

Mayo Spartan Off Season Running Program

Long slow runs produce long slow runners. Focus on increasing your pace (goal paces listed below), number of days running per week, and increasing mileage. We want you healthy coming into the season not injured so make sure you are listening to your body and rest when needed.

Typically speaking to run a great 5k you don't need to do high weekly miles (20-50 miles is the goal). Every returning student is expected to be running 20 mile weeks prior to starting a season. The pace at which you run along with adequate recovery is important.

Increase Mileage Tips:

Here are two different ways to increase your mileage that will get you to your goal.

- Build for 3 weeks increasing no more than 10% per week, then back off miles the 4th week. Week 5 pick up where week 3 miles were and increase no more than 10% for 3 weeks.
- Another method is to increase your miles by the amount of days that you are running a week and maintain that distance for 4 weeks before you increase again.
 - If you ran 18miles the week before and went running 4 times you would increase your weekly mileage to 22miles for the next 4 weeks, and then increase.

Majority of runs should be:

- Easy/Conversational - You should be able to hold a conversation at this pace (~60% max heart rate). At least 30 minutes in length.
- Threshold/Tempo – Deeper rhythmic breathing, you should be able to say a few words when talking instead of normal complete sentences (~85% MHR).

Do:

- 5-6 days of running a week
- Long Run of ~ 60-80 minutes, 1 time a week
- Threshold Run 1-2 times a week ~ 30-55minutes (between easy days or before a day off)
- Easy Run the other days of the week ~ 30-50minutes
- Strides 2-3 times/week after a run (ideally a hill that you can run up 4-6 times ~ 60meters long)
- Strength training. This can be as simple as pushups, sit ups, dips, and jump rope.
- Have 2-3 different running shoes that you can alternate between from day to day.
- Find soft surface to run on
- Run on hilly routes, if available
- Listen to your body. If you are really sore and have a harder day planned and aren't feeling good, then make it an easier day.
- Get out and do a variety of physical activities.
- Weigh yourself and ensure that you aren't rapidly gaining or losing weight.
- PROPER NUTRITION!!! High performance machines don't take low octane fuel.
- Get adequate amounts of sleep.

Avoid:

- Races. A race or two during the off season is okay to see where you are training wise. You get more of a benefit from a day of training than racing. Longer warm up and warm down run on these days is a good idea.

Rochester Summer Running Program

Schedule will be posted on the team website and sent out in the spring. We will do some of the runs below so it is important to not do a hard run the day before summer practices.

- Interval Training - Speed that you can run for 10-12minutes.
 - maximizes your aerobic power/ VO2max 97-99.8%MHR.
 - Takes you about 2 minutes to get to your VO2Max, If you do these too fast you will be wasting energy and not getting the benefit from the workout. Speed at which you can run for 10-12minutes, typically 800-1000 meter repeats.
- Repetition training – Higher intensity with lots of rest. Not very common for off season training.
 - Recovery is 2-3 times longer in duration than your exerted effort. Less than 2minutes in duration

Suggested Paces for Runs

If you feel like the paces below are a struggle for you, please get a hold of me and we can discuss things further – brcarroll@rochester.k12.mn.us

Goal 5k of 15:35-16:45 (Boys Varsity)

o Long Runs – 6:18-7:44 o Easy Run – 6:18-7:14 o Tempo pace – 5:17-5:55

Goal 5k 17:19-18:29

o Long Runs – 6:57-8:23 o Easy Run – 6:57-7:53 o Tempo pace – 5:52-6:31

Goal 5k of 19:03-20:47 (Girls Varsity)

o Long Runs – 7:36-9:14 o Easy Run – 7:36-8:44 o Tempo pace – 6:27-7:20

Goal 5k 21:22-22:31

o Long Runs – 8:27-9:53 o Easy Run – 8:27-9:23 o Tempo pace – 7:14-7:57

Goal 5k 23:06-24:15

o Long Runs – 9:06-10:06 o Easy Run – 9:06-10:02 o Tempo pace – 7:49-8:34

Goal 5k 24:50-25:59

o Long Runs – 9:45-11:11 o Easy Run – 9:45-10:41 o Tempo pace – 8:24-9:10

Goal 5k 26:34-28:18

o Long Runs – 10:23-12:02 o Easy Run – 10:23-11:32 o Tempo pace – 8:59-9:59