

## **B2V Training Program**

### *Orange County DA*

The following is a basic and easy to follow 14 week training program you can use to prepare for the upcoming B2V race. The program comes from Jeff Galloway's book "*Galloway's Book on Running*". This particular training program is setup to prepare the runner for a 44 minute 10K, which works out to a 7:10 per mile pace. That might be too fast for some of you or not fast enough for others. So, I have included some information so you can make adjustments to the speed work and easy run pace to match your goal times. It's important to set a realistic goal pace otherwise you run the risk of injuring yourself. Under this program it's important to stay on schedule with the speed work and long runs as they are the core components that build you up to be able to run your goal pace for the race. The long runs improve endurance and your cardiovascular capabilities while allowing your body to adjust to dealing with the lactic acid build up in your muscles. The speed work is what puts stress on the body and pushes it to get stronger. It also helps improve your endurance and lung capacity.

Under the program you will be running three days week. Each week there is a short easy run, speed work, and finally a long run. If you want, you can include some additional low or no impact cross training like weights, swimming, or rowing on the off days. It is important to have some off days to allow your legs to recover, especially after the speed work and long runs. If you want to run four times a week, make it another short easy run. If you have to miss a workout try to stay with the running schedule and skip the cross training workout.

Below is the 14 week program, which has been designed with a 44 minute 10k goal in mind. There is very little difference in the duration of the easy runs, the number of 400-meter laps in the speed work, and the distance of the long runs in versions of the program designed for faster or slower goal times. The big difference between the programs is the pace at which you train. So, I am including a simplified chart you can use to determine the appropriate training pace for your particular goal time. You should follow the training schedule as listed and adjust your training pace to match your desired goal time.

The easy runs can be done anywhere and should be done at a pace that is 2-2 ½ minutes slower than your goal pace. So, if your goal is to run 8-minute miles during the race, you should be doing your short easy runs at a 10:00-10:30 pace. Your speed work should be done at your 5k race pace, which is typically 20-30 seconds faster than your 10k race pace. If your goal is to run 8-minute miles, then your speed work pace would be done at a 7:30 pace. That means you will need to run each 400-meter lap in 1:52. Your weekly long runs should be done at a pace that is 2½ - 3 minutes slower than your goal pace. If your goal is to run 8-minute miles, then your long run would be done at a 10:30-11:00 pace. An important fact to remember is to maintain your pace during the runs. If on the long run you feel you can't keep up the prescribed pace, WALK! Walk for a minute, then resume running at the prescribed pace. It is better and healthier to walk for a minute than push yourself and get injured. On your long runs start out running for 5 minutes and walking for 1 minute so you can keep up the prescribed pace. You should take as many walking breaks as you need to complete the distance at the prescribed pace. As you improve you can start to stretch the running to 8 minutes before walking for 1 minute. In no time, you will be able to run the entire distance without walking.

The speed work should be done on a track as that environment offers you a precise distance to run and recover. Santa Ana College has a track that is open to the public. It is approximately 1 mile away from the 401 building and running to and from it is a perfect warmup and cool down. If you can't get to a track, find a flat street near your home and measure off a quarter mile (400 meters). Then use that as your speed work area, running the quarter mile at the prescribed speed work pace and walking back to the starting point. You can use your phone as a stop watch or a cheap digital stop watch can be purchased for about \$10.00.

**TIP:** You can use Google Maps to measure the distance on a street. Right Click on the map. Select "Measure Distance" A dot will appear, move the dot to your starting point and then left click a short distance down the street and a scale will appear. You can left click and hold on one of the dots to move it. You can then adjust the line to the desired distance of 1320 feet, which is 400 meters.

Another option is to do quarter mile repeats using a running app for your phone like Run Keeper or Map My Run. Take the number of 400-meter laps you are scheduled to do that day and double it to determine how far your total run needs to be. Add in a half mile warm up and a half mile cool down. If for example, you are scheduled to do ten 400-meter laps that would equal to 2.5 miles plus a mile for the warm up and cool down, making it a total run of 3.5 miles. Use the running app to alert you at quarter mile intervals. After running the half mile warm up run the next quarter mile at the prescribed speed work pace, then walk the next quarter mile. Repeat this cycle until you have run all 10 quarter miles at the prescribed speed work pace and walked 10 quarter miles, then run the cool down at an easy pace.

## 14 Week Training Program

Week #	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Off	25 min run	Off	Speed day 6x400	Off	Off	4.0 miles
2	Off	27 min run	Off	Speed day 8x400	Off	Off	4.5 miles
3	Off	29 min run	Off	Speed day 9x400	Off	Off	5.5 miles
4	Off	31 min run	Off	Speed day 10x400	Off	Off	6.0 miles
5	Off	30-33 min run	Off	Speed day 11x400	Off	Off	6.5 miles
6	Off	30-35 min run	Off	Speed day 12x400	Off	Off	7.5 miles
7	Off	30-36 min run	Off	Speed day 13x400	Off	Off	8.0 miles
8	Off	30-36 min run	Off	Speed day 14x400	Off	Off	8.5 miles
9	Off	30-38 min run	Off	Speed day 16x400	Off	Off	9.0 miles
10	Off	30-38 min run	Off	Speed day 17x400	Off	Off	5K Race* or 9.0 miles
11	Off	30-40 min run	Off	Speed day 18x400	Off	Off	10 miles
12	Off	20 min run	Off	Speed day 8x400	Off	Off	10k Race* or 10 miles
13	Off	30 min run	Off	30 min easy run	Off	Off	3-6 miles
14	Off	30-39 min run	Off	30 min easy run	Off	Off	5-8 Miles

\*run a practice 5k & 10k race to rehearse running at your goal pace.

If you want to spice up your training, you can do a cross training workout on one or two of your off days.

Below is the Pace Chart you can use to determine your training pace for the easy runs, speed work, and long runs.

### Pace Chart

Goal Race Pace	Easy Run Pace	Speed Work Pace	Long Run Pace
6:00	8:00-8:30	1:22 per lap	8:30-9:00
6:30	8:30-9:00	1:30 per lap	9:00-9:30
7:00	9:00-9:30	1:37 per lap	9:30-10:00
7:30	9:30-10:00	1:45 per lap	10:00-10:30
8:00	10:00-10:30	1:52 per lap	10:30-11:00
8:30	10:30-11:00	2:00 per lap	11:00-11:30
9:00	11:00-11:30	2:07 per lap	11:30-12:00
9:30	11:30-12:00	2:15 per lap	12:00-12:30