

RUN



DANSKIN[®]
TRIATHLON SERIES
an Xtra Mile LLC property

RUN

8-WEEK RUN PLAN*

Week	Load =	I (Zones)	x Frequency	x Time (min)	Workout Type**
1	60	1 - 2	1	15 - 30	SS

Emphasis: Proper run/walk technique.

Learn how to run lightly, striking the ground gently either mid-foot or heel first. Run relaxed using belly breathing techniques.

Week	Load =	I (Zones)	x Frequency	x Time (min)	Workout Type
2	100	1 - 2	2	20 - 35	SS

Emphasis: Run gear.

Make sure your shorts, tops, socks and shoes are comfortable.

Consider training tools such as speed, distance, and heart rate monitor.

Week	Load =	I (Zones)	x Frequency	x Time (min)	Workout Type
3	125	1 - 2	2	25 - 40	SS, I

Emphasis: Run safety.

Safety is particularly important for women because we often run off-road.

Think about reflective gear, lights and running with a partner. Be aware of your surroundings.

Week	Load =	I (Zones)	x Frequency	x Time (min)	Workout Type
4	150	2 - 3	2	30 - 45	SS, I, R

Emphasis: Gaining speed and endurance.

Alternate between high zone runs and low ones, between stress and recovery.

The body adapts to this sequence by gaining endurance and speed.

Week	Load =	I (Zones)	x Frequency	x Time (min)	Workout Type
5	200	2 - 3	3	30 - 45	SS, I, R, C

Emphasis: Run endurance.

"Time trial" 1 mile at an all-out effort and log your average heart rate and elapsed time. This is a runner's fitness test.

Repeat in week 7 and chart your improvement.

Week	Load =	I (Zones)	x Frequency	x Time (min)	Workout Type
6	250	2 - 3	3	35 - 50	C, I

Emphasis: Speed.

Two interval sessions this week.

Perform a "brick" (bike-run combination workout). Learn how to get through T2, the bike-to-run transition, by practicing bricks.

Week	Load =	I (Zones)	x Frequency	x Time (min)	Workout Type
7	275	3 - 4	3	40 - 60	SS, I, R, C

Emphasis: High training load (LIFT).

Practice the race distance (3.1 miles) and assess your average heart rate and pace.

Week	Load =	I (Zones)	x Frequency	x Time (min)	Workout Type
8	100	1 - 2	1	20 - 30	R

Emphasis: Taper week.

Do low-intensity recovery zone recovery runs. Check your gear to make sure that you have tested everything before race day.

* **Modifications:** If you are an intermediate runner, double the distances, not the frequency, and train in higher zones. If running is your most challenged sport, add one extra run workout whenever possible.

** **Workout Types:** SS= Steady State; I=Intervals; R=Recovery; C=Combination
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