

Intermediate / Gaining Experience (also for advanced runners who don't too higher volume)

Does this sound like you?

"I've got a bit of experience under my belt and want to follow a plan with more structure than I have in the past and which teaches me how to use different running intensities to increase my stamina. I'd like to do races where I can run hard for up to 75mins or races where I can run at a comfortably hard pace for a couple of hours".

This plan is a multitiered plan. If you read runner's world or other American publications, this type of plan may have been called a non-linear-progression. In a linear plan you progress through a period that develops your endurance and then a period that develops your speed. In a multitiered plan you work on endurance and speed concurrently, hence it is non-linear.

The best thing about the multitiered plan is that at all times you can go out and do a race for run and be able to run reasonably hard because you've done some good intervals and tempo runs which means you've got reasonable stamina.

Non-linear plans increase the impact forces on your body more quickly than linear plans. If you are injury prone you may wish to go for a linear plan instead. As a means of reducing the injury risk, multitiered plans normally establish a training volume in week one and then either repeat that week once or twice or follow it with a easy week to give your body a little more time to adapt to the stress of running.

This particular plan uses a lot of sessions designed by French sport scientist and cross country international, Veronique Billat. You will develop significant speed and cardio vascular fitness while only needing to do three 40 minutes runs a week and a long run.

A little word on injuries:

If you have a propensity to overtrain and/or tendency to train through injury -> STEPPING BACK TO LET AN INJURY SETTLE DOWN IS NOT BACKING DOWN OR GIVING UP, IT IS BEING SMART AND REFUSING TO ALLOW YOURSELF TO BE LULLED INTO MAKING A TRAINING ERROR – BE IN CONTROL OF YOUR RUNNING, NOT CONTROLLED BY IT. Thinking about the big picture of fitness development, a skipped session here or there isn't going to have a detrimental effect on your running, whereas choosing to push through a niggle so that it becomes a serious injury that knocks you out of training for 8 or more weeks will have a big effect on your running. Choose the option that gives you the biggest return – sometimes that means taking a break.

I am an athlete,

These are my principles [I never compromise my principles]

What are the rules you set for yourself as an athlete?

These are my values

How do you make these rules personal and real?

These are my long term goals

Aim to describe your goals as tasks which you will execute during your target race – make them specific, measurable, achievable, realistic and time based

These are my short term goals

Aim to describe your goals as tasks which you will execute during your target race – make them specific, measurable, achievable, realistic and time based

This is how I will achieve my goals

What are the stepping stones towards your goal?

This is why my goals are important to me

What motivates you to achieve the goal – this is where your dream comes in be it to complete a course, have a personal best or win a race.

I know I have succeed when:

If your goal is measurable this is pretty straight forward

I know I will succeed because I have done this before:

Have you achieved your goals before? If so, what did you learn from that will give a sense of certainty that you'll achieve your goals this time?

This is how I will reward myself:

Target Event Analysis: Off Road Racing

<h2>Physical challenges</h2> <p>Endurance: if you expect to be running for more than 75mins the races will primarily endurance dependent, although you can expect bursts of high intensity brought about by increased resistance - running up hills and through mud. Fartlek sessions will prepare you for these, as will regular threshold runs and intervals to ensure you have adequate stamina and strength endurance to complete the courses without losing time due to hills and tough terrain.</p> <p>Stamina: if you expect to run comfortably hard for under 75mins then success in the races will primarily be determined by your stamina. A high degree of endurance fitness is the foundation of stamina, so you still need to do a lot of endurance work but you will also need to incorporate threshold running into your training.</p> <p>Agility: the courses can be very rough. You need to have good balance, fast reactions and the ability to change direction and speed, and jump so that you don't lose time on off road courses. The best way to develop these skills is through consistent training on trails. You can also develop good balance by incorporating proprioceptive exercises and agility through drills specifically designed to simulate the challenges of running off road.</p> <p>Hills: to be a strong hill runner you have to train on hills... Efficient hill running also relies upon maintaining good posture while you're running. You need to be able to run tall – forward and up – ensuring you have good alignment of ankles, knees, hips, shoulders and head/neck. Aside from running on hills in training, incorporating core and back strengthening exercises into your training regime will help you develop the strength you need to maintain running form as you're ascending.</p> <p>Downhills: you need to incorporate downhill running into your schedule to be a strong downhiller. Be careful though, it is easy to injure yourself on a downhill. You can lose a lot of time if you're don't have the ability to run downhill strongly. Your arms are one of your biggest assets on a downhill. Keeping your arms up and ready to be out stretched will help you to keep your balance. If you have good agility you'll also be able to run smoothly over the terrain. Be prepared to slow down when the ground is rough and technical. When it is smooth, it's time to open up a bit. Being a strong downhiller is a matter of confidence as much as anything. You need to have very strong quads to be able to run downhill fast. If you do leg weights, rather than focusing on concentric loading weights, exercise that involve the muscle working while it is shortening – try eccentric loading weights, you can do this by very slowly releasing a weight so your muscles continue to work while the muscle is lengthening. When you're practising downhill running, try to take the line that water would take. If the water would flow in the inside of curve, that's where you're running, if it would flow high on a corner, you will want to run high on the corner too. It is also useful to swing around trees like they are a pole on tight corners. Be careful of your shoulders if you decide to try that.</p>	<h2>Mental challenges</h2> <p>Length: <i>Pace judgement, tough periods, pushing through fatigue at the end</i></p>
<h2>Strengths</h2> <p>Mental determination/Motivation: Ensuring all sessions have a clear purpose will help to maximise the benefit of your mental fortitude. You have the experience as a sportsman to ensure you will gain the maximum benefit from the training you do.</p> <p>Endurance: You are only needing to reinvigorate your endurance base, rather than build it back up. You will be doing this with shorter "near best steady state" runs rather than lots of long slow running.</p>	<h2>Opportunities</h2> <p>Course: the courses are all within an hour of Auckland city and the maps are online. You can practice the course before the race which will help you develop a good race strategy. Executing a race plan is key to good results, you learn where the challenges are in the course and can pace yourself so that you don't lose time because of tough climbs or nasty technical areas blowing energy on early parts of a course.</p> <p>Environments: aside from running over race courses, there are plenty of trails around Auckland that you can use to develop balance, agility and up/downhill running technique.</p>
<h2>Weaknesses</h2> <p>Strength endurance: since you are only seeking to maintain your fitness with this plan, you don't need to worry about addressing strength endurance and stamina, as these facets of your running are developed during the specialisation period (TQ and FQ) of a plan which has a target race. However, a Billat programme balances all intensities of running so you will see reasonable development of your strength endurance and stamina anyway.</p>	<h2>Threats</h2> <p>Weather: the weather over winter can be warm, dry and still or wet, cold and windy. You need to ensure you've suitable clothing for a range of weather conditions. Unless the course is on a sandy area, you can pretty much guarantee that the trails will be muddy and possibly slippery. It would be a good idea to get some trail shoes if you want to make sure you don't spend time on your butt!</p>

Priority	<p>Base1_FI: Establish training paces Gently introduce running to your weekly schedule Build endurance</p> <p>Base 2_EQ: Rapid development of endurance – near best steady state runs Gently stress VO2Max and Lactic Threshold with short high intensity runs</p> <p>Speed 1_TQ: Stress vVO2-max to improve strength endurance through improving running economy – intervals and hilly cruise intervals</p> <p>Speed 2_FQ: Specialisation: near best steady state for half marathon Improve running economy – races and intervals</p>						
Specific Actions, Target Improvement/ Measures, Relevance and Assumed Skill Development	Year	Macro	Month	Action	Outcome/ Measure/VDOT Progression	Relevance	Skill Development
	2009	Base1	May thru June	Easy running Do Billat test	Improved VDOT Establish training paces	Events are fundamentally endurance based Makes training more focused	Learn how to do Billat pace
		Base2	June thru Aug	Sub tempo running/Long runs Intervals Cruise intervals	Improved VDOT – 2 factors Improved running economy – part of VDOT increase Improve stamina – average race pace increased for runs under 75mins or ability to hold threshold pace for longer duration	Events are fundamentally endurance based Intervals in transition phase need to be prepared for Race pace will be improved with greater stamina	
		Speed1	August thru September	Intervals and cruise intervals Aerobic runs	Raised VDOT, raised lactic threshold	Faster average race pace, endurance potential realised Maintain endurance	
		Speed2	October thru November	Hilly threshold runs and intervals Longer Near best steady state	Raised VDOT, raised lactic threshold Stabilise VDOT	Experience race pace Improve running economy Improve running economy and willingness to run despite fatigue and pain	

Start of plan condition

Endurance: [edit](#)
 Stamina: [edit](#)
 Strength endurance: [edit](#)

Resting heart rate: [edit](#)
 Maximum heart rate: [edit](#)

Approximate training zones and paces:

	Heart Rate Zone	Pace/km FI period	Pace/km EQ period	Pace/km TQ period	Pace/km FQ period
Recovery (A) 54-74% HR Max					
Easy (A) 74-80% HR Max					
Brisk (A) 80-90% HR Max					
Tempo (B) 88-97% HR Max					
Interval (C) 97-100% HR Max					
Repetition (D) 100% HR Max					

1. This is a rough guide based upon your HR Max. For more accurate HR Zones you could do and vO₂-max test or Lactic Threshold Test.
2. The paces are indicative – you don't have to run bang on those paces. The faster pace will be at the higher end of the heart rate zone and the slower pace at the lower end.
3. **In your early weeks of each period you should train at the slower/lower end and gradually progress to the faster end during the course of the period. Some paces might be a little slower in the beginning of a new phase than at the end of the last phase, it is wise to slow down a little bit during these period transitions because other variables are changing, for instance the duration or number of repeats, or recovery time being shortened.**
4. Shorter tempo intervals, vO₂-max and repetitions will be slightly faster and at the high end of the zone, longer steady state runs and vO₂-max intervals will be at the lower end of the zone.

Progress Tests

Date	Test	Result	Indicative VDOT
Tues 5 May	Billat Test		
Tues 23 June	Billat Test		
Tues 4 Aug	Billat Test		
Tues 15 Sept	Billat Test		

Tests and races are both very good progress indicators as well as being useful for establishing training and racing paces.

How to do the Billat Test

Warm up and do some dynamic stretching so you're ready to run fast without straining anything.

Run as fast as you can for six minutes over a measured course. Calculate the average pace you were able to hold for that interval. This is your Billat pace. You will do your intervals at that pace. You will do your Threshold Runs at 80% of that pace.

For instance, if you covered 1km in six minutes your Billat pace would be 10 kph and your threshold pace 8kph.

You might need to do the first couple of runs at your paces over a measured course to get a feeling for the pace. Once you know what it feels like, how it effects your breathing etc, you will be able to key into quite easily and probably wont need to run over set courses.

When you train you reinforce your values as an athlete as much as you physically condition your body that means each session needs to have clarity of purpose and be executed with conviction.

MACRO	BASE1_FI		Priority	Points	Ratio	Focus
MESO	Hard	Aer-con	P1	27	73%	
VDOT		Anaer-con	P2_Q1	0	0%	
VDOT POINTS	37	Aer-cap	P2_Q2	10	27%	
WEEKS TO TARGET	25	Anaer-cap	N/A	0	0%	

Mon 4-May Micro Rest Commitments:

Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why: Complete recovery	Orthostatic HR		Weather	
		Actual				

Tue 5-May Micro Hard Commitments:

Priority	P2_Q1	What: Test:Billat Pace	Weight		Injury	
Code	C4I	How: 10mins Warm up. Run the top pace you can hold for 6mins on a track or measured course. Using the distance you covered in 6mins calculate your pace in kilometers per hour - that will be your "Billat Pace" for the next 6 weeks. You will use that pace for intervals and 80% of that pace for tempo workouts. 10mins cool down	Rest HR		Motivation	
Points	5	Why: Establish training paces for your quality workouts.	Orthostatic HR		Weather	
		Actual				

Wed 6-May Micro Easy Commitments:

Priority	P1	What: Jog 30mins	Weight		Injury	
Code	A2AR	How: Easy jogging	Rest HR		Motivation	
Points	3	Why: Speed up recovery, add an extra day of running	Orthostatic HR		Weather	
		Actual				

Thu 7-May Micro Hard Commitments:

Priority	P1	What: Brisk running: 30mins + 8 x 80m stride outs at the end	Weight		Injury	
Code	A2SBT	How: 5mins warm up. Run at a comfortably fast pace. You should feel that you could hold a conversation but you'd breath quite hard in between sentences. Stride outs are short bursts of speed running just shy of a full sprint. 5mins cool down.	Rest HR		Motivation	
Points	11	Why: This is the "near best steady state" pace that Arthur Lydiard had his runners do to maximise their endurance development.	Orthostatic HR		Weather	
		Actual				

Fri 8-May Micro Rest Commitments:

Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why: Complete recovery	Orthostatic HR		Weather	
		Actual				

Sat 9-May Micro Hard Commitments:

Priority	P1_Q1	What: Intervals: 10 x 30s	Weight		Injury	
Code	C4I	How: 10mins warm up. Run at Billat Pace for 30secs then jog for 30secs. 10mins cool down.	Rest HR		Motivation	
Points	5	Why: Improve strength endurance through stressing your vO2-max.	Orthostatic HR		Weather	
		Actual				

Sun 10-May Micro Long Commitments:

Priority	P1	What: Easy Run: 60mins include hills	Weight		Injury	
Code	A1E	How: Run at a comfortable pace. You should feel as though you can hold a conversation while you're running. Note that this should be faster than jogging.	Rest HR		Motivation	
Points	14	Why: Build endurance.	Orthostatic HR		Weather	
		Actual				

Week Total

Time	
Distance	
Points	

Period Total

Time	
Distance	
Points	

When you train you reinforce your values as an athlete as much as you physically condition your body that means each session needs to have clarity of purpose and be executed with conviction.

MACRO	BASE1_FI		Priority	Points	Ratio	Focus
MESO	Easy	Aer-con	P1	36	73%	
VDOT		Anaer-con	P2_Q1	9	18%	
VDOT POINTS	50	Aer-cap	P2_Q2	5	9%	
WEEKS TO TARGET	24	Anaer-cap	N/A	0	0%	

Mon 11-May Micro Rest Commitments:

Priority		What:	Weight		Injury
Code		How:	Rest HR		Motivation
Points		Why: Complete recovery	Orthostatic HR		Weather
		Actual			

Tue 12-May Micro Hard Commitments:

Priority	P2_Q1	What: Tempo Cruise Intervals: 2 x 6mins, 1min jog recovery between intervals.	Weight		Injury
Code	B3T	How: 10mins warm up. Run at 80% Billat Pace for the duration of the cruise intervals. Remainder of time up to 40mins cool down.	Rest HR		Motivation
Points	9	Why: Improve your stamina through raising your lactic threshold	Orthostatic HR		Weather
		Actual			

Wed 13-May Micro Easy Commitments:

Priority	M	What: Jog 30mins	Weight		Injury
Code	A2AR	How: Easy jogging	Rest HR		Motivation
Points	3	Why: Speed up recovery, add an extra day of running	Orthostatic HR		Weather
		Actual			

Thu 14-May Micro Hard Commitments:

Priority	P1	What: Brisk running: 20mins + 8 x 80m stride outs at the end	Weight		Injury
Code	A2SBT	How: 5mins warm up. Run at a comfortably fast pace. You should feel that you could hold a conversation but you'd breath quite hard in between sentences. Stride outs are are short bursts of speed running just shy of a full sprint. 5mins cool down.	Rest HR		Motivation
Points	7	Why: This is the "near best steady state" pace that Arthur Lydiard had his runners do to maximise their endurance development.	Orthostatic HR		Weather
		Actual			

Fri 15-May Micro Rest Commitments:

Priority		What:	Weight		Injury
Code		How:	Rest HR		Motivation
Points		Why: Complete recovery	Orthostatic HR		Weather
		Actual			

Sat 16-May Micro Hard Commitments:

Priority	P1_Q1	What: Intervals: 10 x 30s	Weight		Injury
Code	C4I	How: 10mins warm up. Run at Billat Pace for 30secs then jog for 30secs. 10mins cool down.	Rest HR		Motivation
Points	5	Why: Improve strength endurance through stressing your vO2-max.	Orthostatic HR		Weather
		Actual			

Sun 17-May Micro (A) Race Commitments:

Priority	P1	What: Xterra Off Road Series - Short/Medium Course	Weight		Injury
Code	A2SBT	How: Aim for a steady pace and let the hills give you a fartlek session, up hills increasing your heart rate and down hills providing you with recovery	Rest HR		Motivation
Points	26	Why: Enjoy race atmosphere	Orthostatic HR		Weather
		Actual			

Week Total

Time	
Distance	
Points	

Period Total

Time	
Distance	
Points	

When you train you reinforce your values as an athlete as much as you physically condition your body that means each session needs to have clarity of purpose and be executed with conviction.

MACRO	BASE1_FI		Priority	Points	Ratio	Focus
MESO	Hard	Aer-con	P1	30	54%	
VDOT		Anaer-con	P2_Q1	18	33%	
VDOT POINTS	55	Aer-cap	P2_Q2	7	12%	
WEEKS TO TARGET	23	Anaer-cap	N/A	0	0%	

Mon 18-May Micro Rest Commitments:

Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why: Complete recovery	Orthostatic HR		Weather	
		Actual				

Tue 19-May Micro Hard Commitments:

Priority	P2_Q1	What: Tempo Cruise Intervals: 4 x 6mins, 1min jog recovery between intervals.	Weight		Injury	
Code	B3T	How: 10mins warm up. Run at 80% Billat Pace for the duration of the cruise intervals. 5mins cool down.	Rest HR		Motivation	
Points	18	Why: Improve your stamina through raising your lactic threshold	Orthostatic HR		Weather	
		Actual				

Wed 20-May Micro Easy Commitments:

Priority	P1	What: Jog 30mins	Weight		Injury	
Code	A2AR	How: Easy jogging	Rest HR		Motivation	
Points	3	Why: Speed up recovery, add an extra day of running	Orthostatic HR		Weather	
		Actual				

Thu 21-May Micro Hard Commitments:

Priority	P1	What: Brisk running: 30mins + 8 x 80m stride outs at the end	Weight		Injury	
Code	A2SBT	How: 5mins warm up. Run at a comfortably fast pace. You should feel that you could hold a conversation but you'd breath quite hard in between sentences. Stride outs are are short bursts of speed running just shy of a full sprint. 5mins cool down.	Rest HR		Motivation	
Points	11	Why: This is the "near best steady state" pace that Arthur Lydiard had his runners do to maximise their endurance development.	Orthostatic HR		Weather	
		Actual				

Fri 22-May Micro Rest Commitments:

Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why: Complete recovery	Orthostatic HR		Weather	
		Actual				

Sat 23-May Micro Hard Commitments:

Priority	P1_Q1	What: Intervals: 15 x 30s	Weight		Injury	
Code	C4I	How: 10mins warm up. Run at Billat Pace for 30secs then jog for 30secs. 10mins cool down.	Rest HR		Motivation	
Points	7	Why: Improve strength endurance through stressing your vO2-max.	Orthostatic HR		Weather	
		Actual				

Sun 24-May Micro Long Commitments:

Priority	P1	What: Easy Run: 70mins include hills	Weight		Injury	
Code	A1E	How: Run at a comfortable pace. You should feel as though you can hold a conversation while you're running. Note that this should be faster than jogging.	Rest HR		Motivation	
Points	16	Why: Build endurance.	Orthostatic HR		Weather	
		Actual				

Week Total

Time	
Distance	
Points	

Period Total

Time	
Distance	
Points	

When you train you reinforce your values as an athlete as much as you physically condition your body that means each session needs to have clarity of purpose and be executed with conviction.

MACRO	BASE1_FI		Priority	Points	Ratio	Focus
MESO	Hard	Aer-con	P1	30	54%	
VDOT		Anaer-con	P2_Q1	18	33%	
VDOT POINTS	55	Aer-cap	P2_Q2	7	12%	
WEEKS TO TARGET	22	Anaer-cap	N/A	0	0%	

Mon 25-May Micro Rest Commitments:

Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why: Complete recovery	Orthostatic HR		Weather	
		Actual				

Tue 26-May Micro Hard Commitments:

Priority	P2_Q1	What: Tempo Cruise Intervals: 4 x 6mins, 1min jog recovery between intervals.	Weight		Injury	
Code	B3T	How: 10mins warm up. Run at 80% Billat Pace for the duration of the cruise intervals. 5mins cool down.	Rest HR		Motivation	
Points	18	Why: Improve your stamina through raising your lactic threshold	Orthostatic HR		Weather	
		Actual				

Wed 27-May Micro Easy Commitments:

Priority	P1	What: Jog 30mins	Weight		Injury	
Code	A2AR	How: Easy jogging	Rest HR		Motivation	
Points	3	Why: Speed up recovery, add an extra day of running	Orthostatic HR		Weather	
		Actual				

Thu 28-May Micro Hard Commitments:

Priority	P1	What: Brisk running: 30mins + 8 x 80m stride outs at the end	Weight		Injury	
Code	A2SBT	How: 5mins warm up. Run at a comfortably fast pace. You should feel that you could hold a conversation but you'd breath quite hard in between sentences. Stride outs are are short bursts of speed running just shy of a full sprint. 5mins cool down.	Rest HR		Motivation	
Points	11	Why: This is the "near best steady state" pace that Arthur Lydiard had his runners do to maximise their endurance development.	Orthostatic HR		Weather	
		Actual				

Fri 29-May Micro Rest Commitments:

Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why: Complete recovery	Orthostatic HR		Weather	
		Actual				

Sat 30-May Micro Hard Commitments:

Priority	P1_Q1	What: Intervals: 15 x 30s	Weight		Injury	
Code	C4I	How: 10mins warm up. Run at Billat Pace for 30secs then jog for 30secs. 10mins cool down.	Rest HR		Motivation	
Points	7	Why: Improve strength endurance through stressing your vO2-max.	Orthostatic HR		Weather	
		Actual				

Sun 31-May Micro Long Commitments:

Priority	P1	What: Easy Run: 70mins include hills	Weight		Injury	
Code	A1E	How: Run at a comfortable pace. You should feel as though you can hold a conversation while you're running. Note that this should be faster than jogging.	Rest HR		Motivation	
Points	16	Why: Build endurance.	Orthostatic HR		Weather	
		Actual				

Week Total

Time	
Distance	
Points	

Period Total

Time	
Distance	
Points	

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MESO	Easy	Aer-con	P1	36	73%	
VDOT		Anaer-con	P2_Q1	9	18%	
VDOT POINTS	50	Aer-cap	P2_Q2	5	9%	
WEEKS TO TARGET	21	Anaer-cap	N/A	0	0%	

Mon 1-Jun		Micro Rest	Commitments:			
Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why: Complete recovery	Orthostatic HR		Weather	
		Actual				

Tue 2-Jun		Micro Hard	Commitments:			
Priority	P2_Q1	What: Tempo Cruise Intervals: 2 x 6mins, 1min jog recovery between intervals.	Weight		Injury	
Code	B3T	How: 10mins warm up. Run at 80% Billat Pace for the duration of the cruise intervals. Remainder of time up to 40mins cool down.	Rest HR		Motivation	
Points	9	Why: Improve your stamina through raising your lactic threshold	Orthostatic HR		Weather	
		Actual				

Wed 3-Jun		Micro Easy	Commitments:			
Priority	M	What: Jog 30mins	Weight		Injury	
Code	A2AR	How: Easy jogging	Rest HR		Motivation	
Points	3	Why: Speed up recovery, add an extra day of running	Orthostatic HR		Weather	
		Actual				

Thu 4-Jun		Micro Hard	Commitments:			
Priority	P1	What: Brisk running: 20mins + 8 x 80m stride outs at the end	Weight		Injury	
Code	A2SBT	How: 5mins warm up. Run at a comfortably fast pace. You should feel that you could hold a conversation but you'd breath quite hard in between sentences. Stride outs are are short bursts of speed running just shy of a full sprint. 5mins cool down.	Rest HR		Motivation	
Points	7	Why: This is the "near best steady state" pace that Arthur Lydiard had his runners do to maximise their endurance development.	Orthostatic HR		Weather	
		Actual				

Fri 5-Jun		Micro Rest	Commitments:			
Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why: Complete recovery	Orthostatic HR		Weather	
		Actual				

Sat 6-Jun		Micro Hard	Commitments:			
Priority	P1_Q1	What: Intervals: 10 x 30s	Weight		Injury	
Code	C4I	How: 10mins warm up. Run at Billat Pace for 30secs then jog for 30secs. 10mins cool down.	Rest HR		Motivation	
Points	5	Why: Improve strength endurance through stressing your vO2-max.	Orthostatic HR		Weather	
		Actual				

Sun 7-Jun		Micro (A) Race	Commitments:			
Priority	P1	What: Xterra Off Road Series - Short/Medium Course	Weight		Injury	
Code	A2SBT	How: Aim for a steady pace and let the hills give you a fartlek session, up hills increasing your heart rate and down hills providing you with recovery	Rest HR		Motivation	
Points	26	Why: Enjoy race atmosphere	Orthostatic HR		Weather	
		Actual				

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MACRO	BASE1_FI		Priority	Points	Ratio	Focus
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VDOT		Anaer-con	P2_Q1	18	31%	
VDOT POINTS	59	Aer-cap	P2_Q2	9	15%	
WEEKS TO TARGET	20	Anaer-cap	N/A	0	0%	

Mon 8-Jun Micro Rest Commitments:

Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why: Complete recovery	Orthostatic HR		Weather	
		Actual				

Tue 9-Jun Micro Hard Commitments:

Priority	P2_Q1	What: Tempo Cruise Intervals: 3 x 8mins, 1min jog recovery between intervals.	Weight		Injury	
Code	B3T	How: 10mins warm up. Run at 80% Billat Pace for the duration of the cruise intervals. 5mins cool down.	Rest HR		Motivation	
Points	18	Why: Improve your stamina through raising your lactic threshold	Orthostatic HR		Weather	
		Actual				

Wed 10-Jun Micro Easy Commitments:

Priority	P1	What: Jog 30mins	Weight		Injury	
Code	A2AR	How: Easy jogging	Rest HR		Motivation	
Points	3	Why: Speed up recovery, add an extra day of running	Orthostatic HR		Weather	
		Actual				

Thu 11-Jun Micro Hard Commitments:

Priority	P1	What: Brisk running: 30mins + 8 x 80m stride outs at the end	Weight		Injury	
Code	A2SBT	How: 5mins warm up. Run at a comfortably fast pace. You should feel that you could hold a conversation but you'd breath quite hard in between sentences. Stride outs are are short bursts of speed running just shy of a full sprint. 5mins cool down.	Rest HR		Motivation	
Points	11	Why: This is the "near best steady state" pace that Arthur Lydiard had his runners do to maximise their endurance development.	Orthostatic HR		Weather	
		Actual				

Fri 12-Jun Micro Rest Commitments:

Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why: Complete recovery	Orthostatic HR		Weather	
		Actual				

Sat 13-Jun Micro Hard Commitments:

Priority	P1_Q1	What: Intervals: 20 x 30s	Weight		Injury	
Code	C4I	How: 10mins warm up. Run at Billat Pace for 30secs then jog for 30secs. 10mins cool down.	Rest HR		Motivation	
Points	9	Why: Improve strength endurance through stressing your vO2-max.	Orthostatic HR		Weather	
		Actual				

Sun 14-Jun Micro Long Commitments:

Priority	P1	What: Easy Run: 80mins include hills	Weight		Injury	
Code	A1E	How: Run at a comfortable pace. You should feel as though you can hold a conversation while you're running. Note that this should be faster than jogging.	Rest HR		Motivation	
Points	18	Why: Build endurance.	Orthostatic HR		Weather	
		Actual				

Week Total

Time	
Distance	
Points	

Period Total

Time	
Distance	
Points	

When you train you reinforce your values as an athlete as much as you physically condition your body that means each session needs to have clarity of purpose and be executed with conviction.

MACRO	BASE2_EQ		Priority	Points	Ratio	Focus
MESO	Hard	Aer-con	P1	39	59%	
VDOT		Anaer-con	P2_Q1	18	27%	
VDOT POINTS	66	Aer-cap	P2_Q2	9	14%	
WEEKS TO TARGET	19	Anaer-cap	N/A	0	0%	

Mon 15-Jun Micro Rest Commitments:

Priority		What:	Weight		Injury
Code		How:	Rest HR		Motivation
Points		Why: Complete recovery	Orthostatic HR		Weather
		Actual			

Tue 16-Jun Micro Hard Commitments:

Priority	P2_Q1	What: Tempo Cruise Intervals: 3 x 8mins, 1min jog recovery between intervals.	Weight		Injury
Code	B3T	How: 10mins warm up. Run at 80% Billat Pace for the duration of the cruise intervals. 5mins cool down.	Rest HR		Motivation
Points	18	Why: Improve your stamina through raising your lactic threshold	Orthostatic HR		Weather
		Actual			

Wed 17-Jun Micro Moderate Commitments:

Priority	P1	What: Easy run 45mins	Weight		Injury
Code	A1E	How: Easy running. This should be faster than a jog but you should still feel as though you could maintain a conversation while running	Rest HR		Motivation
Points	10	Why: Build endurance	Orthostatic HR		Weather
		Actual			

Thu 18-Jun Micro Hard Commitments:

Priority	P1	What: Brisk running: 30mins + 8 x 80m stride outs at the end	Weight		Injury
Code	A2SBT	How: 5mins warm up. Run at a comfortably fast pace. You should feel that you could hold a conversation but you'd breath quite hard in between sentences. Stride outs are are short bursts of speed running just shy of a full sprint. 5mins cool down.	Rest HR		Motivation
Points	11	Why: This is the "near best steady state" pace that Arthur Lydiard had his runners do to maximise their endurance development.	Orthostatic HR		Weather
		Actual			

Fri 19-Jun Micro Rest Commitments:

Priority		What:	Weight		Injury
Code		How:	Rest HR		Motivation
Points		Why: Complete recovery	Orthostatic HR		Weather
		Actual			

Sat 20-Jun Micro Hard Commitments:

Priority	P1_Q1	What: Intervals: 20 x 30s	Weight		Injury
Code	C4I	How: 10mins warm up. Run at Billat Pace for 30secs then jog for 30secs. 10mins cool down.	Rest HR		Motivation
Points	9	Why: Improve strength endurance through stressing your vO2-max.	Orthostatic HR		Weather
		Actual			

Sun 21-Jun Micro Long Commitments:

Priority	P1	What: Easy Run: 80mins include hills	Weight		Injury
Code	A1E	How: Run at a comfortable pace. You should feel as though you can hold a conversation while you're running. Note that this should be faster than jogging.	Rest HR		Motivation
Points	18	Why: Build endurance.	Orthostatic HR		Weather
		Actual			

Week Total		Period Total	
Time		Time	
Distance		Distance	
Points		Points	

When you train you reinforce your values as an athlete as much as you physically condition your body that means each session needs to have clarity of purpose and be executed with conviction.

MACRO	BASE2_EQ		Priority	Points	Ratio	Focus
MESO	Easy	Aer-con	P1	36	77%	
VDOT		Anaer-con	P2_Q1	0	0%	
VDOT POINTS	47	Aer-cap	P2_Q2	11	23%	
WEEKS TO TARGET	18	Anaer-cap	N/A	0	0%	

Mon 22-Jun Micro Rest Commitments:

Priority		What:	Weight		Injury
Code		How:	Rest HR		Motivation
Points		Why: Complete recovery	Orthostatic HR		Weather
		Actual			

Tue 23-Jun Micro Hard Commitments:

Priority	P2_Q1	What: Test:Billat Pace	Weight		Injury
Code	C4I	How: 10mins Warm up. Run the top pace you can hold for 6mins on a track or measured course. Using the distance you covered in 6mins calculate your pace in kilometers per hour - that will be your "Billat Pace" for the next 6 weeks. You will use that pace for intervals and 80% of that pace for tempo workouts. 10mins cool down	Rest HR		Motivation
Points	5	Why: Establish training paces for your quality workouts.	Orthostatic HR		Weather
		Actual			

Wed 24-Jun Micro Easy Commitments:

Priority	M	What: Jog 30mins	Weight		Injury
Code	A2AR	How: Easy jogging	Rest HR		Motivation
Points	3	Why: Speed up recovery, add an extra day of running	Orthostatic HR		Weather
		Actual			

Thu 25-Jun Micro Hard Commitments:

Priority	P1	What: Brisk running: 20mins + 8 x 80m stride outs at the end	Weight		Injury
Code	A2SBT	How: 5mins warm up. Run at a comfortably fast pace. You should feel that you could hold a conversation but you'd breath quite hard in between sentences. Stride outs are short bursts of speed running just shy of a full sprint. 5mins cool down.	Rest HR		Motivation
Points	7	Why: This is the "near best steady state" pace that Arthur Lydiard had his runners do to maximise their endurance development.	Orthostatic HR		Weather
		Actual			

Fri 26-Jun Micro Rest Commitments:

Priority		What:	Weight		Injury
Code		How:	Rest HR		Motivation
Points		Why: Complete recovery	Orthostatic HR		Weather
		Actual			

Sat 27-Jun Micro Hard Commitments:

Priority	P1_Q1	What: Intervals: 12 x 30s	Weight		Injury
Code	C4I	How: 10mins warm up. Run at Billat Pace for 30secs then jog for 30secs. 10mins cool down.	Rest HR		Motivation
Points	5	Why: Improve strength endurance through stressing your vO2-max.	Orthostatic HR		Weather
		Actual			

Sun 28-Jun Micro (A) Race Commitments:

Priority	P1	What: Xterra Off Road Series - Short/Medium Course	Weight		Injury
Code	A2SBT	How: Aim for a steady pace and let the hills give you a fartlek session, up hills increasing your heart rate and down hills providing you with recovery	Rest HR		Motivation
Points	26	Why: Enjoy race atmosphere	Orthostatic HR		Weather
		Actual			

Week Total		Period Total	
Time		Time	
Distance		Distance	
Points		Points	

When you train you reinforce your values as an athlete as much as you physically condition your body that means each session needs to have clarity of purpose and be executed with conviction.

MACRO	BASE2_EQ		Priority	Points	Ratio	Focus
MESO	Hard	Aer-con	P1	43	59%	
VDOT		Anaer-con	P2_Q1	19	26%	
VDOT POINTS	73	Aer-cap	P2_Q2	11	15%	
WEEKS TO TARGET	17	Anaer-cap	N/A	0	0%	

Mon 29-Jun Micro Rest Commitments:

Priority		What:	Weight		Injury
Code		How:	Rest HR		Motivation
Points		Why: Complete recovery	Orthostatic HR		Weather
		Actual			

Tue 30-Jun Micro Hard Commitments:

Priority	P2_Q1	What: Tempo Cruise Intervals: 2 x 10mins, 1 x 5mins, 1min jog recovery between intervals.	Weight		Injury
Code	B3T	How: 10mins warm up. Run at 80% Billat Pace for the duration of the cruise intervals. 5mins cool down.	Rest HR		Motivation
Points	19	Why: Improve your stamina through raising your lactic threshold	Orthostatic HR		Weather
		Actual			

Wed 1-Jul Micro Moderate Commitments:

Priority	P1	What: Easy run 50mins	Weight		Injury
Code	A1E	How: Easy running. This should be faster than a jog but you should still feel as though you could maintain a conversation while running	Rest HR		Motivation
Points	12	Why: Build endurance	Orthostatic HR		Weather
		Actual			

Thu 2-Jul Micro Hard Commitments:

Priority	P1	What: Brisk running: 30mins + 8 x 80m stride outs at the end	Weight		Injury
Code	A2SBT	How: 5mins warm up. Run at a comfortably fast pace. You should feel that you could hold a conversation but you'd breath quite hard in between sentences. Stride outs are are short bursts of speed running just shy of a full sprint. 5mins cool down.	Rest HR		Motivation
Points	11	Why: This is the "near best steady state" pace that Arthur Lydiard had his runners do to maximise their endurance development.	Orthostatic HR		Weather
		Actual			

Fri 3-Jul Micro Rest Commitments:

Priority		What:	Weight		Injury
Code		How:	Rest HR		Motivation
Points		Why: Complete recovery	Orthostatic HR		Weather
		Actual			

Sat 4-Jul Micro Hard Commitments:

Priority	P1_Q1	What: Intervals: 25 x 30s	Weight		Injury
Code	C4I	How: 10mins warm up. Run at Billat Pace for 30secs then jog for 30secs. 10mins cool down.	Rest HR		Motivation
Points	11	Why: Improve strength endurance through stressing your vO2-max.	Orthostatic HR		Weather
		Actual			

Sun 5-Jul Micro Long Commitments:

Priority	P1	What: Easy Run: 90mins include hills	Weight		Injury
Code	A1E	How: Run at a comfortable pace. You should feel as though you can hold a conversation while you're running. Note that this should be faster than jogging.	Rest HR		Motivation
Points	21	Why: Build endurance.	Orthostatic HR		Weather
		Actual			

Week Total		Period Total	
Time		Time	
Distance		Distance	
Points		Points	

When you train you reinforce your values as an athlete as much as you physically condition your body that means each session needs to have clarity of purpose and be executed with conviction.

MACRO	BASE2_EQ		Priority	Points	Ratio	Focus
MESO	Hard	Aer-con	P1	43	59%	
VDOT		Anaer-con	P2_Q1	19	26%	
VDOT POINTS	73	Aer-cap	P2_Q2	11	15%	
WEEKS TO TARGET	16	Anaer-cap	N/A	0	0%	

Mon 6-Jul		Micro Rest	Commitments:				
Priority		What:	Weight		Injury		
Code		How:	Rest HR		Motivation		
Points		Why: Complete recovery	Orthostatic HR		Weather		
		Actual					

Tue 7-Jul		Micro Hard	Commitments:				
Priority	P2_Q1	What: Tempo Cruise Intervals: 2 x 10mins, 1 x 5mins, 1min jog recovery between intervals.	Weight		Injury		
Code	B3T	How: 10mins warm up. Run at 80% Billat Pace for the duration of the cruise intervals. 5mins cool down.	Rest HR		Motivation		
Points	19	Why: Improve your stamina through raising your lactic threshold	Orthostatic HR		Weather		
		Actual					

Wed 8-Jul		Micro Moderate	Commitments:				
Priority	P1	What: Easy run 50mins	Weight		Injury		
Code	A1E	How: Easy running. This should be faster than a jog but you should still feel as though you could maintain a conversation while running	Rest HR		Motivation		
Points	12	Why: Build endurance	Orthostatic HR		Weather		
		Actual					

Thu 9-Jul		Micro Hard	Commitments:				
Priority	P1	What: Brisk running: 30mins + 8 x 80m stride outs at the end	Weight		Injury		
Code	A2SBT	How: 5mins warm up. Run at a comfortably fast pace. You should feel that you could hold a conversation but you'd breath quite hard in between sentences. Stride outs are are short bursts of speed running just shy of a full sprint. 5mins cool down.	Rest HR		Motivation		
Points	11	Why: This is the "near best steady state" pace that Arthur Lydiard had his runners do to maximise their endurance development.	Orthostatic HR		Weather		
		Actual					

Fri 10-Jul		Micro Rest	Commitments:				
Priority		What:	Weight		Injury		
Code		How:	Rest HR		Motivation		
Points		Why: Complete recovery	Orthostatic HR		Weather		
		Actual					

Sat 11-Jul		Micro Hard	Commitments:				
Priority	P1_Q1	What: Intervals: 25 x 30s	Weight		Injury		
Code	C4I	How: 10mins warm up. Run at Billat Pace for 30secs then jog for 30secs. 10mins cool down.	Rest HR		Motivation		
Points	11	Why: Improve strength endurance through stressing your vO2-max.	Orthostatic HR		Weather		
		Actual					

Sun 12-Jul		Micro Long	Commitments:				
Priority	P1	What: Easy Run: 90mins include hills	Weight		Injury		
Code	A1E	How: Run at a comfortable pace. You should feel as though you can hold a conversation while you're running. Note that this should be faster than jogging.	Rest HR		Motivation		
Points	21	Why: Build endurance.	Orthostatic HR		Weather		
		Actual					

Week Total

Time	
Distance	
Points	

Period Total

Time	
Distance	
Points	

When you train you reinforce your values as an athlete as much as you physically condition your body that means each session needs to have clarity of purpose and be executed with conviction.

MACRO	BASE2_EQ		Priority	Points	Ratio	Focus
MESO	Easy	Aer-con	P1	36	67%	
VDOT		Anaer-con	P2_Q1	11	21%	
VDOT POINTS	54	Aer-cap	P2_Q2	7	12%	
WEEKS TO TARGET	15	Anaer-cap	N/A	0	0%	

Mon 13-Jul Micro Rest Commitments:

Priority		What:	Weight		Injury
Code		How:	Rest HR		Motivation
Points		Why: Complete recovery	Orthostatic HR		Weather
		Actual			

Tue 14-Jul Micro Hard Commitments:

Priority	P2_Q1	What: Tempo Cruise Intervals: 1 x 10mins, 1 x 5mins, 1min jog recovery between intervals.	Weight		Injury
Code	B3T	How: 10mins warm up. Run at 80% Billat Pace for the duration of the cruise intervals. Easy running for the remainder of the 40mins cool down.	Rest HR		Motivation
Points	11	Why: Improve your stamina through raising your lactic threshold	Orthostatic HR		Weather
		Actual			

Wed 15-Jul Micro Easy Commitments:

Priority	M	What: Jog 30mins	Weight		Injury
Code	A2AR	How: Easy jogging	Rest HR		Motivation
Points	3	Why: Speed up recovery, add an extra day of running	Orthostatic HR		Weather
		Actual			

Thu 16-Jul Micro Hard Commitments:

Priority	P1	What: Brisk running: 20mins + 8 x 80m stride outs at the end	Weight		Injury
Code	A2SBT	How: 5mins warm up. Run at a comfortably fast pace. You should feel that you could hold a conversation but you'd breath quite hard in between sentences. Stride outs are are short bursts of speed running just shy of a full sprint. 5mins cool down.	Rest HR		Motivation
Points	7	Why: This is the "near best steady state" pace that Arthur Lydiard had his runners do to maximise their endurance development.	Orthostatic HR		Weather
		Actual			

Fri 17-Jul Micro Rest Commitments:

Priority		What:	Weight		Injury
Code		How:	Rest HR		Motivation
Points		Why: Complete recovery	Orthostatic HR		Weather
		Actual			

Sat 18-Jul Micro Hard Commitments:

Priority	P1_Q1	What: Intervals: 15 x 30s	Weight		Injury
Code	C4I	How: 10mins warm up. Run at Billat Pace for 30secs then jog for 30secs. 10mins cool down.	Rest HR		Motivation
Points	7	Why: Improve strength endurance through stressing your vO2-max.	Orthostatic HR		Weather
		Actual			

Sun 19-Jul Micro (A) Race Commitments:

Priority	P1	What: Xterra Off Road Series - Short/Medium Course	Weight		Injury
Code	A2SBT	How: Aim for a steady pace and let the hills give you a fartlek session, up hills increasing your heart rate and down hills providing you with recovery	Rest HR		Motivation
Points	26	Why: Enjoy race atmosphere	Orthostatic HR		Weather
		Actual			

Week Total

Time	
Distance	
Points	

Period Total

Time	
Distance	
Points	

When you train you reinforce your values as an athlete as much as you physically condition your body that means each session needs to have clarity of purpose and be executed with conviction.

MACRO	BASE2_EQ		Priority	Points	Ratio	Focus
MESO	Hard	Aer-con	P1	49	61%	
VDOT		Anaer-con	P2_Q1	18	23%	
VDOT POINTS	81	Aer-cap	P2_Q2	14	17%	
WEEKS TO TARGET	14	Anaer-cap	N/A	0	0%	

Mon 20-Jul Micro Rest Commitments:

Priority		What:	Weight		Injury
Code		How:	Rest HR		Motivation
Points		Why: Complete recovery	Orthostatic HR		Weather
		Actual			

Tue 21-Jul Micro Hard Commitments:

Priority	P2_Q1	What: Tempo Cruise Intervals: 2 x 12mins, 1min jog recovery between intervals.	Weight		Injury
Code	B3T	How: 10mins warm up. Run at 80% Billat Pace for the duration of the cruise intervals. 5mins cool down.	Rest HR		Motivation
Points	18	Why: Improve your stamina through raising your lactic threshold	Orthostatic HR		Weather
		Actual			

Wed 22-Jul Micro Moderate Commitments:

Priority	P1	What: Easy run 55mins	Weight		Injury
Code	A1E	How: Easy running. This should be faster than a jog but you should still feel as though you could maintain a conversation while running	Rest HR		Motivation
Points	13	Why: Build endurance	Orthostatic HR		Weather
		Actual			

Thu 23-Jul Micro Hard Commitments:

Priority	P1	What: Brisk running: 30mins + 8 x 80m stride outs at the end	Weight		Injury
Code	A2SBT	How: 5mins warm up. Run at a comfortably fast pace. You should feel that you could hold a conversation but you'd breath quite hard in between sentences. Stride outs are are short bursts of speed running just shy of a full sprint. 5mins cool down.	Rest HR		Motivation
Points	11	Why: This is the "near best steady state" pace that Arthur Lydiard had his runners do to maximise their endurance development.	Orthostatic HR		Weather
		Actual			

Fri 24-Jul Micro Rest Commitments:

Priority		What:	Weight		Injury
Code		How:	Rest HR		Motivation
Points		Why: Complete recovery	Orthostatic HR		Weather
		Actual			

Sat 25-Jul Micro Hard Commitments:

Priority	P1_Q1	What: Intervals: 30 x 30s	Weight		Injury
Code	C4I	How: 10mins warm up. Run at Billat Pace for 30secs then jog for 30secs. 10mins cool down.	Rest HR		Motivation
Points	14	Why: Improve strength endurance through stressing your vO2-max.	Orthostatic HR		Weather
		Actual			

Sun 26-Jul Micro Long Commitments:

Priority	M	What: Easy Run: 100mins include hills	Weight		Injury
Code	A1E	How: Run at a comfortable pace. You should feel as though you can hold a conversation while you're running. Note that this should be faster than jogging.	Rest HR		Motivation
Points	23	Why: Build endurance.	Orthostatic HR		Weather
		Actual			

Week Total		Period Total	
Time		Time	
Distance		Distance	
Points		Points	

When you train you reinforce your values as an athlete as much as you physically condition your body that means each session needs to have clarity of purpose and be executed with conviction.

MACRO	BASE2_EQ		Priority	Points	Ratio	Focus
MESO	Hard	Aer-con	P1	49	61%	
VDOT		Anaer-con	P2_Q1	18	23%	
VDOT POINTS	81	Aer-cap	P2_Q2	14	17%	
WEEKS TO TARGET	13	Anaer-cap	N/A	0	0%	

Mon 27-Jul Micro Rest Commitments:

Priority		What:	Weight		Injury
Code		How:	Rest HR		Motivation
Points		Why: Complete recovery	Orthostatic HR		Weather
		Actual			

Tue 28-Jul Micro Hard Commitments:

Priority	P2_Q1	What: Tempo Cruise Intervals: 2 x 12mins, 1min jog recovery between intervals.	Weight		Injury
Code	B3T	How: 10mins warm up. Run at 80% Billat Pace for the duration of the cruise intervals. 5mins cool down.	Rest HR		Motivation
Points	18	Why: Improve your stamina through raising your lactic threshold	Orthostatic HR		Weather
		Actual			

Wed 29-Jul Micro Moderate Commitments:

Priority	P1	What: Easy run 55mins	Weight		Injury
Code	A1E	How: Easy running. This should be faster than a jog but you should still feel as though you could maintain a conversation while running	Rest HR		Motivation
Points	13	Why: Build endurance	Orthostatic HR		Weather
		Actual			

Thu 30-Jul Micro Hard Commitments:

Priority	P1	What: Brisk running: 30mins + 8 x 80m stride outs at the end	Weight		Injury
Code	A2SBT	How: 5mins warm up. Run at a comfortably fast pace. You should feel that you could hold a conversation but you'd breath quite hard in between sentences. Stride outs are are short bursts of speed running just shy of a full sprint. 5mins cool down.	Rest HR		Motivation
Points	11	Why: This is the "near best steady state" pace that Arthur Lydiard had his runners do to maximise their endurance development.	Orthostatic HR		Weather
		Actual			

Fri 31-Jul Micro Rest Commitments:

Priority		What:	Weight		Injury
Code		How:	Rest HR		Motivation
Points		Why: Complete recovery	Orthostatic HR		Weather
		Actual			

Sat 1-Aug Micro Hard Commitments:

Priority	P1_Q1	What: Intervals: 30 x 30s	Weight		Injury
Code	C4I	How: 10mins warm up. Run at Billat Pace for 30secs then jog for 30secs. 10mins cool down.	Rest HR		Motivation
Points	14	Why: Improve strength endurance through stressing your vO2-max.	Orthostatic HR		Weather
		Actual			

Sun 2-Aug Micro Long Commitments:

Priority	M	What: Easy Run: 100mins include hills	Weight		Injury
Code	A1E	How: Run at a comfortable pace. You should feel as though you can hold a conversation while you're running. Note that this should be faster than jogging.	Rest HR		Motivation
Points	23	Why: Build endurance.	Orthostatic HR		Weather
		Actual			

Week Total		Period Total	
Time		Time	
Distance		Distance	
Points		Points	

When you train you reinforce your values as an athlete as much as you physically condition your body that means each session needs to have clarity of purpose and be executed with conviction.

MACRO	BASE2_EQ		Priority	Points	Ratio	Focus
MESO	Easy	Aer-con	P1	39	73%	
VDOT		Anaer-con	P2_Q1	0	0%	
VDOT POINTS	54	Aer-cap	P2_Q2	14	27%	
WEEKS TO TARGET	12	Anaer-cap	N/A	0	0%	

Mon 3-Aug Micro Rest Commitments:

Priority		What:	Weight		Injury
Code		How:	Rest HR		Motivation
Points		Why: Complete recovery	Orthostatic HR		Weather
		Actual			

Tue 4-Aug Micro Hard Commitments:

Priority	P2_Q1	What: Test:Billat Pace	Weight		Injury
Code	C4I	How: 10mins Warm up. Run the top pace you can hold for 6mins on a track or measured course. Using the distance you covered in 6mins calculate your pace in kilometers per hour - that will be your "Billat Pace" for the next 6 weeks. You will use that pace for intervals and 80% of that pace for tempo workouts. 10mins cool down	Rest HR		Motivation
Points	5	Why: Establish training paces for your quality workouts.	Orthostatic HR		Weather
		Actual			

Wed 5-Aug Micro Easy Commitments:

Priority	M	What: Jog 30mins	Weight		Injury
Code	A2AR	How: Easy jogging	Rest HR		Motivation
Points	3	Why: Speed up recovery, add an extra day of running	Orthostatic HR		Weather
		Actual			

Thu 6-Aug Micro Hard Commitments:

Priority	P1	What: Brisk running: 20mins + 8 x 80m stride outs at the end	Weight		Injury
Code	A2SBT	How: 5mins warm up. Run at a comfortably fast pace. You should feel that you could hold a conversation but you'd breath quite hard in between sentences. Stride outs are short bursts of speed running just shy of a full sprint. 5mins cool down.	Rest HR		Motivation
Points	7	Why: This is the "near best steady state" pace that Arthur Lydiard had his runners do to maximise their endurance development.	Orthostatic HR		Weather
		Actual			

Fri 7-Aug Micro Rest Commitments:

Priority		What:	Weight		Injury
Code		How:	Rest HR		Motivation
Points		Why: Complete recovery	Orthostatic HR		Weather
		Actual			

Sat 8-Aug Micro Hard Commitments:

Priority	P1_Q1	What: Intervals: 20 x 30s	Weight		Injury
Code	C4I	How: 10mins warm up. Run at Billat Pace for 30secs then jog for 30secs. 10mins cool down.	Rest HR		Motivation
Points	9	Why: Improve strength endurance through stressing your vO2-max.	Orthostatic HR		Weather
		Actual			

Sun 9-Aug Micro (A) Race Commitments:

Priority	P1	What: Xterra Off Road Series - Short/Medium Course	Weight		Injury
Code	A2SBT	How: Aim for a steady pace and let the hills give you a fartlek session, up hills increasing your heart rate and down hills providing you with recovery	Rest HR		Motivation
Points	26	Why: Enjoy race atmosphere	Orthostatic HR		Weather
		Actual			

Week Total		Period Total	
Time		Time	
Distance		Distance	
Points		Points	

When you train you reinforce your values as an athlete as much as you physically condition your body that means each session needs to have clarity of purpose and be executed with conviction.

MACRO	SPEED1_TQ		Priority	Points	Ratio	Focus
MESO	Hard	Aer-con	M	48	59%	
VDOT		Anaer-con	P1_Q2	20	24%	
VDOT POINTS	81	Aer-cap	P1_Q1	14	17%	
WEEKS TO TARGET	11	Anaer-cap	N/A	0	0%	

Mon 10-Aug Micro Rest Commitments:

Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why: Complete recovery	Orthostatic HR		Weather	
		Actual				

Tue 11-Aug Micro Hard Commitments:

Priority	P1_Q2	What: Tempo Cruise Intervals: 2 x 13mins, 1min jog recovery between intervals.	Weight		Injury	
Code	B3T	How: 8mins warm up. Run at 80% Billat Pace for the duration of the cruise intervals. 5mins cool down.	Rest HR		Motivation	
Points	20	Why: Improve your stamina through raising your lactic threshold	Orthostatic HR		Weather	
		Actual				

Wed 12-Aug Micro Easy Commitments:

Priority	M	What: Easy run 60mins	Weight		Injury	
Code	A2AR	How: Easy running. This should be faster than a jog but you should still feel as though you could maintain a conversation while running	Rest HR		Motivation	
Points	14	Why: Speed up recovery, ad an extra day of running	Orthostatic HR		Weather	
		Actual				

Thu 13-Aug Micro Hard Commitments:

Priority	P1	What: Brisk running: 30mins + 8 x 80m stride outs at the end	Weight		Injury	
Code	A2SBT	How: 5mins warm up. Run at a comfortably fast pace. You should feel that you could hold a conversation but you'd breath quite hard in between sentences. Stride outs are are short bursts of speed running just shy of a full sprint. 5mins cool down.	Rest HR		Motivation	
Points	11	Why: This is the "near best steady state" pace that Arthur Lydiard had his runners do to maximise their endurance development.	Orthostatic HR		Weather	
		Actual				

Fri 14-Aug Micro Rest Commitments:

Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why: Complete recovery	Orthostatic HR		Weather	
		Actual				

Sat 15-Aug Micro Hard Commitments:

Priority	P1_Q1	What: Intervals: 5 x 3mins, 3mins recovery jog	Weight		Injury	
Code	C4I	How: 5mins warm up. Run at Billat Pace for duration of interval, then jog for duration of recovery. 5mins cool down.	Rest HR		Motivation	
Points	14	Why: Improve strength endurance through stressing your vO2-max.	Orthostatic HR		Weather	
		Actual				

Sun 16-Aug Micro Long Commitments:

Priority	P1	What: Volcanoes Challenge	Weight		Injury	
Code	A1E	How: Figure out the fastest way to get around each volcano on your course, then do the run at an easy pace	Rest HR		Motivation	
Points	21	Why: Enjoy race atmosphere	Orthostatic HR		Weather	
		Actual				

Week Total

Time	
Distance	
Points	

Period Total

Time	
Distance	
Points	

When you train you reinforce your values as an athlete as much as you physically condition your body that means each session needs to have clarity of purpose and be executed with conviction.

MACRO	SPEED1_TQ		Priority	Points	Ratio	Focus
MESO	Hard	Aer-con	M	53	61%	
VDOT		Anaer-con	P1_Q2	20	23%	
VDOT POINTS	86	Aer-cap	P1_Q1	14	16%	
WEEKS TO TARGET	10	Anaer-cap	N/A	0	0%	

Mon 17-Aug Micro Rest Commitments:

Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why: Complete recovery	Orthostatic HR		Weather	
		Actual				

Tue 18-Aug Micro Hard Commitments:

Priority	P1_Q2	What: Tempo Cruise Intervals: 2 x 13mins, 1min jog recovery between intervals.	Weight		Injury	
Code	B3T	How: 8mins warm up. Run at 80% Billat Pace for the duration of the cruise intervals. 5mins cool down.	Rest HR		Motivation	
Points	20	Why: Improve your stamina through raising your lactic threshold	Orthostatic HR		Weather	
		Actual				

Wed 19-Aug Micro Easy Commitments:

Priority	M	What: Easy run 60mins	Weight		Injury	
Code	A2AR	How: Easy running. This should be faster than a jog but you should still feel as though you could maintain a conversation while running	Rest HR		Motivation	
Points	14	Why: Speed up recovery, ad an extra day of running	Orthostatic HR		Weather	
		Actual				

Thu 20-Aug Micro Hard Commitments:

Priority	P1	What: Brisk running: 30mins + 8 x 80m stride outs at the end	Weight		Injury	
Code	A2SBT	How: 5mins warm up. Run at a comfortably fast pace. You should feel that you could hold a conversation but you'd breath quite hard in between sentences. Stride outs are are short bursts of speed running just shy of a full sprint. 5mins cool down.	Rest HR		Motivation	
Points	11	Why: This is the "near best steady state" pace that Arthur Lydiard had his runners do to maximise their endurance development.	Orthostatic HR		Weather	
		Actual				

Fri 21-Aug Micro Rest Commitments:

Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why: Complete recovery	Orthostatic HR		Weather	
		Actual				

Sat 22-Aug Micro Hard Commitments:

Priority	P1_Q1	What: Intervals: 5 x 3mins, 3mins recovery jog	Weight		Injury	
Code	C4I	How: 5mins warm up. Run at Billat Pace for duration of interval, then jog for duration of recovery. 5mins cool down.	Rest HR		Motivation	
Points	14	Why: Improve strength endurance through stressing your vO2-max.	Orthostatic HR		Weather	
		Actual				

Sun 23-Aug Micro Long Commitments:

Priority	M	What: Easy Run: 110mins include hills	Weight		Injury	
Code	A1E	How: Run at a comfortable pace. You should feel as though you can hold a conversation while you're running. Note that this should be faster than jogging.	Rest HR		Motivation	
Points	25	Why: Build endurance.	Orthostatic HR		Weather	
		Actual				

Week Total

Time	
Distance	
Points	

Period Total

Time	
Distance	
Points	

When you train you reinforce your values as an athlete as much as you physically condition your body that means each session needs to have clarity of purpose and be executed with conviction.

MACRO	SPEED1_TQ		Priority	Points	Ratio	Focus
MESO	Easy	Aer-con	M	39	69%	
VDOT		Anaer-con	P1_Q2	10	17%	
VDOT POINTS	57	Aer-cap	P1_Q1	8	14%	
WEEKS TO TARGET	9	Anaer-cap	N/A	0	0%	

Mon 24-Aug Micro Rest Commitments:

Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why: Complete recovery	Orthostatic HR		Weather	
		Actual				

Tue 25-Aug Micro Hard Commitments:

Priority	P1_Q2	What: Tempo Cruise Intervals: 1 x 13mins.	Weight		Injury	
Code	B3T	How: 10mins warm up. Run at 80% Billat Pace for the duration of the cruise interval. Easy running for remainder of 40mins cool down.	Rest HR		Motivation	
Points	10	Why: Improve your stamina through raising your lactic threshold	Orthostatic HR		Weather	
		Actual				

Wed 26-Aug Micro Easy Commitments:

Priority	M	What: Jog 30mins	Weight		Injury	
Code	A2AR	How: Easy jogging	Rest HR		Motivation	
Points	3	Why: Speed up recovery, add an extra day of running	Orthostatic HR		Weather	
		Actual				

Thu 27-Aug Micro Hard Commitments:

Priority	P1	What: Brisk running: 20mins + 8 x 80m stride outs at the end	Weight		Injury	
Code	A2SBT	How: 5mins warm up. Run at a comfortably fast pace. You should feel that you could hold a conversation but you'd breath quite hard in between sentences. Stride outs are are short bursts of speed running just shy of a full sprint. 5mins cool down.	Rest HR		Motivation	
Points	7	Why: This is the "near best steady state" pace that Arthur Lydiard had his runners do to maximise their endurance development.	Orthostatic HR		Weather	
		Actual				

Fri 28-Aug Micro Rest Commitments:

Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why: Complete recovery	Orthostatic HR		Weather	
		Actual				

Sat 29-Aug Micro Hard Commitments:

Priority	P1_Q1	What: Intervals: 3 x 3mins, 3mins recovery jog	Weight		Injury	
Code	C4I	How: 5mins warm up. Run at Billat Pace for duration of interval, then jog for duration of recovery. 5mins cool down.	Rest HR		Motivation	
Points	8	Why: Improve strength endurance through stressing your vO2-max.	Orthostatic HR		Weather	
		Actual				

Sun 30-Aug Micro (A) Race Commitments:

Priority	P1	What: Xterra Off Road Series - Short/Medium Course	Weight		Injury	
Code	A2SBT	How: Aim for a steady pace and let the hills give you a fartlek session, up hills increasing your heart rate and down hills providing you with recovery	Rest HR		Motivation	
Points	26	Why: Enjoy race atmosphere	Orthostatic HR		Weather	
		Actual				

Week Total

Time	
Distance	
Points	

Period Total

Time	
Distance	
Points	

When you train you reinforce your values as an athlete as much as you physically condition your body that means each session needs to have clarity of purpose and be executed with conviction.

MACRO	SPEED1_TQ		Priority	Points	Ratio	Focus
MESO	Hard	Aer-con	M	44	56%	
VDOT		Anaer-con	P1_Q2	21	27%	
VDOT POINTS	79	Aer-cap	P1_Q1	14	17%	
WEEKS TO TARGET	8	Anaer-cap	N/A	0	0%	

Mon 31-Aug Micro Rest Commitments:

Priority		What:	Weight		Injury
Code		How:	Rest HR		Motivation
Points		Why: Complete recovery	Orthostatic HR		Weather
		Actual			

Tue 1-Sep Micro Hard Commitments:

Priority	P1_Q2	What: Tempo Cruise Intervals: 2 x 14mins, 1min jog recovery between intervals.	Weight		Injury
Code	B3T	How: 8mins warm up. Run at 80% Billat Pace for the duration of the cruise intervals. 5mins cool down.	Rest HR		Motivation
Points	21	Why: Improve your stamina through raising your lactic threshold	Orthostatic HR		Weather
		Actual			

Wed 2-Sep Micro Easy Commitments:

Priority	M	What: Jog 30mins	Weight		Injury
Code	A2AR	How: Easy jogging	Rest HR		Motivation
Points	3	Why: Speed up recovery, add an extra day of running	Orthostatic HR		Weather
		Actual			

Thu 3-Sep Micro Hard Commitments:

Priority	P1	What: Brisk running: 30mins + 8 x 80m stride outs at the end	Weight		Injury
Code	A2SBT	How: 5mins warm up. Run at a comfortably fast pace. You should feel that you could hold a conversation but you'd breath quite hard in between sentences. Stride outs are are short bursts of speed running just shy of a full sprint. 5mins cool down.	Rest HR		Motivation
Points	11	Why: This is the "near best steady state" pace that Arthur Lydiard had his runners do to maximise their endurance development.	Orthostatic HR		Weather
		Actual			

Fri 4-Sep Micro Rest Commitments:

Priority		What:	Weight		Injury
Code		How:	Rest HR		Motivation
Points		Why: Complete recovery	Orthostatic HR		Weather
		Actual			

Sat 5-Sep Micro Hard Commitments:

Priority	P1_Q1	What: Intervals: 5 x 3mins, 2mins recovery jog	Weight		Injury
Code	C4I	How: 5mins warm up. Run at Billat Pace for duration of interval, then jog for duration of recovery. 5mins cool down.	Rest HR		Motivation
Points	14	Why: Improve strength endurance through stressing your vO2-max.	Orthostatic HR		Weather
		Actual			

Sun 6-Sep Micro Long Commitments:

Priority	M	What: Easy Run: 120mins include hills	Weight		Injury
Code	A1E	How: Run at a comfortable pace. You should feel as though you can hold a conversation while you're running. Note that this should be faster than jogging.	Rest HR		Motivation
Points	28	Why: Build endurance.	Orthostatic HR		Weather
		Actual			

Week Total

Time	
Distance	
Points	

Period Total

Time	
Distance	
Points	

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MACRO	SPEED1_TQ		Priority	Points	Ratio	Focus
MESO	Hard	Aer-con	M	44	56%	
VDOT		Anaer-con	PI_Q2	21	27%	
VDOT POINTS	79	Aer-cap	PI_Q1	14	17%	
WEEKS TO TARGET	7	Anaer-cap	N/A	0	0%	

Mon 7-Sep		Micro Rest	Commitments:			
Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why: Complete recovery	Orthostatic HR		Weather	
		Actual				

Tue 8-Sep		Micro Hard	Commitments:			
Priority	PI_Q2	What: Tempo Cruise Intervals: 2 x 14mins, 1min jog recovery between intervals.	Weight		Injury	
Code	B3T	How: 8mins warm up. Run at 80% Billat Pace for the duration of the cruise intervals. 5mins cool down.	Rest HR		Motivation	
Points	21	Why: Improve your stamina through raising your lactic threshold	Orthostatic HR		Weather	
		Actual				

Wed 9-Sep		Micro Easy	Commitments:			
Priority	M	What: Jog 30mins	Weight		Injury	
Code	A2AR	How: Easy jogging	Rest HR		Motivation	
Points	3	Why: Speed up recovery, add an extra day of running	Orthostatic HR		Weather	
		Actual				

Thu 10-Sep		Micro Hard	Commitments:			
Priority	PI	What: Brisk running: 30mins + 8 x 80m stride outs at the end	Weight		Injury	
Code	A2SBT	How: 5mins warm up. Run at a comfortably fast pace. You should feel that you could hold a conversation but you'd breath quite hard in between sentences. Stride outs are are short bursts of speed running just shy of a full sprint. 5mins cool down.	Rest HR		Motivation	
Points	11	Why: This is the "near best steady state" pace that Arthur Lydiard had his runners do to maximise their endurance development.	Orthostatic HR		Weather	
		Actual				

Fri 11-Sep		Micro Rest	Commitments:			
Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why: Complete recovery	Orthostatic HR		Weather	
		Actual				

Sat 12-Sep		Micro Hard	Commitments:			
Priority	PI_Q1	What: Intervals: 5 x 3mins, 2mins recovery jog	Weight		Injury	
Code	C4I	How: 5mins warm up. Run at Billat Pace for duration of interval, then jog for duration of recovery. 5mins cool down.	Rest HR		Motivation	
Points	14	Why: Improve strength endurance through stressing your vO2-max.	Orthostatic HR		Weather	
		Actual				

Sun 13-Sep		Micro Long	Commitments:			
Priority	M	What: Easy Run: 120mins include hills	Weight		Injury	
Code	A1E	How: Run at a comfortable pace. You should feel as though you can hold a conversation while you're running. Note that this should be faster than jogging.	Rest HR		Motivation	
Points	28	Why: Build endurance.	Orthostatic HR		Weather	
		Actual				

Week Total

Time	
Distance	
Points	

Period Total

Time	
Distance	
Points	

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MACRO	SPEED1_TQ		Priority	Points	Ratio	Focus
MESO	Easy	Aer-con	M	44	89%	
VDOT		Anaer-con	P1_Q2	0	0%	
VDOT POINTS	49	Aer-cap	P1_Q1	5	11%	
WEEKS TO TARGET	6	Anaer-cap	N/A	0	0%	

Mon 14-Sep Micro Rest Commitments:

Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why: Complete recovery	Orthostatic HR		Weather	
		Actual				

Tue 15-Sep Micro Hard Commitments:

Priority	P1_Q2	What: Test:Billat Pace	Weight		Injury	
Code	C4I	How: 10mins Warm up. Run the top pace you can hold for 6mins on a track or measured course. Using the distance you covered in 6mins calculate your pace in kilometers per hour - that will be your "Billat Pace" for the next 6 weeks. You will use that pace for intervals and 80% of that pace for tempo workouts. 10mins cool down	Rest HR		Motivation	
Points	5	Why: Establish training paces for your quality workouts.	Orthostatic HR		Weather	
		Actual				

Wed 16-Sep Micro Easy Commitments:

Priority	M	What: Jog 30mins	Weight		Injury	
Code	A2AR	How: Easy jogging	Rest HR		Motivation	
Points	3	Why: Speed up recovery, add an extra day of running	Orthostatic HR		Weather	
		Actual				

Thu 17-Sep Micro Hard Commitments:

Priority	P1	What: Brisk running: 20mins + 8 x 80m stride outs at the end	Weight		Injury	
Code	A2SBT	How: 5mins warm up. Run at a comfortably fast pace. You should feel that you could hold a conversation but you'd breath quite hard in between sentences. Stride outs are short bursts of speed running just shy of a full sprint. 5mins cool down.	Rest HR		Motivation	
Points	7	Why: This is the "near best steady state" pace that Arthur Lydiard had his runners do to maximise their endurance development.	Orthostatic HR		Weather	
		Actual				

Fri 18-Sep Micro Rest Commitments:

Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why: Complete recovery	Orthostatic HR		Weather	
		Actual				

Sat 19-Sep Micro Long Commitments:

Priority	M	What: Arthur Lydird's Half	Weight		Injury	
Code	A1E	How: Cruise around the course at a steady comfortable pace, enjoy surging when you feel strong	Rest HR		Motivation	
Points	28	Why: Learn to go with the flow in a race	Orthostatic HR		Weather	
		Actual				

Sun 20-Sep Micro Easy Commitments:

Priority	M	What: Jog: 30mins	Weight		Injury	
Code	A2AR	How: Jog at as easy pace	Rest HR		Motivation	
Points	3	Why: Recovery	Orthostatic HR		Weather	
		Actual				

Week Total

Time	
Distance	
Points	

Period Total

Time	
Distance	
Points	

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MACRO	SPEED2_FQ		Priority	Points	Ratio	Focus
MESO	Hard	Aer-con	M	55	57%	
VDOT		Anaer-con	PI_Q1	23	24%	
VDOT POINTS	96	Aer-cap	PI_Q2	18	19%	
WEEKS TO TARGET	5	Anaer-cap	N/A	0	0%	

Mon 21-Sep Micro Rest Commitments:

Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why: Complete recovery	Orthostatic HR		Weather	
		Actual				

Tue 22-Sep Micro Hard Commitments:

Priority	PI_Q1	What: Tempo Cruise Intervals: 2 x 15mins, 1min jog recovery between intervals.	Weight		Injury	
Code	B3T	How: 8mins warm up. Run at 80% Billat Pace for the duration of the cruise intervals. 5mins cool down.	Rest HR		Motivation	
Points	23	Why: Improve your stamina through raising your lactic threshold	Orthostatic HR		Weather	
		Actual				

Wed 23-Sep Micro Moderate Commitments:

Priority	M	What: Easy run 60mins	Weight		Injury	
Code	A1E	How: Easy running. This should be faster than a jog but you should still feel as though you could maintain a conversation while running	Rest HR		Motivation	
Points	14	Why: Build endurance	Orthostatic HR		Weather	
		Actual				

Thu 24-Sep Micro Hard Commitments:

Priority	M	What: Brisk running: 30mins + 8 x 80m stride outs at the end	Weight		Injury	
Code	A2SBT	How: 5mins warm up. Run at a comfortably fast pace. You should feel that you could hold a conversation but you'd breath quite hard in between sentences. Stride outs are are short bursts of speed running just shy of a full sprint. 5mins cool down.	Rest HR		Motivation	
Points	11	Why: This is the "near best steady state" pace that Arthur Lydiard had his runners do to maximise their endurance development.	Orthostatic HR		Weather	
		Actual				

Fri 25-Sep Micro Rest Commitments:

Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why: Complete recovery	Orthostatic HR		Weather	
		Actual				

Sat 26-Sep Micro Hard Commitments:

Priority	PI_Q2	What: Intervals: 5 x 4mins, 2mins recovery jog	Weight		Injury	
Code	C4I	How: 5mins warm up. Run at Billat Pace for duration of interval, then jog for duration of recovery. 5mins cool down.	Rest HR		Motivation	
Points	18	Why: Improve strength endurance through stressing your vO2-max.	Orthostatic HR		Weather	
		Actual				

Sun 27-Sep Micro Long Commitments:

Priority	M	What: Easy Run: 120mins include hills	Weight		Injury	
Code	A1E	How: Run at a comfortable pace. You should feel as though you can hold a conversation while you're running. Note that this should be faster than jogging.	Rest HR		Motivation	
Points	28	Why: Build endurance.	Orthostatic HR		Weather	
		Actual				

Week Total

Time	
Distance	
Points	

Period Total

Time	
Distance	
Points	

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MACRO	SPEED2_FQ		Priority	Points	Ratio	Focus
MESO	Hard	Aer-con	M	55	57%	
VDOT		Anaer-con	PI_Q1	23	24%	
VDOT POINTS	96	Aer-cap	PI_Q2	18	19%	
WEEKS TO TARGET	4	Anaer-cap	N/A	0	0%	

Mon 28-Sep		Micro Rest	Commitments:			
Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why: Complete recovery	Orthostatic HR		Weather	
		Actual				

Tue 29-Sep		Micro Hard	Commitments:			
Priority	PI_Q1	What: Tempo Cruise Intervals: 2 x 15mins, 1min jog recovery between intervals.	Weight		Injury	
Code	B3T	How: 8mins warm up. Run at 80% Billat Pace for the duration of the cruise intervals. 5mins cool down.	Rest HR		Motivation	
Points	23	Why: Improve your stamina through raising your lactic threshold	Orthostatic HR		Weather	
		Actual				

Wed 30-Sep		Micro Moderate	Commitments:			
Priority	M	What: Easy run 60mins	Weight		Injury	
Code	A1E	How: Easy running. This should be faster than a jog but you should still feel as though you could maintain a conversation while running	Rest HR		Motivation	
Points	14	Why: Build endurance	Orthostatic HR		Weather	
		Actual				

Thu 1-Oct		Micro Hard	Commitments:			
Priority	M	What: Brisk running: 30mins + 8 x 80m stride outs at the end	Weight		Injury	
Code	A2SBT	How: 5mins warm up. Run at a comfortably fast pace. You should feel that you could hold a conversation but you'd breath quite hard in between sentences. Stride outs are short bursts of speed running just shy of a full sprint. 5mins cool down.	Rest HR		Motivation	
Points	11	Why: This is the "near best steady state" pace that Arthur Lydiard had his runners do to maximise their endurance development.	Orthostatic HR		Weather	
		Actual				

Fri 2-Oct		Micro Rest	Commitments:			
Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why: Complete recovery	Orthostatic HR		Weather	
		Actual				

Sat 3-Oct		Micro Hard	Commitments:			
Priority	PI_Q2	What: Intervals: 5 x 4mins, 2mins recovery jog	Weight		Injury	
Code	C4I	How: 5mins warm up. Run at Billat Pace for duration of interval, then jog for duration of recovery. 5mins cool down.	Rest HR		Motivation	
Points	18	Why: Improve strength endurance through stressing your vO2-max.	Orthostatic HR		Weather	
		Actual				

Sun 4-Oct		Micro Long	Commitments:			
Priority	M	What: Easy Run: 120mins include hills	Weight		Injury	
Code	A1E	How: Run at a comfortable pace. You should feel as though you can hold a conversation while you're running. Note that this should be faster than jogging.	Rest HR		Motivation	
Points	28	Why: Build endurance.	Orthostatic HR		Weather	
		Actual				

Week Total		Period Total	
Time		Time	
Distance		Distance	
Points		Points	

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MACRO	SPEED2_FQ		Priority	Points	Ratio	Focus
MESO	Easy	Aer-con	M	38	66%	
VDOT		Anaer-con	PI_Q1	11	20%	
VDOT POINTS	57	Aer-cap	PI_Q2	8	14%	
WEEKS TO TARGET	3	Anaer-cap	N/A	0	0%	

Mon 5-Oct Micro Rest Commitments:

Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why: Complete recovery	Orthostatic HR		Weather	
		Actual				

Tue 6-Oct Micro Hard Commitments:

Priority	PI_Q1	What: Tempo Cruise Intervals: 1 x 15mins.	Weight		Injury	
Code	B3T	How: 10mins warm up. Run at 80% Billat Pace for the duration of the cruise intervals. Easy running for remainder of 40mins cool down.	Rest HR		Motivation	
Points	11	Why: Improve your stamina through raising your lactic threshold	Orthostatic HR		Weather	
		Actual				

Wed 7-Oct Micro Moderate Commitments:

Priority	M	What: Jog 30mins	Weight		Injury	
Code	A1E	How: Easy jogging	Rest HR		Motivation	
Points	3	Why: Speed up recovery, add an extra day of running	Orthostatic HR		Weather	
		Actual				

Thu 8-Oct Micro Hard Commitments:

Priority	M	What: Brisk running: 20mins + 8 x 80m stride outs at the end	Weight		Injury	
Code	A2SBT	How: 5mins warm up. Run at a comfortably fast pace. You should feel that you could hold a conversation but you'd breath quite hard in between sentences. Stride outs are are short bursts of speed running just shy of a full sprint. 5mins cool down.	Rest HR		Motivation	
Points	7	Why: This is the "near best steady state" pace that Arthur Lydiard had his runners do to maximise their endurance development.	Orthostatic HR		Weather	
		Actual				

Fri 9-Oct Micro Rest Commitments:

Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why: Complete recovery	Orthostatic HR		Weather	
		Actual				

Sat 10-Oct Micro Hard Commitments:

Priority	PI_Q2	What: Intervals: 3 x 3mins, 3mins recovery jog	Weight		Injury	
Code	C4I	How: 5mins warm up. Run at Billat Pace for duration of interval, then jog for duration of recovery. 5mins cool down.	Rest HR		Motivation	
Points	8	Why: Improve strength endurance through stressing your vO2-max.	Orthostatic HR		Weather	
		Actual				

Sun 11-Oct Micro Long Commitments:

Priority	M	What: Easy Run: 120mins include hills	Weight		Injury	
Code	A1E	How: Run at a comfortable pace. You should feel as though you can hold a conversation while you're running. Note that this should be faster than jogging.	Rest HR		Motivation	
Points	28	Why: Build endurance.	Orthostatic HR		Weather	
		Actual				

Week Total

Time	
Distance	
Points	

Period Total

Time	
Distance	
Points	

When you train you reinforce your values as an athlete as much as you physically condition your body that means each session needs to have clarity of purpose and be executed with conviction.

MACRO	SPEED2_FQ		Priority	Points	Ratio	Focus
MESO	Hard	Aer-con	M	62	69%	
VDOT		Anaer-con	P1_Q1	27	31%	
VDOT POINTS	89	Aer-cap	P1_Q2	0	0%	
WEEKS TO TARGET	2	Anaer-cap	N/A	0	0%	

Mon 12-Oct Micro Rest Commitments:

Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why: Complete recovery	Orthostatic HR		Weather	
		Actual				

Tue 13-Oct Micro Hard Commitments:

Priority	P1_Q1	What: Tempo Cruise Intervals: 3x12mins, 1min jog recovery between intervals.	Weight		Injury	
Code	B3T	How: 8mins warm up. Run at 80% Billat Pace for the duration of the cruise intervals. 5mins cool down.	Rest HR		Motivation	
Points	27	Why: Improve your stamina through raising your lactic threshold	Orthostatic HR		Weather	
		Actual				

Wed 14-Oct Micro Moderate Commitments:

Priority	M	What: Easy run 60mins	Weight		Injury	
Code	A1E	How: Easy running. This should be faster than a jog but you should still feel as though you could maintain a conversation while running	Rest HR		Motivation	
Points	14	Why: Build endurance	Orthostatic HR		Weather	
		Actual				

Thu 15-Oct Micro Hard Commitments:

Priority	M	What: Brisk running: 30mins + 8 x 80m stride outs at the end	Weight		Injury	
Code	A2SBT	How: 5mins warm up. Run at a comfortably fast pace. You should feel that you could hold a conversation but you'd breath quite hard in between sentences. Stride outs are are short bursts of speed running just shy of a full sprint. 5mins cool down.	Rest HR		Motivation	
Points	11	Why: This is the "near best steady state" pace that Arthur Lydiard had his runners do to maximise their endurance development.	Orthostatic HR		Weather	
		Actual				

Fri 16-Oct Micro Rest Commitments:

Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why: Complete recovery	Orthostatic HR		Weather	
		Actual				

Sat 17-Oct Micro Easy Commitments:

Priority	M	What: Jog 30mins	Weight		Injury	
Code	A2AR	How: Easy jog	Rest HR		Motivation	
Points	3	Why: Speed up recovery and freshen up fr Sir Barry Curtis	Orthostatic HR		Weather	
		Actual				

Sun 18-Oct Micro (B) Race Commitments:

Priority	P1	What: Sir Barry Curtis 5km or 10km	Weight		Injury	
Code	A2SBT	How: Run at 80% Billat pace	Rest HR		Motivation	
Points	34	Why: Use this as a test to establish the pace you want to run in the Auckland Half	Orthostatic HR		Weather	
		Actual				

Week Total		Period Total	
Time		Time	
Distance		Distance	
Points		Points	

When you train you reinforce your values as an athlete as much as you physically condition your body that means each session needs to have clarity of purpose and be executed with conviction.

MACRO	SPEED2_FQ		Priority	Points	Ratio	Focus
MESO	Hard	Aer-con	M	52	51%	
VDOT		Anaer-con	PI_Q1	27	27%	
VDOT POINTS	101	Aer-cap	PI_Q2	22	21%	
WEEKS TO TARGET	1	Anaer-cap	N/A	0	0%	

Mon 19-Oct Micro Rest Commitments:

Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why: Complete recovery	Orthostatic HR		Weather	
		Actual				

Tue 20-Oct Micro Hard Commitments:

Priority	PI_Q1	What: Tempo Cruise Intervals: 3x12mins, 1min jog recovery between intervals.	Weight		Injury	
Code	B3T	How: 8mins warm up. Run at 80% Billat Pace for the duration of the cruise intervals. 5mins cool down.	Rest HR		Motivation	
Points	27	Why: Improve your stamina through raising your lactic threshold	Orthostatic HR		Weather	
		Actual				

Wed 21-Oct Micro Moderate Commitments:

Priority	M	What: Easy run 60mins	Weight		Injury	
Code	A1E	How: Easy running. This should be faster than a jog but you should still feel as though you could maintain a conversation while running	Rest HR		Motivation	
Points	14	Why: Build endurance	Orthostatic HR		Weather	
		Actual				

Thu 22-Oct Micro Hard Commitments:

Priority	M	What: Brisk running: 30mins + 8 x 80m stride outs at the end	Weight		Injury	
Code	A2SBT	How: 5mins warm up. Run at a comfortably fast pace. You should feel that you could hold a conversation but you'd breath quite hard in between sentences. Stride outs are are short bursts of speed running just shy of a full sprint. 5mins cool down.	Rest HR		Motivation	
Points	11	Why: This is the "near best steady state" pace that Arthur Lydiard had his runners do to maximise their endurance development.	Orthostatic HR		Weather	
		Actual				

Fri 23-Oct Micro Rest Commitments:

Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why: Complete recovery	Orthostatic HR		Weather	
		Actual				

Sat 24-Oct Micro Hard Commitments:

Priority	PI_Q2	What: Intervals: 6x 4mins, 2mins recovery jog	Weight		Injury	
Code	C4I	How: 5mins warm up. Run at Billat Pace for duration of interval, then jog for duration of recovery. 5mins cool down.	Rest HR		Motivation	
Points	22	Why: Improve strength endurance through stressing your vO2-max.	Orthostatic HR		Weather	
		Actual				

Sun 25-Oct Micro Long Commitments:

Priority	M	What: Easy Run: 120mins include hills	Weight		Injury	
Code	A1E	How: Run at a comfortable pace. You should feel as though you can hold a conversation while you're running. Note that this should be faster than jogging.	Rest HR		Motivation	
Points	28	Why: Build endurance.	Orthostatic HR		Weather	
		Actual				

Week Total		Period Total	
Time		Time	
Distance		Distance	
Points		Points	

When you train you reinforce your values as an athlete as much as you physically condition your body that means each session needs to have clarity of purpose and be executed with conviction.

MACRO	SPEED2_FQ		Priority	Points	Ratio	Focus
MESO	Taper	Aer-con	M	35	65%	
VDOT		Anaer-con	P1_Q1	18	35%	
VDOT POINTS	53	Aer-cap	P1_Q2	0	0%	
WEEKS TO TARGET	0	Anaer-cap	N/A	0	0%	

Mon 26-Oct		Micro Rest	Commitments:			
Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why: Complete recovery	Orthostatic HR		Weather	
		Actual				

Tue 27-Oct		Micro Hard	Commitments:			
Priority	P2_Q1	What: Tempo Cruise Intervals: 3 x 8mins, 1min jog recovery between intervals.	Weight		Injury	
Code	B3T	How: 10mins warm up. Run at 80% Billat Pace for the duration of the cruise intervals. 5mins cool down.	Rest HR		Motivation	
Points	18	Why: In a taper you still need to do some hard runs but you do a much smaller volume of running	Orthostatic HR		Weather	
		Actual				

Wed 28-Oct		Micro Rest	Commitments:			
Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why: Complete recovery	Orthostatic HR		Weather	
		Actual				

Thu 29-Oct		Micro Easy	Commitments:			
Priority	M	What: Jog: 30mins	Weight		Injury	
Code	A2AR	How: easy jog	Rest HR		Motivation	
Points	3	Why: recovery	Orthostatic HR		Weather	
		Actual				

Fri 30-Oct		Micro Rest	Commitments:			
Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why: Complete recovery	Orthostatic HR		Weather	
		Actual				

Sat 31-Oct		Micro Rest	Commitments:			
Priority		What:	Weight		Injury	
Code		How:	Rest HR		Motivation	
Points		Why:	Orthostatic HR		Weather	
		Actual				

Sun 1-Nov		Micro (A) Race	Commitments:			
Priority	P1	What: Auckland Half Marathon	Weight		Injury	
Code	A1E	How: Having established your VDOT in the Sir Barry Curtis, run this race at the targetpace - if you're able to accelerate in the last 5km, you can improve you time over the final Ks - don't try to get your PB by taking the first Ks fast	Rest HR		Motivation	
Points	32	Why: Because it's fun!	Orthostatic HR		Weather	
		Actual				

Week Total

Time	
Distance	
Points	

Period Total

Time	
Distance	
Points	