

**Week# 1 - Aug 29 -- Build Phase -- 2012 Cowtown Marathon - Recreational Plan.**

Monday 2011-08-29	Tuesday 2011-08-30	Wednesday 2011-08-31	Thursday 2011-09-01	Friday 2011-09-02	Saturday 2011-09-03	Sunday 2011-09-04	Totals
Easy Run: 3 miles @ ER.	Easy Run: 3 miles @ ER	Middle Run: 4 miles @ MD.	Easy Run: 3 miles @ ER.		Long Run: 8 miles @ LR.		21 miles

**Week# 2 - Sep 05 -- Build Phase -- 2012 Cowtown Marathon - Recreational Plan.**

Monday 2011-09-05	Tuesday 2011-09-06	Wednesday 2011-09-07	Thursday 2011-09-08	Friday 2011-09-09	Saturday 2011-09-10	Sunday 2011-09-11	Totals
Race: 5K 1 mile @ Wu. Strides. Race 3.1 miles. (4.1 miles total)  ----- Or -----  Easy Run: 3 miles @ ER,  <a href="#">Labor Day 15K &amp; 5K</a>  <a href="#">FWRC's Labor Day 15K &amp; 5K</a>	Easy Run: 3 miles @ ER	Middle Run: 6 miles @ MD.	Easy Run: 3 miles @ ER.		Long Run: 10 miles @ LR.		26.1 miles

**Week# 3 - Sep 12 -- Build Phase -- 2012 Cowtown Marathon - Recreational Plan.**

Monday 2011-09-12	Tuesday 2011-09-13	Wednesday 2011-09-14	Thursday 2011-09-15	Friday 2011-09-16	Saturday 2011-09-17	Sunday 2011-09-18	Totals
Tempo Run: 2 miles @ Wu, 2 miles @ TR, * 1 mile @ Cd. (5 miles total)  Note: * = Tempo.	Easy Run: 4 miles @ ER	Middle Run: 7 miles @ MD.	Hilly Run: 1 mile @ Wu, 2 miles @ MP, * 1 mile @ Cd. (4 miles total)  Note: * = Hills.		Long Run: 12 miles @ LR.		32 miles

**Week# 4 - Sep 19 -- Build Phase -- 2012 Cowtown Marathon - Recreational Plan.**

<b>Monday 2011-09-19</b>	<b>Tuesday 2011-09-20</b>	<b>Wednesday 2011-09-21</b>	<b>Thursday 2011-09-22</b>	<b>Friday 2011-09-23</b>	<b>Saturday 2011-09-24</b>	<b>Sunday 2011-09-25</b>	<b>Totals</b>
Tempo Run: 1 mile @ Wu, 2 miles @ TR, * 1 mile @ Cd. (4 miles total)  Note: * = Tempo.	Easy Run: 2.5 miles @ ER	Middle Run: 5 miles @ MD.	Hilly Run: 1 mile @ Wu, 2 miles @ MP, * 1 mile @ Cd. (4 miles total)  Note: * = Hills.		Long Run: 7 miles @ LR, 2 miles @ MP. (9 miles total)  ----- Or -----  Race: 2 miles @ Wu. Strides. Race 5K to 10K. 1 mile @ Cd.  <a href="#">Autumn Equinox 15K &amp; 5K</a>  <a href="#">PrairieMan Half Marathon &amp; 5K</a>  <a href="#">Rahr &amp; Sons Oktoberfest 5K Run/Walk</a>		24.5 miles

**Week# 5 - Sep 26 -- Build Phase -- 2012 Cowtown Marathon - Recreational Plan.**

<b>Monday 2011-09-26</b>	<b>Tuesday 2011-09-27</b>	<b>Wednesday 2011-09-28</b>	<b>Thursday 2011-09-29</b>	<b>Friday 2011-09-30</b>	<b>Saturday 2011-10-01</b>	<b>Sunday 2011-10-02</b>	<b>Totals</b>
Tempo Run: 2 miles @ Wu, 2 miles @ TR, * 1 mile @ Cd. (5 miles total)  Note: * = Tempo.	Easy Run: 4 miles @ ER	Middle Run: 7 miles @ MD.	Hilly Run: 1 mile @ Wu, 2 miles @ MP, * 1 mile @ Cd. (4 miles total)  Note: * = Hills.		Long Run: 12 miles @ LR.		32 miles

**Week# 6 - Oct 03 -- Build Phase -- 2012 Cowtown Marathon - Recreational Plan.**

<b>Monday 2011-10-03</b>	<b>Tuesday 2011-10-04</b>	<b>Wednesday 2011-10-05</b>	<b>Thursday 2011-10-06</b>	<b>Friday 2011-10-07</b>	<b>Saturday 2011-10-08</b>	<b>Sunday 2011-10-09</b>	<b>Totals</b>
Tempo Run: 2 miles @ Wu, 3 miles @ TR, * 1 mile @ Cd. (6 miles total)  Note: * = Tempo.	Easy Run: 4 miles @ ER	Middle Run: 8 miles @ MD.	Hilly Run: 2 miles @ Wu, 3 miles @ MP, * 1 mile @ Cd. (6 miles total)  Note: * = Hills.		Long Run: 14 miles @ LR.		38 miles

**Week# 7 - Oct 10 -- Build Phase -- 2012 Cowtown Marathon - Recreational Plan.**

<b>Monday 2011-10-10</b>	<b>Tuesday 2011-10-11</b>	<b>Wednesday 2011-10-12</b>	<b>Thursday 2011-10-13</b>	<b>Friday 2011-10-14</b>	<b>Saturday 2011-10-15</b>	<b>Sunday 2011-10-16</b>	<b>Totals</b>
Tempo Run: 2 miles @ Wu, 3 miles @ TR, * 2 miles @ Cd. (7 miles total)  Note: * = Tempo.	Easy Run: 5 miles @ ER	Middle Run: 9 miles @ MD.	Hilly Run: 2 miles @ Wu, 3 miles @ MP, * 1 mile @ Cd. (6 miles total)  Note: * = Hills.		Long Run: 16 miles @ LR.		43 miles

**Week# 8 - Oct 17 -- Build Phase -- 2012 Cowtown Marathon - Recreational Plan.**

<b>Monday 2011-10-17</b>	<b>Tuesday 2011-10-18</b>	<b>Wednesday 2011-10-19</b>	<b>Thursday 2011-10-20</b>	<b>Friday 2011-10-21</b>	<b>Saturday 2011-10-22</b>	<b>Sunday 2011-10-23</b>	<b>Totals</b>
Tempo Run: 2 miles @ Wu, 2 miles @ TR, * 1 mile @ Cd. (5 miles total)  Note: * = Tempo.	Easy Run: 4 miles @ ER	Middle Run: 7 miles @ MD.	Hilly Run: 1 mile @ Wu, 2 miles @ MP, * 1 mile @ Cd. (4 miles total)  Note: * = Hills.		Long Run: 9 miles @ LR, 3 miles @ MP. (12 miles total)  ----- Or -----  Race: 2 miles @ Wu. Strides. Race 10K to 15K. 2 miles @ Cd.  <a href="#">13.1 Dallas</a>		32 miles

**Week# 9 - Oct 24 -- Build Phase -- 2012 Cowtown Marathon - Recreational Plan.**

<b>Monday 2011-10-24</b>	<b>Tuesday 2011-10-25</b>	<b>Wednesday 2011-10-26</b>	<b>Thursday 2011-10-27</b>	<b>Friday 2011-10-28</b>	<b>Saturday 2011-10-29</b>	<b>Sunday 2011-10-30</b>	<b>Totals</b>
Tempo Run: 2 miles @ Wu, 3 miles @ TR, * 2 miles @ Cd. (7 miles total)  Note: * = Tempo.	Easy Run: 5 miles @ ER	Middle Run: 9 miles @ MD.	Hilly Run: 2 miles @ Wu, 3 miles @ MP, * 1 mile @ Cd. (6 miles total)  Note: * = Hills.		Long Run: 16 miles @ LR.		43 miles

**Week# 10 - Oct 31 -- Build Phase -- 2012 Cowtown Marathon - Recreational Plan.**

Monday 2011-10-31	Tuesday 2011-11-01	Wednesday 2011-11-02	Thursday 2011-11-03	Friday 2011-11-04	Saturday 2011-11-05	Sunday 2011-11-06	Totals
Trackwork: 2 miles @ Wu. Drills + Strides. Repeats 8 * 400mt @ AR w/ 200mt @ RR. 2 miles @ Cd. (7 miles total)	Easy Run: 6 miles @ ER	Middle Run: 10 miles @ MD.	Hilly Run: 2 miles @ Wu, 4 miles @ TR, * 2 miles @ Cd. (8 miles total)  Note: * = Hills.		Long Run: 18 miles @ LR.		49 miles

**Week# 11 - Nov 07 -- Build Phase -- 2012 Cowtown Marathon - Recreational Plan.**

Monday 2011-11-07	Tuesday 2011-11-08	Wednesday 2011-11-09	Thursday 2011-11-10	Friday 2011-11-11	Saturday 2011-11-12	Sunday 2011-11-13	Totals
Trackwork: 3 miles @ Wu. Drills + Strides. Intervals 4 * 800mt @ VI w/ 400mt @ RR. 2 miles @ Cd. (8 miles total)	Easy Run: 7 miles @ ER	Middle Run: 11 miles @ MD.	Hilly Run: 2 miles @ Wu, 4 miles @ MP, * 2 miles @ Cd. (8 miles total)  Note: * = Hills.		Long Run: 20 miles @ LR.		54 miles

**Week# 12 - Nov 14 -- Build Phase -- 2012 Cowtown Marathon - Recreational Plan.**

Monday 2011-11-14	Tuesday 2011-11-15	Wednesday 2011-11-16	Thursday 2011-11-17	Friday 2011-11-18	Saturday 2011-11-19	Sunday 2011-11-20	Totals
Trackwork: 2 miles @ Wu. Drills + Strides. Repeats 8 * 400mt @ AR w/ 200mt @ RR. 1 mile @ Cd. (6 miles total)	Easy Run: 6 miles @ ER	Middle Run: 9 miles @ MD.	Hilly Run: 2 miles @ Wu, 3 miles @ MP, * 1 mile @ Cd. (6 miles total)  Note: * = Hills.	Easy Run: 4 miles @ ER		Long Run: 12 miles @ LR, 4 miles @ MP. (16 miles total)  ----- Or -----  Race: 3 miles @ Wu. Strides. Race 15K to 20K. 2 miles @ Cd.  <a href="#">Big D 30K &amp; 5K</a>  <a href="#">FWRC Mote N</a> <a href="#">Motion Half</a> <a href="#">Marathon</a>	47 miles

**Week# 13 - Nov 21 -- Build Phase -- 2012 Cowtown Marathon - Recreational Plan.**

<b>Monday 2011-11-21</b>	<b>Tuesday 2011-11-22</b>	<b>Wednesday 2011-11-23</b>	<b>Thursday 2011-11-24</b>	<b>Friday 2011-11-25</b>	<b>Saturday 2011-11-26</b>	<b>Sunday 2011-11-27</b>	<b>Totals</b>
	Easy Run: 9 miles @ ER	Middle Run: 10 miles @ MD.	Hilly Run: 2 miles @ Wu, 4 miles @ TR, * 2 miles @ Cd. (8 miles total)  Note: * = Hills.		Long Run: 20 miles @ LR.		47 miles

**Week# 14 - Nov 28 -- Build Phase -- 2012 Cowtown Marathon - Recreational Plan.**

<b>Monday 2011-11-28</b>	<b>Tuesday 2011-11-29</b>	<b>Wednesday 2011-11-30</b>	<b>Thursday 2011-12-01</b>	<b>Friday 2011-12-02</b>	<b>Saturday 2011-12-03</b>	<b>Sunday 2011-12-04</b>	<b>Totals</b>
Trackwork: 3 miles @ Wu. Drills + Strides. Intervals 6 * 800mt @ VI w/ 400mt @ RR. 1.5 miles @ Cd. (9 miles total)	Easy Run: 8 miles @ ER	Middle Run: 12 miles @ MD.	Hilly Run: 3 miles @ Wu, 4 miles @ MP, * 2 miles @ Cd. (9 miles total)  Note: * = Hills.		Long Run: 22 miles @ LR.		60 miles

**Week# 15 - Dec 05 -- Build Phase -- 2012 Cowtown Marathon - Recreational Plan.**

<b>Monday 2011-12-05</b>	<b>Tuesday 2011-12-06</b>	<b>Wednesday 2011-12-07</b>	<b>Thursday 2011-12-08</b>	<b>Friday 2011-12-09</b>	<b>Saturday 2011-12-10</b>	<b>Sunday 2011-12-11</b>	<b>Totals</b>
Trackwork: 4 miles @ Wu. Drills + Strides. Intervals 2 * 1600mt @ VI w/ 800mt @ RR. 3 miles @ Cd. (10 miles total)	Easy Run: 8 miles @ ER	Middle Run: 13 miles @ MD.	Hilly Run: 3 miles @ Wu, 5 miles @ TR, * 2 miles @ Cd. (10 miles total)  Note: * = Hills.		Long Run: 24 miles @ LR.		65 miles

**Week# 16 - Dec 12 -- Sharpen Phase -- 2012 Cowtown Marathon - Recreational Plan.**

Monday 2011-12-12	Tuesday 2011-12-13	Wednesday 2011-12-14	Thursday 2011-12-15	Friday 2011-12-16	Saturday 2011-12-17	Sunday 2011-12-18	Totals
Trackwork: 2.25 miles @ Wu. Drills + Strides. Repeats 10 * 400mt @ AR w/ 200mt @ RR. 2 miles @ Cd. (8 miles total)	Easy Run: 7 miles @ ER	Middle Run: 11 miles @ MD.	Hilly Run: 2 miles @ Wu, 4 miles @ MP, * 2 miles @ Cd. (8 miles total)  Note: * = Hills.		Long Run: 15 miles @ LR, 5 miles @ MP. (20 miles total)  ----- Or -----  Race: 3 miles @ Wu. Strides. Race 20K to 25K. 3 miles @ Cd.  <a href="#">Jog'r Egg Nog'r 15K &amp; 5K</a>		54 miles

**Week# 17 - Dec 19 -- Sharpen Phase -- 2012 Cowtown Marathon - Recreational Plan.**

Monday 2011-12-19	Tuesday 2011-12-20	Wednesday 2011-12-21	Thursday 2011-12-22	Friday 2011-12-23	Saturday 2011-12-24	Sunday 2011-12-25	Totals
Trackwork: 3 miles @ Wu. Drills + Strides. Intervals 6 * 800mt @ VI w/ 400mt @ RR. 2.5 miles @ Cd. (10 miles total)	Easy Run: 8 miles @ ER	Middle Run: 13 miles @ MD.	Hilly Run: 3 miles @ Wu, 5 miles @ TR, * 2 miles @ Cd. (10 miles total)  Note: * = Hills.		Long Run: 24 miles @ LR.		65 miles

**Week# 18 - Dec 26 -- Sharpen Phase -- 2012 Cowtown Marathon - Recreational Plan.**

Monday 2011-12-26	Tuesday 2011-12-27	Wednesday 2011-12-28	Thursday 2011-12-29	Friday 2011-12-30	Saturday 2011-12-31	Sunday 2012-01-01	Totals
Trackwork: 3 miles @ Wu. Drills + Strides. Intervals 2 * 1600mt @ VI w/ 800mt @ RR. 2 miles @ Cd. (8 miles total)	Easy Run: 7 miles @ ER	Middle Run: 11 miles @ MD.	Hilly Run: 2 miles @ Wu, 4 miles @ MP, * 2 miles @ Cd. (8 miles total)  Note: * = Hills.		Long Run: 15 miles @ LR, 5 miles @ MP. (20 miles total)  ----- Or -----  Race: 3 miles @ Wu. Strides. Race 20K to 25K. 3 miles @ Cd.  <a href="#">Plano Pacers Holiday Hustle 3K &amp; 8K</a>		54 miles

**Week# 19 - Jan 02 -- Sharpen Phase -- 2012 Cowtown Marathon - Recreational Plan.**

Monday 2012-01-02	Tuesday 2012-01-03	Wednesday 2012-01-04	Thursday 2012-01-05	Friday 2012-01-06	Saturday 2012-01-07	Sunday 2012-01-08	Totals
Trackwork: 3 miles @ Wu. Drills + Strides. Intervals 6 * 800mt @ VI w/ 400mt @ RR. 2.5 miles @ Cd. (10 miles total)	Easy Run: 8 miles @ ER	Middle Run: 13 miles @ MD.	Hilly Run: 3 miles @ Wu, 5 miles @ TR, * 2 miles @ Cd. (10 miles total)  Note: * = Hills.		Long Run: 24 miles @ LR.		65 miles

**Week# 20 - Jan 09 -- Sharpen Phase -- 2012 Cowtown Marathon - Recreational Plan.**

Monday 2012-01-09	Tuesday 2012-01-10	Wednesday 2012-01-11	Thursday 2012-01-12	Friday 2012-01-13	Saturday 2012-01-14	Sunday 2012-01-15	Totals
Trackwork: 2.25 miles @ Wu. Drills + Strides. Repeats 10 * 400mt @ AR w/ 200mt @ RR. 2 miles @ Cd. (8 miles total)	Easy Run: 7 miles @ ER	Middle Run: 11 miles @ MD.	Hilly Run: 2 miles @ Wu, 4 miles @ MP, * 2 miles @ Cd. (8 miles total)  Note: * = Hills.		Long Run: 15 miles @ LR, 5 miles @ MP. (20 miles total)  ----- Or -----  Race: 3 miles @ Wu. Strides. Race 20K to 25K. 3 miles @ Cd.  <a href="#">Snowman Shuffle 10K &amp; 5K</a>		54 miles

**Week# 21 - Jan 16 -- Sharpen Phase -- 2012 Cowtown Marathon - Recreational Plan.**

Monday 2012-01-16	Tuesday 2012-01-17	Wednesday 2012-01-18	Thursday 2012-01-19	Friday 2012-01-20	Saturday 2012-01-21	Sunday 2012-01-22	Totals
Trackwork: 3 miles @ Wu. Drills + Strides. Intervals 6 * 800mt @ VI w/ 400mt @ RR. 2.5 miles @ Cd. (10 miles total)	Easy Run: 8 miles @ ER	Middle Run: 13 miles @ MD.	Hilly Run: 3 miles @ Wu, 5 miles @ TR, * 2 miles @ Cd. (10 miles total)  Note: * = Hills.		Long Run: 24 miles @ LR.		65 miles

**Week# 22 - Jan 23 -- Sharpen Phase -- 2012 Cowtown Marathon - Recreational Plan.**

<b>Monday 2012-01-23</b>	<b>Tuesday 2012-01-24</b>	<b>Wednesday 2012-01-25</b>	<b>Thursday 2012-01-26</b>	<b>Friday 2012-01-27</b>	<b>Saturday 2012-01-28</b>	<b>Sunday 2012-01-29</b>	<b>Totals</b>
Trackwork: 3 miles @ Wu. Drills + Strides. Intervals 2 * 1600mt @ VI w/ 800mt @ RR. 2 miles @ Cd. (8 miles total)	Easy Run: 7 miles @ ER	Middle Run: 11 miles @ MD.	Hilly Run: 2 miles @ Wu, 4 miles @ MP, * 2 miles @ Cd. (8 miles total)  Note: * = Hills.		Long Run: 15 miles @ LR, 5 miles @ MP. (20 miles total)  ----- Or -----  Race: 3 miles @ Wu. Strides. Race 20K to 25K. 3 miles @ Cd.  <a href="#">The 10th Annual Texas Half &amp; 5k</a>		54 miles

**Week# 23 - Jan 30 -- Sharpen Phase -- 2012 Cowtown Marathon - Recreational Plan.**

<b>Monday 2012-01-30</b>	<b>Tuesday 2012-01-31</b>	<b>Wednesday 2012-02-01</b>	<b>Thursday 2012-02-02</b>	<b>Friday 2012-02-03</b>	<b>Saturday 2012-02-04</b>	<b>Sunday 2012-02-05</b>	<b>Totals</b>
Trackwork: 3 miles @ Wu. Drills + Strides. Intervals 6 * 800mt @ VI w/ 400mt @ RR. 2.5 miles @ Cd. (10 miles total)	Easy Run: 8 miles @ ER	Middle Run: 13 miles @ MD.	Hilly Run: 3 miles @ Wu, 5 miles @ TR, * 2 miles @ Cd. (10 miles total)  Note: * = Hills.		Long Run: 24 miles @ LR.		65 miles

**Week# 24 - Feb 06 -- Taper Phase -- 2012 Cowtown Marathon - Recreational Plan.**

<b>Monday 2012-02-06</b>	<b>Tuesday 2012-02-07</b>	<b>Wednesday 2012-02-08</b>	<b>Thursday 2012-02-09</b>	<b>Friday 2012-02-10</b>	<b>Saturday 2012-02-11</b>	<b>Sunday 2012-02-12</b>	<b>Totals</b>
Trackwork: 2 miles @ Wu. Drills + Strides. Repeats 8 * 400mt @ AR w/ 200mt @ RR. 2 miles @ Cd. (7 miles total)	Easy Run: 6 miles @ ER	Middle Run: 10 miles @ MD.	Hilly Run: 2 miles @ Wu, 4 miles @ MP, * 2 miles @ Cd. (8 miles total)  Note: * = Hills.		Long Run: 18 miles @ LR.		49 miles



**Week# 25 - Feb 13 -- Taper Phase -- 2012 Cowtown Marathon - Recreational Plan.**

Monday 2012-02-13	Tuesday 2012-02-14	Wednesday 2012-02-15	Thursday 2012-02-16	Friday 2012-02-17	Saturday 2012-02-18	Sunday 2012-02-19	Totals
Trackwork: 1.5 miles @ Wu. Drills + Strides. Repeats 10 * 200mt @ AR w/ 200mt @ walk. 1 mile @ Cd. (5 miles total)	Easy Run: 4 miles @ ER	Middle Run: 7 miles @ MD.	Hilly Run: 1 mile @ Wu, 2 miles @ ER, * 1 mile @ Cd. (4 miles total)  Note: * = Hills.		Long Run: 12 miles @ LR.		32 miles

**Week# 26 - Feb 20 -- Taper Phase -- 2012 Cowtown Marathon - Recreational Plan.**

Monday 2012-02-20	Tuesday 2012-02-21	Wednesday 2012-02-22	Thursday 2012-02-23	Friday 2012-02-24	Saturday 2012-02-25	Sunday 2012-02-26	Totals
	Middle Run: 3 miles @ MD.	Easy Run: 2 miles @ ER			Easy Run: 2 miles @ ER	<b>Goal Race:</b>  Race: Marathon 1 mile @ Wu. Strides. Race 26.2 miles. (27.2 miles total)  <a href="#"><u>The 2012 Cowtown Marathon, Half &amp; Ultra</u></a>	Good luck & God's speed.

**Week# 27 - Feb 27 -- Recovery Phase -- 2012 Cowtown Marathon - Recreational Plan.**

Monday 2012-02-27	Tuesday 2012-02-28	Wednesday 2012-02-29	Thursday 2012-03-01	Friday 2012-03-02	Saturday 2012-03-03	Sunday 2012-03-04	Totals
		Easy Run: 2 miles @ ER		Middle Run: 4 miles @ MD.	Long Run: 7 miles @ LR.		13 miles

**Week# 28 - Mar 05 -- Recovery Phase -- 2012 Cowtown Marathon - Recreational Plan.**

<b>Monday</b> 2012-03-05	<b>Tuesday</b> 2012-03-06	<b>Wednesday</b> 2012-03-07	<b>Thursday</b> 2012-03-08	<b>Friday</b> 2012-03-09	<b>Saturday</b> 2012-03-10	<b>Sunday</b> 2012-03-11	<b>Totals</b>
	Easy Run: 2.5 miles @ ER		Middle Run: 4 miles @ MD.		Long Run: 8 miles @ LR.		14.5 miles

**Week# 29 - Mar 12 -- Recovery Phase -- 2012 Cowtown Marathon - Recreational Plan.**

<b>Monday</b> 2012-03-12	<b>Tuesday</b> 2012-03-13	<b>Wednesday</b> 2012-03-14	<b>Thursday</b> 2012-03-15	<b>Friday</b> 2012-03-16	<b>Saturday</b> 2012-03-17	<b>Sunday</b> 2012-03-18	<b>Totals</b>
	Easy Run: 3 miles @ ER	Middle Run: 5 miles @ MD.	Easy Run: 2.5 miles @ ER		Long Run: 9 miles @ LR.		19.5 miles

**Week# 30 - Mar 19 -- Recovery Phase -- 2012 Cowtown Marathon - Recreational Plan.**

<b>Monday</b> 2012-03-19	<b>Tuesday</b> 2012-03-20	<b>Wednesday</b> 2012-03-21	<b>Thursday</b> 2012-03-22	<b>Friday</b> 2012-03-23	<b>Saturday</b> 2012-03-24	<b>Sunday</b> 2012-03-25	<b>Totals</b>
Easy Run: 3 miles @ ER	Easy Run: 3 miles @ ER	Middle Run: 6 miles @ MD.	Easy Run: 3 miles @ ER		Long Run: 10 miles @ LR.		25 miles

## Pace Keys:

These are the paces for the workouts in the plan.

These pace zones can be found on the Arlington Striders Website under **Tools & Calculators** then under **Workout Paces**.

Pace AR and/or (AR) is in the workout plan.

Pace VI and/or (VI) is in the workout plan.

Pace TR and/or (TR) is in the workout plan.

Pace MP and/or (MP) is in the workout plan.

Pace ER and/or (ER) is in the workout plan.

Pace Wu and/or (Wu) is in the workout plan.

Pace MD and/or (MD) is in the workout plan.

Pace LR and/or (LR) is in the workout plan.

Pace Cd and/or (Cd) is in the workout plan.

Pace RR and/or (RR) is in the workout plan.

Pace walk and/or (walk) is in the workout plan.

### COMMENTS:

After looking over the plan you will want to find your target workout paces by using the **Workout Paces** calculator.

First go to the online tools on the Arlington Striders website by going to [www.arlingtonstriders.org](http://www.arlingtonstriders.org) and clicking on the main menu link "Tools & Calculators" then click on link "Workout Paces".

Once you're on the **Workout Paces** page you'll be asked to enter your **Recent Race Distance**, **Recent Race Time** and your **Goal Race Distance** you then press the **Submit** button to calculate your **current workout pace zones** for the different types of workouts you might be doing in your plan.

During the plan there will be opportunities where you could race and use your new times from that event to adjust your training paces.

If you have access to a Coach you should before making any adjustments to your training plan, review with your Coach all details so your Coach can help you to make the right adjustments or choices for you!

Warning: You should never start a training program without first seeing a Doctor!

All training comes with risks to life and health, be sure you take all actions to guard your safety.

A great start is by visiting your Doctor for a yearly check up and letting him/her know you are starting on a new training program/plan and of what type of training so they can check you out to be sure you are ready to handle the program's or plan's level of training needed.

# Training Plan Components:

This training plan may contain one or more of the following workouts below, and is designed to build speed, improve speed endurance and increase both general and functional strength.

## Rest

Rest is a very important component of any training program. Without proper rest, your muscles and connective tissues will not have an opportunity to recover and rebuild properly. On the days calling for complete rest, do no strenuous activity. On the days calling for rest or cross training, you could go for a walk, swim, bicycle or do nothing. It's your day to do any activity other than running.

## Cool Down (Cd)

Cool downs help remove some of the waste products that build up in your muscles when you run hard. They also help you recover faster from a hard run.

## Warm Up (Wu)

Run the warmup distance at a easy run pace or slower. The easy pace allows your muscles, heart, and lungs to warm up and work better. Warmups rev up the body's aerobic machinery by increasing heart rate and blood supply to the muscles.

## Easy Runs

Easy runs give your body a chance to rest from harder workout days but still accomplishing the goal of increasing aerobic capacity. Easy runs should be at a pace that feels fairly comfortable. You should not be breathing too hard and should be able to carry on a conversation. If you are breathing so hard that you can barely talk, you are running too fast. If you can sing, you are running too slow.

## Long Runs

Long runs are distance runs that get you ready for the goal race distance. This type of run builds strength, endurance and improves confidence to complete the long race distances. When you do a long run you deplete your muscle's glycogen stores more than usual. During your recovery from the long run your muscles develop the ability to store more glycogen. This means the next time you run you won't get tired as soon.

Sometimes in the plan you might see a long run workout that looks like this:

Long Run: 13 miles @ LR,	Your run should include: - a long run of 13 miles at your Long Run Pace
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Sometimes in the plan you might see a progressive long run workout that looks like this:

<b>Long Run:</b> 10 miles @ LR, 3 miles @ MP. (13 miles total)	<b>Your run should include:</b> - a long run of 10 miles at your Long Run Pace - a long run of 3 miles at your Marathon Pace <i>(Workout will be a total of 13 miles.)</i>
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This workout is a continuous run. You should not stop running when you change to a different pace. In this plan you may see progressive long runs done at other paces besides MP.

## Middle Distance Runs

Middle distance runs are a type of long run that is used to build endurance, strength and compliments the Long Run later in the week. These runs are usually done at ER or MD paces.

## Tempo Runs

This type of workout is excellent way for runners to build speed and strength. These runs are done at a steady effort level, usually between your 10K race pace and your 15K race pace. Tempo runs help you develop your lactate or anaerobic threshold, which is critical for running faster.

Sometime in the plan you might see a workout call for:

<b>Tempo Run:</b> 1 mile @ Wu, 3 miles @ TR, * 1 mile @ Cd. (5 miles total) Note: * = Tempo.	<b>Your run should include:</b> - a warmup of 1 mile at your Warmup Pace (Wu), - a Tempo Run of 3 miles at your Tempo Run Pace (TR), - a cooldown of 1 mile at your cooldown pace (Cd). <i>(Workout will be a total of 5 miles.)</i> <i>Note: main workout type.</i>
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Note: [Workout Paces](#) is on the Tools page of the Arlington Strides website.

This workout is a continuous run. You should not stop running when you change paces. When doing a tempo run you definitely want to feel like you are pushing yourself hard just to get to the end of the faster 3-mile part. The key to a tempo run is it should feel "comfortably hard"... which means you should feel "comfortably smug" when you've completed it.

## Hilly Runs

This type of workout promotes the development of lower leg and quad strength. It is a workout that combines the benefit of weight training with the aerobic and anaerobic conditioning of running. It gives your VO2 max a boost.

<b>Hilly Run:</b> 2 miles @ Wu, 4 miles @ TR, * 1 mile @ Cd. (5 miles total) Note:*=Hills	<b>Your run should include:</b> - start with a run of 2 miles at your Warmup Pace (Wu) - then a Hill Run of 4 miles at your Tempo Run Pace (TR) - finishing with a run of 1 mile at your cooldown pace (Cd) <i>(Workout will be a total of 5 miles.)</i> <i>Note: main workout type.</i>
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Note: [Workout Paces](#) is on the Tools page of the Arlington Strides website.

This workout is a continuous run over moderately steep hills. This type of workout can have different paces than the ones listed. Refer to your plan for your paces.

## Trackwork

Trackwork is a combination of various length distances run at a high effort level with a recovery period in between. The paces for these high efforts range from Tempo, VO2 max, Race Pace to Sprint effort. The focus of these workouts is to improve fitness, form, efficiency, and speed. All of which will aid in the ability to maintain a quality pace for your race distances. A Track workout can be done at your local High School track or can be done on a marked road course.

Trackwork: 2 miles @ Wu. Drills + Strides. Repeats 10*400mt @ AR w/200mt @ RR. 2 miles @ Cd. (6.5 miles total)	Your workout should include: - run 2 miles at your Warmup Pace (wu), do light stretching. - see drills and strides instructions.  - do 10 sets of 400 meter runs at AR pace with 200 meters recoveries at RR pace. - run 2 miles at your cooldown pace (Cd) (Workout will be a total of 6.5 miles.)
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Note: [Workout Paces](#) is on the Tools page of the Arlington Strides website.

This workout is not a continuous run. You need to stop and do light stretching after your 2 mile warmup. You need to do a short rest break after the strides (get a drink of water).

## Drills

Drills train the neuromuscular system to help runners develop the following characteristics: Correct posture of the upper body, high knee lift, and efficient arm action.

Do 100mt Butt Kicks then walk 100mt back to start.

Do 100mt Skipping/Bounding then walk 100mt back to start.

Do 100mt Quick Steps Turnovers then walk 100mt back to start.

Do 100mt Karaoke (facing toward football field) then walk 100mt back to start.

Do 100mt Karaoke (facing away from football field) then walk 100mt back to start.

Do 100mt Retro Run (with your butt leading the way) then walk 100mt back to start.

## Acceleration Strides

These are good because they are fast enough to teach your muscles and nervous system to run smoothly at a fast pace but they are short enough that you don't get fatigued.

Do 4 \* 100mt @ AR  
w/ 100mt walk back to start recoveries.

Stride for 100 meters, gradually accelerate to about 90 percent of all-out, hold it there for 5 seconds, then smoothly decelerate. Walk to full recovery after each. Strides aren't meant to tire you out. Just the opposite. They'll add zip to your legs.

## Choice Workout Day

You get a choice for this day whether to do the first workout/race or the alternate workout. Look for "----- Or -----" to let you know that you have a choice to make for that day. If you want to do a race other than the one suggested (it will be in red text and underlined), pick a race that is the same distance or just under that distance to do the race workout. If you cannot find a race to run with a distance close to the workout race distance then do the alternate workout.

## Races (Training races & Goal race)

### Training Races:

During the plan you will have opportunities to test yourself with training races leading toward your Goal Race. These training races will appear in red and underlined. There are no paces for your training race because you will need to run it by feel. You should be running just under full race pace for that distance, but not at maximum.

### Long Run Fun Runs:

Some of your long runs will fall on the same day as a local race that is close to the same distances as your workout. This is an opportunity to do the race as a Long Run at your (LR) or (ER) Paces, so take it easy, have fun and enjoy the aid stations.

### Race day rules:

Know the course. If you know how the hills and turns go, you can more easily match your efforts to the course. Also, study the last mile. In fact, run it as a warmup. Look for markers a certain distance from the finish so you can expend your final energy at the right time. Most important don't get pulled into going out too fast at the start. The faster pace at the beginning of the race will feel easy to hold but if you are starting out too fast you might crash and burn before you make it to the finish line! Know what your avg pace is for your race and go out slower than that for the first 1/4 of the race then get on pace after that.

**NOTE: With this or any other program or plan no guarantee is given.**