

Base Training Plan:

Advanced

Want to excel at your goal race? You need a solid base training phase. Before you embark on an intense training plan geared towards your next race, build a rock solid base first. Not only will a proper base training phase get you ready for more intense training, but it also builds your fitness brick by brick. Performance is all about consistency, and building a proper base is the first step.

Who is this plan for? This base training plan is for the runner who is consistently running 6 to 7 days a week with 70-80 miles a week, and a long run at least 14+ miles. This plan will build your base up from 60 miles to 90 miles, a great preparation before starting a focused training cycle.

Base Training is also the perfect time to build up your capacity for more mileage and intensity. By slowly increasing the amount of time you spend running, you strengthen the body for more miles to come. Plus, touching on speed within the base training preps you for faster workouts later on.

Build Your



Fitness

The key to building your fitness is consistency. This base training phase will do exactly that. Over 10 weeks, you will increase your mileage, ranging from 60-80 miles per week. These miles will set you up for success on your next focused training cycle.

How To Pace Your Runs

Runs on your base training plan are easy, threshold pace, 10K race pace, interval pace, and repetition. Use a recent race time to calculate your paces at the VDOT Running Calculator at vdoto2.com/calculator

Strides are added after many easy runs. What are strides? They are gradual accelerations in speed over 100 meters. They are NOT an all out sprint, but a fast turn over while keeping the body relaxed. Focus on smooth speed, and increase gradually over the 100 meters. Rest 45-60 seconds in between each one.

Not sure of your recent race times? You can run these by feel. Threshold is a comfortably hard effort you could sustain about an hour (1/2 marathon - 10K race pace), interval pace is HARD running and should feel like effort (5K race pace), repetition pace is fast running while still staying relaxed (Mile race pace). Easy pace is anything that feels very comfortable.

Make sure you stay within the right intensity for each run. If it's an easy day, KEEP IT EASY! On the harder days, never feel like you've drained the tank. Run each rep so that you end up feeling like you could have done one more. By staying within your limits, you will progress without burning out.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
1	8 Miles Easy	8 Miles Easy	10 Miles Easy	8 Miles Easy	8 Miles Easy	12 Miles Easy	8 Miles Easy	62
2	9 Miles Easy	8 Miles Easy	10 Miles Easy	9 Miles Easy	8 Miles Easy	12 Miles Easy	9 Miles Easy	65
3	10 Miles Easy	9 Miles Easy 6x100m strides	11 Miles Easy	10 Miles Easy	9 Miles Easy 6x100m strides	LONG 14 Miles Easy	9 Miles Easy	73
4	10 Miles Easy	10 Miles Easy 6x100m strides	12 Miles Easy	10 Miles Easy	10 Miles Easy 6x100m strides	LONG 15 Miles Easy	10 Miles Easy	77
5	10 Miles Easy	10 Miles Easy 6x100m strides	SPEED 3-Mile Warmup 2 sets of: (8 x 200m @ Repetition with 200m jog recovery) 400m jog between sets. Cooldown to 10 Miles	10 Miles Easy	10 Miles Easy 6x100m strides	TEMPO 3-Mile Warmup. 5x1 mile @ Threshold with 1:00 jog recovery Cooldown to 12 Miles	LONG 14 Miles Easy	76
6	11 Miles Easy	10 Miles Easy 6x100m strides	SPEED 3-Mile Warmup 4 sets of: (800m @ 5K 2:00 jog, 400m @ 3K 1:30 jog, 200m @ Mile) 200m jog between sets Cooldown to 12 Miles	11 Miles Easy	10 Miles Easy 6x100m strides	TEMPO 3-Mile Warmup 2 x 2 Miles @ Threshold with 2:00 jog recovery, 1 Mile @ Threshold Cooldown to 12 Miles	LONG 15 Miles Easy	79

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
7	11 Miles Easy	11 Miles Easy 6x100m strides	SPEED 3-Mile Warmup 4 sets of: (800m @ 5K 2:00 jog, 400m @ 3K 1:30 jog, 200m @ Mile) 200m jog between sets Cooldown to 12 Miles	11 Miles Easy	11 Miles Easy 6x100m strides	TEMPO 3-Mile Warmup 2 x 2 Miles @ Threshold with 2:00 jog recovery, 1 Mile @ Threshold Cooldown to 12 Miles	LONG 16 Miles Easy	84
8	12 Miles Easy	11 Miles Easy 6x100m strides	SPEED 3-Mile Warmup (4 x 200m @ Repetition, 200m jog) (1 x 800m @ Interval, 2:00 jog) (6 x 400m @ Repetition, 400m jog) (4 x 200m @ Repetition, 200m jog) Cooldown to 12 Miles	12 Miles Easy	11 Miles Easy 6x100m strides	UPTEMPO 3-Mile Warmup 7 Miles @ HMP-MP 2-Mile Cooldown	LONG 15 Miles Easy	85

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
9	12 Miles Easy	12 Miles Easy 6x100m strides	THRESHOLD/SPEED 3-Mile Warmup. (6 x 1000m @ 10K with 1:30 jog recovery), (6 x 200m @ Repetition with 200m jog recovery) Cooldown to 12 Miles	12 Miles Easy	12 Miles Easy 6x100m strides	TEMPO 3-Mile Warmup 3 Miles @ Threshold 3:00 jog recovery 2 Miles @ Threshold 2:00 jog recovery 1 Mile @ Threshold Cooldown to 12 Miles	LONG 18 Miles Easy	90
10	13 Miles Easy	12 Miles Easy 6x100m strides	SPEED 3-Mile Warmup 3 sets of: (1 x 800m @ Interval with 2:00 jog recovery. 2 x 400m @ Repetition with 400m jog recovery) Cooldown to 12 Miles	13 Miles Easy	12 Miles Easy 6x100m strides	UPTEMPO 3-Mile Warmup 8 Miles @ HMP-MP 2-Mile Cooldown	LONG 16 Miles Easy	91