

NYH Training Plan: January - May 2024


JANUARY

	Total Miles	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 22-32 miles	1		2	3 SPEED 1M warm-up 6-8 x 400m @ MP, 2 min jog recovery Striders & drills	4	5 TEMPO 1M warm-up 6 x 1-4 min @ MP, recovery = interval Striders & drills	6	7 LONG RUN 6-10M EZ
Week 2 24-36 miles	8		9	10 SPEED 1M warm-up 8-10 X 400m @ MP, 2 min jog recovery Striders & drills	11	12 TEMPO 1M warm-up 3 X 5 min @ MP, 3 min recovery jog Striders & drills	13	14 LONG RUN 7-11M EZ
Week 3 26-39 miles	15 MLK Day	16	17 SPEED 1M warm-up 8-10 x 300m up/down Cat Hill @ MP, steady state (no recovery) Striders & drills	18	19 TEMPO 1M warm-up 2 x 10 min @ MP, 3 min recovery jog Striders & drills	20	21 LONG RUN 8-12M EZ	
Week 4 25-30 miles	22	23	24 SPEED 1M warm-up 6 x 800m @ MP-HMP progression, 2 min jog recovery Striders & drills	25	26 TEMPO 1M warm-up 20 min @ MP Striders & drills	27	28 LONG RUN 6-10M EZ	

FEBRUARY

	Total Miles	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BASE BUILDING	Week 5 28-42 miles	29 (JAN)	30	31 SPEED 1M warm-up 3-4 x Harlem Hills clockwise@ MP Recovery: jog 102 transverse Striders & drills <small>*only run 4 if you're training for a spring marathon</small>	1	2 TEMPO 1M warm-up 25 min @ MP Striders & drills	3	4 LONG RUN 9-13M EZ
	Week 6 30-44 miles	5	6	7 SPEED 1M warm-up 3-4 X 1200m @ HMP, 3 min jog recovery Striders & drills	8	9 TEMPO 1M warm-up 30 min @ MP, Striders & drills	10	11 LONG RUN 9-14M EZ
SPEED AND STRENGTH	Week 7 32-46 miles	12	13	14 SPEED 1M warm-up 8 x 200-400m @ 10KP, 200-400m recoveries <small>(recovery jog=interval distance)</small> Striders & drills	15	16 TEMPO 1M warm-up 2 x 10 min @ tempo, 2 min jog recovery Striders & drills	17	18 LONG RUN 9-14M EZ
	Week 8 24-32 miles	19 PRESIDENTS' DAY	20	21 SPEED 1M warm-up 10-12 x Cat Hill @ 5KP, downhill jog recovery Striders & drills	22	23 TEMPO 1M warm-up 20 min @ tempo Striders & drills	24	25 LONG RUN 8-12M EZ


MARCH

	Total Miles	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
RACE WEEK	Week 9 34-48 miles	26 (FEB)	27	28 SPEED 1M warm-up 8 x 400m @ 5KP, 2 min jog recovery Striders & drills	29	1 NO TEMPO Rest or 2-3M EZ run	2	3 WASHINGTON HTS 5K 
SPEED AND STRENGTH	Week 10 36-50 miles	4	5	6 SPEED 1M warm-up 4M recovery run @ MP + 15 sec Striders & drills	7	8 TEMPO 1M warm-up 3 x 10 min @ tempo, 2 min jog recovery Striders & drills	9	10 LONG RUN 10-14M EZ
	Week 11 38-52 miles	11	12	13 SPEED 1M warm-up 3-4 x Harlem Hills clockwise @ HMP Recovery: jog 102 transverse Striders & drills	14	15 TEMPO 1M warm-up 30 min @ MP (1st 10 min), HMP (2nd 10), tempo (3rd 10) Striders & drills	16	17 LONG RUN 11-15M EZ (NYC Half)
	Week 12 26-36 miles	18	19	20 SPEED 1M warm-up Pyramid: 2 x 200-400-800- 400-200 @ 5KP 200-400-400m recoveries Striders & drills	21	22 TEMPO 1M warm-up 2 x 15 min @ tempo, 2 min jog recovery Striders & drills	23	24 LONG RUN 8-12M EZ
	Week 13 40-56 miles	25	26	27 SPEED 1M warm-up 6 x 800m @ 5KP, 2 min jog recovery Striders & drills	28	29 TEMPO 1M warm-up 30 min @ tempo Striders & drills	30	31 LONG RUN 12-16M EZ

APRIL

	Total Miles	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SPEED AND STRENGTH	Week 14 44-60 miles	1	2	3 SPEED 1M warm-up 4-5 X 3 Sisters (~1200m) @ HMP- 10KP (pace pick-ups), 2 min jog recovery Striders & drills	4	5 TEMPO 1M warm-up 30 min @ tempo (find a new route!), 4 x 200m @ 5KP, 1 min jog recovery Striders & drills	6	7 LONG RUN 11-15M w/ 10 min @ HMP
	Week 15 44-60 miles	8	9	10 SPEED 1M warm-up 3 x 1M @ HMP (1st & 2nd mile), 10KP (3rd mile), 2 min jog recovery Striders & drills	11	12 TEMPO 1M warm-up 30 min @ HMP, 4 x 200m @ 5KP, 1 min jog recovery Striders & drills	13	14 LONG RUN 13-16M EZ
	Week 16 32-46 miles	15	16	17 SPEED 1M warm-up 10 min @ tempo, 4 x 800m @ HMP, 2 min jog recovery Striders & drills	18	19 TEMPO 1M warm-up 5 x 8 min @ HMP, 1 min jog recovery Striders & drills	20	21 LONG RUN 12-14M EZ
RACE SPECIFICITY	Week 17 44-60 miles	22	23	24 SPEED 1M warm-up 5 x 1200m pick-ups, 1st 400m @ MP, 2nd 400 @ HMP, 3rd 400 @ 10KP, 2 min jog recovery Striders & drills	25	26 TEMPO 1M warm-up 35 min @ HMP Striders & drills	27	28 LONG RUN 13-16M w/ 2 x 10 min @ HMP

MAY

	Total Miles	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
RACE SPECIFICITY	Week 18 44-60 miles	29 (APR)	30	1 SPEED 1M warm-up 6-8 x 800m Canovas @ HMP, 800m "recovery" @ MP Striders & drills	2	3 TEMPO 1M warm-up 35 min @ HMP Striders & drills	4	5 LONG RUN 13-16M w/ 20 min @ HMP
	Week 19 30-45 miles	6	7	8 SPEED 1M warm-up 3-4 x 1M @ HMP, 4 min jog recovery Striders & drills	9	10 TEMPO 1M warm-up 15 min @ HMP Striders & drills	11	12 LONG RUN 8-12M EZ
RACE WEEK	Week 20 24-36 miles	13	14	15 SPEED 1M warm-up 2-3 x 1M @ HMP, 4 min jog recovery Striders & drills	16	17 NO TEMPO Rest or 2-3M EZ run	18 BKLYN HALF 	19
REST AND RECOVERY MAY 19 - JUNE 2								

- **<10% PER WEEK:** As a general rule, your total distance for a week should not be more than a 10% increase over the highest week's total from the previous 3 weeks. If you're
- **"Other" Days = EZ RUN:** Fill up your total miles by doing easy runs on the other days. Easy is no faster than marathon pace + 45 seconds. Take it easy! You will negatively impact your fitness by running too hard on those days. Other than your speed and tempo workouts (and long runs with uptempo intervals), all of your miles should be at an easy, conversational pace. Also, don't match/exceed long run distance on any other day.
- **Cross training is good, but don't overdo it.** Powerful, explosive workouts build powerful, explosive muscles: not the kind we use for distance running. Lightweight, less explosive cross training is good for your fitness and injury prevention. Think of your weekly training load as having 4 efforts, where an "effort" is anything that isn't an easy run. Speed, tempo, and long run workouts all count as efforts, as does cross training. Everything else in your week should be an easy, conversational run.
- **This is a guide.** One size does not fit all. You may be training for different things or recovering from injury. Adjust accordingly. When in doubt, ask the coaches how to adjust. If you miss a workout, let it go. If you have a busy week, don't cram. If you need help planning for different races, just ask.