



OFFICIAL TRAINING GUIDE

“Anybody can be a runner. We were meant to move. We were meant to run. It’s the easiest sport.”

-Bill Rodgers

Hello Runners!

Thank you for registering for the First Annual Jones College Prep Eagle Run!

This is Coach Adelmann and in case I do not know you yet, I am the head coach of the boys cross country and track program here at Jones. But, for those of you reading this right now, I will also be *your* coach for the next six weeks.

Before we begin, the first thing you need to do is stop telling yourself one thing, which is: “I am not a runner”. That is completely false. **Everyone is a runner.** The only difference is that some are currently running and some are not. Starting today, you are now part of the former, not the latter. **We are all meant to run.**

Second, whether you are an experienced runner or you have not ran since the dreaded days of high school P.E. class, it *does not matter*. Running is about nothing more than personal improvement and making the commitment to become a better version of your self each day. All I want you to do is to focus on being a little better each step of the way. If you do that, you are successful no matter the time on the clock.

And lastly, have fun with it! This is a great opportunity for our Jones community and a chance to better ourselves while bettering our school. Take time to experience what it feels like to be a runner and an athlete again. At the end of these six weeks my goal is for you to look back on what you accomplished and not only be proud, but also find a new passion to continue to pursue beyond the moment you cross that finish line.

Throughout the next few pages you will find everything you need to get you prepared to race a 5K. This plan is not only built upon the basic training philosophies that we coach our young Eagle runners with here at Jones, but also a comprehensive set of fundamentals and principles that I have helped develop as a Nike+ Running Club Coach here in Chicago for new adult runners.

There is nothing included in this training plan that is too difficult for anyone to achieve. Because it is all based on effort level it is applicable for both brand new runners and those who may have a few 5K's already under their belt.

Remember, you are a runner now. Believe that.

Good Luck and Go Eagles!

Coach Adelmann

How this plan works...

This plan is based on a six week training cycle

Each week starts on a Monday and ends on a Sunday

Paces for each required workout and run are based on a system of effort and intensity

Each pace will be prescribed a number from 1-10, which corresponds to an individual intensity and/or effort level. Your speed at these paces will naturally increase as you become more fit throughout the life of the training plan

This plan is FLEXIBLE

The most important runs of the week are the ones shaded in either blue (speed, tempo, Fartlek, etc.) or gray (your long run). If for some reason you cannot run 5-6 days in a week or have to skip a day, find a way to ensure that you at least get those three days completed with a day or two of recovery in between. Everyone's body responds differently to training. It is important to rest when needed and push yourself when you feel good. Taking risks and extending beyond your comfort zone is the *only* way to get better!

Weekly Workouts

Speed Workouts

Speed training is important to work on your overall strength and ability to run fast. These workouts will be the most difficult days of your training week and will vary in what they entail. The main purpose of these days is to practice running at a faster rate. These workouts will include traditional speed workouts, tempo runs or Fartlek

Speed Workout	Fartlek Run	Tempo Run
Brief periods of fast running set-up as intervals, this is the FASTEST running you will do. Intervals can be the same length and pace with the same amount of recovery time, or can involve various distances, paces and recovery periods.	Fartlek works on speed and strength by alternating distances and paces during a continuous run. For example, this could be one minute running easy followed by one minute running hard, repeated for a certain amount of minutes, miles or even changing based on city blocks.	Tempo is a hard but controlled pace that can be run as long intervals or a steady run of 1-10 miles. The purpose of a Tempo Run is to build mental and physical endurance and to become comfortable with being uncomfortable.

Long Runs

Endurance training is what best prepares your heart to handle the workload of a race. Long runs are the main building block of this training. Not only does it prepare you physically, but the long run also makes you tougher mentally. Once a week you will run your farthest run of the week. These should be done at an "easy pace" to ensure that you can complete the whole thing without having to stop or walk.

Recovery Days

Recovery is crucial. It is important to make sure you are not overdoing it throughout this process and recovery runs are built in to the plan for that purpose. Recovery is actually where your body responds to the training stimulus it previously underwent and subsequently grows stronger and faster. Take advantage of these days and run by feel! Some recovery days you may choose to take off completely, run a very short jog, go for a bike ride, etc. The important this is to *recover*.

Week-By-Week Focuses and Overview

Week 1 – “The Start”

This is intended to be the start of your 6 week training plan, which will introduce you to the recovery runs and light workouts that you will be completing throughout the next few weeks

Week 2 – Consistency

During the second week you should focus on continuing to build the habit of running. Running at least 4-6 days a week throughout this process is going to be vital to your success. You should also begin having a feeling of pace and effort at this point, as well as how workouts are completed

Week 3 – Push It

After two weeks of running, most runners start to actually feel good on a daily basis. *Use this to your advantage.* You should finally feel stronger and less intimidated by the training, which means now it is time to start pushing yourself a little bit on workout days. But remember, use your recovery days to really make you are rested

Week 4 – Enjoy It

This is the week where it is really important to take a step back and enjoy the process. Running is all about committing yourself to be a better version of your self. The athlete, runner and person you were today is much different than who you were at the beginning. Take pride in that!

Use this week to think about what goals you would like to achieve in exercise after your 5K is over and reflect on the gifts that you have and people who may not be able to run. **Running is a gift.**

Week 5 – Sharpen

The idea of resting before a race or “tapering” is a myth. Athletes *sharpen* before big events, they do not believe in just resting to feel better. This is the time to focus on feeling fast. The speed will pick up this week, but so does the recovery. From here until race day the priority is on fast, quality running and recovery.

Week 6 – Time to race!

You are ready. It is as simple as that. Just like week four, make sure to enjoy these next few days. As I tell our runners at Jones before a big race, at this point, all the work is done. Take comfort in that and draw confidence from all the work you have done. No matter the time on the clock, know that the process is what was most important. The hard part is over!

“The real purpose of running isn’t to win a race. It’s to test the limits of the human heart.”

– Bill Bowerman

Weekly Training Guide

Below is a sample weekly breakdown of the plan. If your schedule doesn't match the training schedule, adjust the training schedule to your needs. For best results, each week should include these key workouts – Speed, Endurance and Recovery, but prioritize Speed and Endurance if you don't have time to do everything. Use this as a visual guide to help you get ready for your 5K!

For each week you will see a more detailed breakdown of what the actual workout is for each day that week. Remember that runs shaded in either blue or gray are the most important runs each week and all efforts should thus be made to ensure that those workouts are being completed and done so properly!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	1-3 Miles	Speed Workout	Recovery Day	Speed Workout	1-3 Miles	2-3 Miles	Off Day
Week 2	2-3 Miles	Speed Workout	Recovery Day	Fartlek Run	1-3 Miles	2-3 Miles	Off Day
Week 3	2-3 Miles	Speed Workout	Recovery Day	Tempo Run	2-3 Miles	3-4 Miles	Off Day
Week 4	2-3 Miles	Speed Workout	Recovery Day	Fartlek Run	2-3 Miles	4-5 Miles	Off Day
Week 5	2-3 Miles	Speed Workout	Recovery Day	Tempo Run	2-3 Miles	4-5 Miles	Off Day
Race Week	2-3 Miles	Speed Workout	Recovery Day	Speed Workout	Recovery	2-3 Miles	Race Day!

Workout Pace Chart

Paces are assigned a number from 1-10 based on effort. The chart below describes what each pace should feel like, as well as what workouts they are typically used for

1	2	3	4	5	6	7	8	9	10
Standing	Walking	Very Light Jog	Regular Jog	Easy Run Pace	Brisk Run Pace	Tempo Pace	5K Pace	Mile Run Pace	Max Effort/All-out Sprint

Weekly Workouts

Week 1

Speed Workout: 2x200 meters (or 40 seconds) at Level 9 Pace 2x400 meters (or 2 minutes) at Level 8 Pace 2x200 meters (or 40 seconds) at Level 9 Pace <i>2 minutes standing rest between everything</i>	Speed Workout: 800 meters (or 4 minutes) at Level 7 Pace 400 meters (or 2 minutes) at Level 9 Pace 800 meters (or 4 minutes) at Level 8 Pace <i>3 minutes standing rest between everything</i>	Long Run Your longest run of the week. For new runners it should be 2-3 miles this week at an effort level of 3-5
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Week 2

Speed Workout: 400 meters (or 2 minutes) at Level 7 Pace 2x400 meters (or 2 minutes) at Level 8 Pace 400 meters (or 2 minutes) at Level 9 Pace <i>2 minutes standing rest between everything</i> REPEAT THE ENTIRE SET TWICE IF FEELING GOOD	Fartlek Run: Follow this Fartlek workout while running <i>continuously</i> : 1-min at a hard pace, 30-sec easy pace 2-min hard pace, 1-min easy pace 3-min hard pace, 1:30-min easy pace 3-min hard pace, 1:30-min easy pace 2-min hard pace, 1-min easy pace 1-min at a hard pace, 30-sec easy pace	Long Run Just as Week 1, this is your longest run of the week. For new runners it should be 2-3 miles this week and you should try to go a little longer and faster than last week
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Week 3

Speed Workout: 200 meters (or 40 sec.) at Level 9 Pace <i>45-sec rest</i> 400 meters (or 90 sec.) at Level 8 Pace <i>2-min recovery</i> 600 meters (or 3 min.) at Level 8 Pace <i>2-min recovery</i> 600 meters (or 3 min.) at Level 7 pace <i>2-min recovery</i> 400 meters (or 90 sec.) at Level 8 Pace <i>2-min recovery</i> 200 meters (or 40 sec.) at Level 9 Pace <i>45-sec rest</i>	Tempo Run: 20 minute (or 3 mile) continuous run at Level 7 Pace 6x20 second sprints <i>60 sec. rest in between sprints</i>	Long Run This week you should try to run 3-4 miles. Your pace may have to be slower than last week, but that is ok. The focus should be on going as far as you can
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Week 4

Speed Workout:	Fartlek Run:	Long Run
<p>1 mile (or 8 minutes) at Level 8 Pace - 8 minute rest -</p> <p>200 meters (or 40 sec.) at Level 7 Pace 200 meters (or 40 sec.) at Level 8 Pace 200 meters (or 40 sec.) at Level 9 Pace 200 meters (or 40 sec.) at Level 7 Pace 200 meters (or 40 sec.) at Level 8 Pace 200 meters (or 40 sec.) at Level 9 Pace</p> <p>60-90 sec. rest between each 200m</p>	<p>Follow this Fartlek workout while running <i>continuously</i>:</p> <p>2-min at a hard pace, 60-sec easy pace 3-min hard pace, 2-min easy pace 4-min hard pace, 2:30-min easy pace 3-min hard pace, 2-min easy pace 2-min hard pace, 1-min easy pace 1-min at a hard pace, 30-sec easy pace</p>	<p>You should now be pushing the distance of your run to 4-5 miles. This may be the toughest run yet, so make sure you prepare and do whatever you have to do to complete the run. Remember to make sure you are running around a Level 4-5 Pace</p>

Week 5

Speed Workout:	Tempo Run:	Long Run
<p>2x200m (or 40 sec.) at Level 9 Pace 400 meters (or 2 min.) at Level 7 Pace 2x200m (or 40 sec.) at Level 8 Pace 400 meters (or 2 min.) at Level 7 Pace 2x200m (or 40 sec.) at Level 9 Pace</p> <p>60-sec. rest between each interval</p>	<p>25 minute (or 3.5 mile) continuous run at Level 7 Pace</p> <p>6x20 second sprints</p> <p>60 sec. rest in between sprints</p>	<p>This should be your longest run of the entire 6 week training plan. Find a pace that you can maintain for the entire duration without stopping and just lock in and focus on one step at a time</p>

Week 6

Speed Workout:	Speed Run:	Long Run
<p>2x200m (or 40 sec.) at Level 9 Pace 400 meters (or 2 min.) at Level 8 Pace 800 meters (or 4 min.) at Level 7 Pace 400 meters (or 2 min.) at Level 6 Pace 200m (or 40 sec.) at Level 9 Pace</p> <p>2-min. recovery between each interval</p>	<p>2 mile Recovery Run</p> <p>8x25 second sprints 2 min. rest in between</p> <p>1 mile Recovery Run</p>	<p>Your long run this week should still be the longest run of the week, but it will be significantly shorter than the rest of the training plan. Today should only be 2-3 miles in order to prepare for your race tomorrow</p>

“Running has taught me, perhaps more than anything else, that there’s no reason to fear starting lines...or other new beginnings.” – Amby Burfoot