



# B2V 2020 – TRAINING PLAN



Phase	Weeks To Go	Date (Week of)	Monday	Tuesday (H.I.I.T.)	Wednesday	Thursday	Friday	Saturday (Long Run)	Sunday	EST. TOTAL
Base	20	11-18-19	3m (6 strides)	S (s) (4m Total)	Rest or CT	4m (6 strides)	3m or CT	6m	Rest	17-20m
Base	19	11-25-19	3m (6 strides)	S (l) (4m Total)	Rest or CT	4m (T) (6 strides)	3m or CT	6m	Rest	17-20m
Base	18	12-2-19	4m (6 strides)	HR (l) (4m Total)	Rest or CT	5m(T) (6 strides)	3m or CT	7m	Rest	20-23m
Base	17	12-9-19	4m (6 strides)	S (s) (4m Total)	Rest or CT	5m (6 strides)	3m or CT	3 MILE 'TT' (7m Total)	Rest	20-23m
Base	16	12-16-19 (Down Week)	3m (6 strides)	HR (s) (4m Total)	Rest or CT	4m (6 strides)	3m or CT	7m	Rest	18-21m
Base	15	12-23-19	4m (6 strides)	S (l) (4m Total)	Rest or CT	5m(T) (6 strides)	3m or CT	8m	Rest	21-24m
Base	14	12-30-19	4m (6 strides)	HR (l) (4m Total)	Rest or CT	6m(T) (6 strides)	3m or CT	8m	Rest	22-25m
Base	13	1-6-20	4m (6 strides)	S (s) (4m Total)	Rest or CT	5m (6 strides)	3m or CT	3 MILE 'TT' (7m Total)	Rest	20-23m
Strength	12	1-13-20 (Down Week)	3m (6 strides)	HR (s) (4m Total)	Rest or CT	4m (6 strides)	3m or CT	7m	Rest	18-21m
Strength	11	1-20-20	4m (8 strides)	S (l) (5m Total)	Rest or CT	7m(T) (8 strides)	4m or CT	8m	Rest	24-28m
Strength	10	1-27-20	5m (8 strides)	HR (l) (5m Total)	Rest or CT	7m(T) (8 strides)	4m or CT	9m	Rest	26-30m
Strength	9	2-3-20	5m (8 strides)	S (s) (4m Total)	Rest or CT	5m (8 strides)	3m or CT	6 MILE 'TT' (9m Total)	Rest	23-26m
Peak	8	2-10-20 (Down Week)	4m (6 strides)	HR (s) (4m Total)	Rest or CT	5m (6 strides)	3m or CT	7m	Rest	20-23m
Peak	7	2-17-20	5m (8 strides)	S (l) (5m Total)	Rest or CT	7m(T) (8 strides)	4m or CT	8m	Rest	25-29m
Peak	6	2-24-20	5m (8 strides)	HR (l) (5m Total)	Rest or CT	7m(T) (8 strides)	4m or CT	9m	Rest	26-30m
Peak	5	3-2-20	5m (8 strides)	S (s) (4m Total)	Rest or CT	5m (8 strides)	3m or CT	6 MILE 'TT' (9m Total)	Rest	23-26m
Tune-Up	4	3-9-20 (Down Week)	4m (6 strides)	S (s) (4m Total)	Rest or CT	5m (6 strides)	3m or CT	7m	Rest	20-23m
Tune-Up	3	3-16-20	4m (8 strides)	HR (s) (4m Total)	Rest or CT	4m(T) (8 strides)	3m	6m	Rest	21m
Taper	2	3-23-20	4m (6 strides)	Rest	S (s) (3m Total)	4m (6 strides)	Rest	5m(T)	Rest	16m
Taper	1	3-30-20	3m (6 strides)	Rest	3m (4 strides)	2m (4 strides)	Rest	B2V RACE DAY	B2V RACE DAY	8m +

Key: "CT" = Cross-Train (Bike, swim, CrossFit, hike, yoga, etc.)  
 "H.I.I.T." = High Intensity Interval Training (Every Tuesday!)  
 "S" = Speed Workout (Alternate workouts of Short ("s") and Long ("l") intervals)  
 "HR" = Hill Repeats (Alternate workouts of Short/Steep ("s") hills and Long ("l") gradual hills)  
 "TT" = Time Trial (Run the requested length of 3 mile (or 5k race) OR 6 miles (or 10k race)  
 "(T)" = Tempo Run (Continuous run with middle segment "comfortably hard" or ~10-15 sec's slower than goal race pace)

Note: "Strides" = Approximately 100 meters (or ~20-25 seconds); Focus on good form, belly-breathing, and quick cadence.

Prepared by B2V Team Captain Arnie Camp

# **KEY ELEMENTS OF THE B2V 2020 TRAINING PLAN**

**Recovery Runs:** The scheduled runs on Mondays and Fridays (and approximately every other Thursday) are designed to be done at a comfortable pace. If you can't carry on a conversation with your training partner (if you have one), you're running too fast. If you do run with others, be cautious that they don't push you to run faster than planned. Save your energy for the harder workouts.

**Rest:** Rest is an important part of your training. It gives your muscles time to recover so you can run again. Your muscles will actually build in strength as you rest. Without rest days, you will not improve. Sunday is always a day of rest in the training plan (unless you switch days based on your personal/work schedule). Be realistic about your fatigue level and don't feel guilty if you decide to take an additional day off (best bet is Tuesday). Specifically consider scheduling at least one extra rest day during the "Down Week" if necessary (See Training Plan).

**Tempo Runs ("T"):** A tempo run is a continuous run with a buildup in the middle to near race pace. (Note: You don't want to go faster than your race pace! Leave that for the Tuesday H.I.I.T. workout). In this plan, tempo runs are scheduled approximately every other Thursday. An example of a tempo run of 30 to 40 minutes, would begin with 10-15 minutes easy running, build up to near goal race pace for 10-20 minutes near the middle, then 5-10 minutes easy running toward the end. The pace buildup should be gradual, not sudden, with peak speed coming about two-thirds into the workout. You can do tempo runs almost anywhere: on the road, on trails or even on a track.

**High-Intensity Interval Training ("H.I.I.T."): Describes any workout that alternates between intense bursts of activity and fixed periods of less-intense activity...or even complete rest. By incorporating intense periods of work with short recovery segments, intervals allow you to keep the workout intensity high while still maintaining form. Eight proven benefits of H.I.I.T. include: 1. Efficient (ideal for a busy schedule), 2. Burn More Fat (kicks your body's repair cycle into hyperdrive), 3. Healthier Heart (pushes your anaerobic zone), 4. No Equipment Necessary (just some running shoes and a watch), 5. Lose Weight, Not Muscle (weight lost comes from fat stores), 6. Increase Metabolism (also stimulates HGH production), 7. Do It Anywhere (adaptable to all time and space constraints), and 8. Challenging (you will be working hard the whole time).**

Each week, we will alternate between doing Speed Workouts ("S") and Hill Repeats ("H"), as well as alternate between short and long intervals ("s" or "l"). Regardless of the B2V leg assignment and the elevation you ultimately run, **EVERYONE** will benefit greatly from incorporating both speed AND hills into their training. Just follow the training plan.

**Speed Workout ("S"):** To improve speed, you sometimes need to train at a pace faster than your race pace; about the pace you would run either in a mile or a flat 5k race. The training schedule includes speed interval training approximately every other week, again, alternating with hill repeats (see below). I'll send out "Weekly Workout" emails, which will include the distance and recovery time of the intervals. An example would be to run 1 minute intervals at a prescribed pace or effort. Walk or jog between each interval. Before starting the workout though, it is **VERY IMPORTANT** to warm up by running at least one or two miles, with dynamic stretching, and doing a few sprints of 100 meters (or 20 seconds). Cool down afterwards with a short run. Although the best venue for speed workouts of this sort is on a 400-meter track, these workouts can be done on the road or on trails.

**Hill Repeats ("HR"):** Hill workouts are fantastic for improving VO2max and increasing muscle strength. In fact, long hill repeats are almost a form of strength training. As a runner, you can do squats, lunges, and hamstring curls until your muscles burn, but nothing compares exactly to running. The forceful contractions caused by the lifting of the hips, glutes and quads when you're running up the hill utilizes the same principle mechanics as many plyometric exercises. Also, because hill repeats are often very intense and last anywhere from 30-90 seconds, they are a great VO2 max workout.

**Warm-up:** Again, warming up is **VERY IMPORTANT**, not only before any race, but before your speed workouts, hill repeats, and time trials. Most novice runners do not warm up, except in the race itself. This is okay, because they're more interested in finishing rather than finishing fast. As an experienced runner, hopefully you have a slightly different goal; so warm up before you run fast. Again, a typical warm-up is to run at least a mile or two, do some dynamic stretching (NOT static stretching) and then run some quick strides of 100 meters (building up to near race pace).

**Strength:** If you choose to do so, Mondays and Fridays would be good days to combine weight lifting and/or plyometrics with your easy run; however, you can schedule strength training on any day (except the day before your H.I.I.T. workout) that is convenient for your work and personal schedule. Keep in mind though, the scheduled high-intensity interval training, tempo runs, and long runs should be more than enough to get your legs in great shape for racing. Just **BE CAUTIOUS**, pulling a hamstring or straining a calf muscle are very easy things to do out on the road following a hard gym session. When in doubt, just stick to upper body workouts at the gym.

**Cross-Training ("CT"):** On the schedule, this is identified simply as "CT." It could be cycling, swimming, hiking, yoga, walking, or other forms of aerobic training and/or some combination that includes the strength training mentioned above. The cross-training selected depends on your personal preference. But don't make the mistake of cross-training too vigorously. Cross-training days should be considered easy days that allow you to recover from your weekly running. If you are feeling fatigued, take the REST day!

**Long Runs:** As an experienced runner, you probably already do a long run on the weekends anyway. This schedule suggests a slight increase in distance as we get closer and closer to the B2V race date. Don't be concerned about running these workouts too fast. Run at a comfortable, conversational pace. The most important aspect of a long run is to **COMPLETE A LONG RUN EVERY WEEK!**

# NOW GO...*LACE 'EM UP* TEAM CSUPD!!

