

DASHER (Advanced Level Runner)

November

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	"One run can change your day; many runs can change your life."	1 easy 30' min jog/run	2 3 mile run	3 3-4 mile run	4 35' min run	5 RECOVERY DAY <i>*Recovery day can mean a swim, a yoga class, or off day.</i>
6 RECOVERY DAY	7 40' min run	8 WARM-UP: 1-2 mi. WORKOUT: 21' min Fartlek- 1' min fast pace, 2' min of easy pace COOL-DOWN:1-2 mi.	9 3 mile recovery run	10 4-5 mile run <i>"Running is the classical road to self-consciousness, self-awareness, and self-reliance."</i>	11 WARM-UP: 1-2 mi. WORKOUT: Progressive 2-3 mi. COOL-DOWN: 1-2 mi. <i>* Gradually get faster each half/full mile.</i>	12 RECOVERY DAY <i>*Feel free to come to the Y to swim or cycle during your recovery time.</i>
13 RECOVERY DAY	14 45' min run <i>"Just stick with it. What seems hard now will one day be your warm-up"</i>	15 WARM-UP: 1-2 mi. WORKOUT Tempo: 2 mi. COOL-DOWN: 1-2 mi.	16 XT (CROSS-TRAIN): for 30 min to an hr.	17 5-6 mile run <i>*you could go to at park or incline on a treadmill</i>	18 WARM-UP: 1-2 mi. WORKOUT: Hills at race pace accelerations 6x-10 COOL-DOWN: 1-2 mi.	19 ENDURANCE RUN- 4 to 8 mi.
20 RECOVERY DAY	21 45' min run <i>"All great achievements require time."</i>	22 WARM-UP: 1-2 mi. WORKOUT: Progressive run 2-3 mi COOL-DOWN: 1-2 mi. <i>* Gradually get faster each half/full mile.</i>	23 4 mile recovery run	24 4-5 mile run	25 WARM-UP: 1-2 mi. WORKOUT: 24' min Fartlek- 90' seconds race-pace 2' min of easy pace COOL-DOWN:1-2 mi.	26 ENDURANCE RUN-4 to 8 mi.
27 RECOVERY DAY	28 50' min run	29 WARM-UP: 1-2 mi. WORKOUT: Interval run 0.5 mi at race pace, then jog 0.25 x5 COOL-DOWN: 1-2 mi.	30 3-4 mile recovery run			

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December 2022

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	<p>"Don't be afraid to fail. It's not the end of the world and in many ways it's the first step toward learning something better and getting better at it."</p>			<p>1 4-5 mile run</p>	<p>2 WARM-UP: 1-2 mi. WORKOUT Hills at race pace accelerations: 6x-10 COOL-DOWN: 1-2 mi.</p>	<p>3 ENDURANCE RUN- 4 – 8 mi.</p>
<p>4 RECOVERY DAY</p>	<p>5 45' min run "Run when you can, walk if you have to, crawl if you must, just never give up."</p>	<p>6 WARM-UP: 1-2 mi. WORKOUT Tempo: 2.5 mile COOL-DOWN: 1-2 mi. *remember to find a pace you can maintain</p>	<p>7 XT (CROSS-TRAIN): for 30 min to an hr.</p>	<p>8 4 mile run</p>	<p>9 easy 20' min run GET LOTS OF REST & CARBS!! "Nothing, not even pain, lasts forever. If I can just keep putting one foot in front of the other, I will eventually get to the end."</p>	<p>10 RACE DAY!!!</p>

PROGRESSIVE Workout

Start at a decent pace and gradually increase at set points, such as every half mile or mile mark.

TEMPO Workout

Run at a pace you can maintain the entire distance.

INTERVAL Workout

A set distance of higher intensity pace followed by a set distance of lower intensity.

FARTLEK Workout

A timed interval of higher intensity pace followed by lower intensity.

ACCELERATIONS

Increasing speed rapidly or speeding up.

XT CROSS TRAINING

Engaging in other forms of exercise to improve fitness. For example, cycling or swimming.

RACE PACE

A pace that you could hold or maintain for specific race effort. For example, it could take you 22-31 minutes to complete 5K; meaning running 7-10 minutes per mile would be your race pace.

DASHER

"IN RUNNING, IT DOESN'T MATTER WHETHER YOU COME IN FIRST, IN THE MIDDLE OF THE PACK, OR LAST. YOU CAN SAY, 'I HAVE FINISHED.' THERE IS A LOT OF SATISFACTION IN THAT." — FRED LEBOW

HOW TO CREATE A GOAL...

- S-** Is it specific?
- M-** Is it measurable? How will you track your progress?
- A-** Is it attainable? Can you reach this goal in the timeframe you have and skill set?
- R-** Is it relevant to you?
- T-** Is there a specific time or end date?

GOAL...