END OF FALL BASE PLAN

Plan developed by a Level II certified USA Track and Field Coach Michael Wojciakowski

WEEK	MON 11/2	TUES 11/3	WED 11/4	THURS 11/5	FRI 11/6	SAT 11/7	SUN 11/8
	EASY	SUB LT	X-TRAIN	HILLS	X-TRAIN	LONG	REST
1 Mileage: 18–26	1) Run 4-6 miles @ Easy Pace 2) Run 6 x 60m Strides	1) Run 2 mile warmup 2) Run 3 x 5:00 @ Sub Threshold Pace, 1:00 Recover 3) 2 mile cooldown	1) Cross Training	1) Run 2 miles warmup 2) Run 6-10 x :30 Hill Sprints 3) Run 2 miles cooldown	1) Cross Training	1) Run 4-8 miles @ Easy Pace	Rest Day

WEEK	MON 11/9	TUES 11/10	WED 11/11	THURS 11/12	FRI 11/13	SAT 11/14	SUN 11/15
	EASY	LT	X-TRAIN	SUB LT	X-TRAIN	LONG	REST
2 Mileage: 20-28	1) Run 4-6 miles @ Easy Pace 2) Run 6 x 60m Strides	1) Run 2 mile warmup 2) Run 5 x 4:00 @ Threshold Pace, 1:00 Recover 3) 2 mile cooldown	1) Cross Training	1) Run 2 mile warmup 2) Run 3 x 6:00 @ Sub Threshold Pace, 1:00 Recover 3) 2 mile cooldown	1) Cross Training	1) Run 4-8 miles @ Easy Pace	Rest Day

WEEK	MON 11/16	TUES 11/17	WED 11/18	THURS 11/19	FRI 11/20	SAT 11/21	SUN 11/22
	EASY	HILLS	X-TRAIN	LT	X-TRAIN	LONG	REST
3 Mileage: 22-30	1) Run 4-6 miles @ Easy Pace 2) Run 6 x 60m Strides	1) Run 2 miles warmup 2) Run 6-10 x :30 Hill Sprints 3) Run 2 miles cooldown	1) Cross Training	1) Run 2 mile warmup 2) Run 6 x 4:00 @ Threshold Pace, 1:00 Recover 3) 2 mile cooldown	1) Cross Training	1) Run 5-9 miles @ Easy Pace	Rest Day

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WEEK	MON 11/23	TUES 11/24	WED 11/25	THURS 11/26	FRI 11/27	SAT 11/28	SUN 11/29
	EASY	SUB LT	X-TRAIN	RACE	X-TRAIN	LONG	REST
4 Mileage: 22-30	1) Run 4-6 miles @ Easy Pace 2) Run 6 x 60m Strides	1) Run 2 mile warmup 2) Run 3 x 7:00 @ Sub Threshold Pace, 1:00 Recover 3) 2 mile cooldown	1) Cross Training	**Turkey Trot 5k**	1) Cross Training	1) Run 5-9 miles @ Easy Pace	Rest Day

WEEK	MON 11/30	TUES 12/1	WED 12/2	THURS 12/3	FRI 12/4	SAT 12/5	SUN 12/6
	EASY	HILLS	X-TRAIN	LT	X-TRAIN	LONG	REST
5 Mileage: 24-32	1) Run 4-6 miles @ Easy Pace 2) Run 6 x 60m Strides	1) Run 2 miles warmup 2) Run 6-10 x :30 Hill Sprints 3) Run 2 miles cooldown	1) Cross Training	1) Run 2 mile warmup 2) Run 7 x 4:00 @ Threshold Pace, 1:00 Recover 3) 2 mile cooldown	Cross Training	**Amway River Bank Run Group Run** 1) Run 6-10 miles @ Easy Pace	Rest Day

WEEK	MON 12/7	TUES 12/8	WED 12/9	THURS 12/10	FRI 12/11	SAT 12/13	SUN 12/14
	EASY	SUB LT	X-TRAIN	HILLS	X-TRAIN	LONG	REST
6 Mileage: 24–32	1) Run 4-6 miles @ Easy Pace 2) Run 6 x 60m Strides	1) Run 2 mile warmup 2) Run 3 x 8:00 @ Sub Threshold Pace, 1:00 Recover 3) 2 mile cooldown	1) Cross Training	1) Run 2 miles warmup 2) Run 6-10 x :30 Hill Sprints 3) Run 2 miles cooldown	1) Cross Training	1) Run 6-10 miles @ Easy Pace	Rest Day

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WEEK	MON 12/14	TUES 12/15	WED 12/16	THURS 12/17	FRI 12/18	SAT 12/19	SUN 12/20
	EASY	LT	X-TRAIN	SUB LT	X-TRAIN	LONG	REST
7 Mileage: 26–34	1) Run 4-6 miles @ Easy Pace 2) Run 6 x 60m Strides	1) Run 2 mile warmup 2) Run 8 x 4:00 @ Threshold Pace, 1:00 Recover 3) 2 mile cooldown	1) Cross Training	1) Run 2 mile warmup 2) Run 3 x 9:00 @ Sub Threshold Pace, 1:00 Recover 3) 2 mile cooldown	1) Cross Training	1) Run 7-11 miles @ Easy Pace	Rest Day

WEEK	MON 12/21	TUES 12/22	WED 12/23	THURS 12/24	FRI 12/25	SAT 12/26	SUN 12/27
	EASY	HILLS	X-TRAIN	LT	X-TRAIN	LONG	REST
8 Mileage: 26–34	1) Run 4-6 miles @ Easy Pace 2) Run 6 x 60m Strides	1) Run 2 miles warmup 2) Run 6-10 x :30 Hill Sprints 3) Run 2 miles cooldown	1) Cross Training	1) Run 2 mile warmup 2) Run 9 x 4:00 @ Threshold Pace, 1:00 Recover 3) 2 mile cooldown	Cross Training	1) Run 7-11 miles @ Easy Pace	Rest Day

WEEK	MON 12/28	TUES 12/29	WED 12/30	THURS 12/31	FRI 1/1	SAT 1/2	SUN 1/3
	EASY	SUB LT	X-TRAIN	RACE	X-TRAIN	LONG	REST
9 Mileage: 28–36	1) Run 4-6 miles @ Easy Pace 2) Run 6 x 60m Strides	1) Run 2 mile warmup 2) Run 3 x 10:00 @ Sub Threshold Pace, 1:00 Recover 3) 2 mile cooldown	1) Cross Training	**Resolution Run 4 Miler**	1) Cross Training	**Amway RBR Community Run** 1) Run 8-12 miles @ Easy Pace	Rest Day

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EASY RUN - A relaxed, comfortable run at a controlled pace where you can easily hold a conversation or speak in full sentences.

- Improves your heart and lungs, capillary density, and mitochondria efficiency so you process oxygen better.
- Places less stress on your bones, joints, tendons, and ligaments than high-intensity speedwork.
- Promotes blood flow to clear fatigue while allowing you to stack weekly mileage safely.
- Most structured training plans have about 80% of total running volume done at this easy pace, leaving only 20% for hard workouts or races. Emphasize that slowing down is what actually allows you to run faster on hard days.

LONG RUN - The single longest continuous run performed in a training week, designed to build aerobic capacity, stamina, and mental toughness.

- Strengthens the heart and increases blood/oxygen flow via higher capillary and mitochondrial density.
- Conditions tendons, ligaments, and slow-twitch muscle fibers for sustained fatigue resistance.
- Acts as a rehearsal for race-day nutrition, hydration, and pacing strategies

HILLS - A form of running workout that involves running or sprinting repeatedly up and down inclines (outdoors or on a treadmill) to build strength, power, and cardiovascular endurance.

- Enhances VO_2 max, running economy, and flat-surface speed
- Strengthens supporting tendons and muscles, making the body more resilient against the impact of running.
- Trains the mind and body to push through the added discomfort of elevation changes

LACTATE THRESHOLD - A running intensity where your body produces lactate in the blood at the exact same rate it clears it. When you run right at this threshold, you operate at the highest pace you can sustain for about 45 to 60 minutes before fatigue spikes rapidly.

- Your muscles constantly make lactate as a fuel source. Below your threshold, your body clears it just as fast as it forms.
- Cross your lactate threshold (often called LT2), and blood lactate begins to accumulate faster than your body can recycle it, causing heavy fatigue.
- It feels "comfortably hard". Your breathing is deep, and you can only speak in short phrases rather than full sentences.

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SUB THRESHOLD - An aerobic training method performed at an intensity slightly slower than your lactate threshold (the point where lactate production in the blood begins to outpace your body's ability to clear it).

- Teaches your body to process and utilize lactate as an efficient fuel source.
- Enhances mitochondrial function and increases capillary density in muscle fibers.
- Because it avoids "redlining" or crossing into severe oxygen debt, it reduces the risk of overtraining and injury, allowing runners to build greater weekly mileage safely

X-TRAINING - Incorporating non-running or low-impact exercises—such as swimming, cycling, rowing, or strength training—into a running routine to build aerobic fitness, correct muscle imbalances, and prevent overuse injuries.

- Reduces repetitive impact and stress on bones, tendons, and joints.
- Builds or maintains cardiovascular fitness and VO2 max when you cannot run high mileage or are recovering from an injury.
- Strengthens neglected upper-body, core, and stabilizer muscles that running alone does not target.

REST - A scheduled day with no structured running or heavy workouts, dedicated instead to complete physical and mental downtime to let the body repair and adapt.

- Heals microscopic tears in muscle fibers, tendons, and ligaments caused by the physical impact of running.
- Restores muscle glycogen (stored carbohydrates) and rebalances stress hormones like cortisol.
- Stops overuse injuries such as shin splints, runner's knee, and stress fractures.
- Provides a cognitive break from training pressure to prevent burnout and keep motivation high