Easy	5	5	XT	5	OFF	Anthem 5K	XT
2/24	Build 1	7	7 X 800	XT	5	OFF	10	5
3/3	Build 2	7	8 X 800	XT	5	OFF	Rodes 10K	5
3/10	Easy	6	5	XT	5	OFF	11	XT
3/17	Build 1	7	9 X 800	XT	5	OFF	PJ 10 Miler	6
3/24	Build 2	8	10 X 800	XT	6	OFF	12	6
3/31	Easy	6	6	XT	5	OFF	10	XT
4/7	Taper 1	6	6	XT	5	OFF	8	5
4/14	Taper 2	5	5	XT	4	OFF	KDF Mini	OFF
4/21	Easy	4	4	XT	4	OFF	8	XT

The dates listed on the schedule are Monday of each week.

See the page below for further explanation of the schedule.

Don't forget to recognize and acknowledge our sponsors that have made this program possible.

**KORT**

**Ken Combs Running Store**

**The Cheddar Box**

**Papa John's 10 Miler**

***This page is designed as a quick reference guide for your training schedule.***

### **Training pace workouts:**

Start with a slow to moderate pace for 5-10 minutes warming up. Continue the remaining portion of the run with an intensity of 70-80% of max. heart rate. Training pace is slightly faster than “Long run” pace and should be very comfortable. Follow this with a five-minute cool-down.

### **Race pace workouts:**

Start with a slow to moderate pace for 5-10 minutes warming up. Continue the remaining portion of the run with an intensity of 80-90% of max. heart rate. You should feel just slightly out of breath, but not hyper-ventilating. Race pace should be slightly faster than “Training” pace. Follow this with a five-minute cool-down.

### **Speed pace workouts (Intermediate & Advanced Levels only):**

Start out with a 5-10 minute warm-up followed by 800 meter repeats. The repeats should be very high intensity, with a heart rate intensity of 90-100% of maximum. These repeats are not fun but are an important part of training that can help you become a faster runner. Remember to recover with a slow jog for approximately two minutes after every repeat. Follow this with a five-minute cool-down. On days listed with mileage only, utilize your TRAINING pace, not the SPEED pace.

### **Long run pace workouts:**

Long runs are designed only with endurance in mind. When in doubt, always steer on the slower side. Try to resist the urge to run faster. Running too fast on the weekends will cause your stamina for training during the week to deteriorate. This lack of energy/stamina will increase the chances of injury. Heart rate levels are very low (60-75%) during these workouts. When the mileage drops down on an “Easy” week feel free to pick up the pace 30-45 seconds per mile. I repeat, only use this faster pace on the “Easy” weeks. Everything else remains the same, walk breaks, run/walk ratio, etc.

### **XT workouts:**

These workouts are designed to give your joints a break from the pounding involved with running. Stimulating change in the body by engaging in several different types of training (cross training) makes for a stronger, less injury prone athlete. Here are a few examples of cross training: swimming, strength training, biking, elliptical trainer (EFX), low-impact aerobics, rowing, yoga. Cross training workouts should be forty-five minutes to an hour in length.

***ALWAYS REMEMBER TO STRETCH AFTER EVERY TRAINING SESSION***

For more detailed information regarding any of the above training zones, please do not hesitate to contact one of your friendly Training Studio representatives.

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