

# Base Training Plan:

## Beginner

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 20 miles a week, with a long run at least 8 miles. This plan will build your base up from 20 miles to 38 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



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 20-38 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](http://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	4 Miles Easy	3 Miles Easy	5 Miles Easy	3 Miles Easy	REST	8 Miles Easy	REST	23
2	4 Miles Easy	4 Miles Easy	5 Miles Easy	4 Miles Easy	REST	9 Miles Easy	REST	26
3	4 Miles Easy	4 Miles Easy	6 Miles Easy	4 Miles Easy	REST	LONG 10 Miles Easy	REST	28
4	5 Miles Easy	4 Miles Easy 6x100m strides	6 Miles Easy	4 Miles Easy	REST	LONG 11 Miles Easy	REST	30
5	SPEED 1-Mile Warmup 2 sets of: 4 x 200m @ Repetition with 200m jog recovery 400m jog between sets Cooldown to 5 Miles	4 Miles Easy 6x100m strides	6 Miles Easy	TEMPO INTERVALS 1-Mile Warmup 5 x 1000m @ Threshold with 1:00 jog recovery Cooldown to 6 Miles	REST	LONG 10 Miles Easy	REST	31
6	SPEED 1-Mile Warmup 4 x 400m @ Repetition with 400m jog recovery Cooldown to 5 Miles	5 Miles Easy 6x100m strides	6 Miles Easy	UPTEMPO 1-Mile Warmup 4 Miles @ MP 1-Mile Cooldown	REST	LONG 11 Miles Easy	REST	33

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
7	<b>SPEED</b> 1-Mile Warmup 3 sets of: (600m @ 5K 2:00 jog recovery 400m @ 3K 1:30 jog recovery 200m @ Mile 200m jog recovery) Cooldown to 5 Miles	<b>5 Miles Easy</b> 6x100m strides	<b>6 Miles Easy</b>	<b>TEMPO INTERVALS</b> 1-Mile Warmup 3 x 1 Mile @ Threshold with 1:00 jog recovery Cooldown to 6 Miles	REST	<b>LONG</b> 12 Miles Easy	REST	34
8	<b>SPEED</b> 1-Mile Warmup 4 x 200m @ Repetition with 200m jog recovery, 2 x 400m @ Repetition with 400m jog recovery, 4 x 200m @ Repetition with 200m jog recovery Cooldown to 5 Miles	<b>6 Miles Easy</b> 6x100m strides	<b>6 Miles Easy</b>	<b>UPTEMPO</b> 1-Mile Warmup 4 Miles @ MP 3:00 jog recovery 1 Mile @ Threshold Cooldown to 8 Miles	REST	<b>LONG</b> 11 Miles Easy	REST	36

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total	
9	<b>THRESHOLD/SPEED</b> 1-Mile Warmup 6 x 800m @ 10K with 1:00 jog recovery, 4 x 200m @ Repetition with 200m jog recovery Cooldown to 6 Miles		<b>6 Miles Easy</b> 6x100m strides	<b>6 Miles Easy</b>	<b>TEMPO INTERVALS</b> 1-Mile Warmup 2 x 2 Miles @ Threshold with 2:00 jog recovery Cooldown to 7 Miles	<b>REST</b>	<b>LONG</b> 13 Miles Easy	<b>REST</b>	38
10	<b>SPEED</b> 1-Mile Warmup 2 x 800m @ Interval with 2:00 jog recovery, 4 x 400m @ Repetition with 400m jog recovery, 4 x 200m @ Repetition with 200m jog recovery Cooldown to 7 Miles		<b>6 Miles Easy</b> 6x100m strides	<b>6 Miles Easy</b>	<b>UPTEMPO</b> 1-Mile Warmup 5 Miles @ HMP-MP 1-Mile Cooldown	<b>REST</b>	<b>LONG</b> 11 Miles Easy	<b>REST</b>	37