

ANNAPOLIS STRIDERS 2017 SPRING 10K TRAINING PLAN

Monday Date	Wk	Mon	Actual	Tue	Actual	Wed	Actual	Thu	Actual	Fri	Actual	Saturday Date	Sat	Actual	Sun	Actual	Comment	Wk ToT	MonToT
10-Apr-17	1			2 to 3	0.00	CT/RD	0.00	2 to 3	0.00	CT/RD	0.00	15-Apr-17	3	0.00	0 to 2	0.00		0.00	
17-Apr-17	2	CT/RD	0.00	2 to 3	0.00	CT/RD	0.00	2 to 3	0.00	CT/RD	0.00	22-Apr-17	3.5	0.00	0 to 2	0.00		0.00	0.00
24-Apr-17	3	CT/RD	0.00	2 to 3	0.00	CT/RD	0.00	2 to 3	0.00	CT/RD	0.00	29-Apr-17	4	0.00	0 to 2	0.00		0.00	0.00
1-May-17	4	CT/RD	0.00	3 to 4	0.00	CT/RD	0.00	3 to 4	0.00	CT/RD	0.00	6-May-17	4	0.00	1 to 3	0.00		0.00	0.00
8-May-17	5	CT/RD	0.00	3 to 4	0.00	CT/RD	0.00	3 to 4	0.00	CT/RD	0.00	13-May-17	4.5	0.00	1 to 3	0.00		0.00	0.00
15-May-17	6	CT/RD	0.00	3 to 4	0.00	CT/RD	0.00	3 to 4	0.00	CT/RD	0.00	20-May-17	5.0	0.00	1 to 3	0.00		0.00	0.00
22-May-17	7	CT/RD	0.00	3 to 4	0.00	CT/RD	0.00	3 to 4	0.00	CT/RD	0.00	27-May-17	5	0.00	2 to 4	0.00		0.00	0.00
29-May-17	8	CT/RD	0.00	3 to 4	0.00	CT/RD	0.00	4 to 5	0.00	CT/RD	0.00	3-Jun-17	5 to 6	0.00	2 to 4	0.00		0.00	0.00
5-Jun-17	9	CT/RD	0.00	3 to 4	0.00	CT/RD	0.00	4 to 5	0.00	CT/RD	0.00	10-Jun-17	6.2	0.00	2 to 4	0.00		0.00	0.00
12-Jun-17	10	CT/RD	0.00	4	0.00	CT/RD	0.00	3	0.00	RD	0.00	17-Jun-17	RD	0.00	6.2	0.00	Dawson's Fathers Day 10K Sunday June 18, 2017	0.00	0.00

RD	Rest Day	Heart Rate Training Zone 0 - 1		Rest or Recovery. A Recovery Run is a brisk walk or just breaking into a run, less than 45 minutes
CT/RD	Cross Train or Rest Day	Heart Rate Training Zone 1 - 2		A workout to develop strength and flexibility in muscles not used in running, Yoga, Weights, Resistance Bands, Swimming, etc.
CP	Conversation Pace	Heart Rate Training Zone 3	Aerobic Heart Rate Zone	You can speak in complete, not choppy sentences...no gasping for air. Target Heart Rate. Most effective for overall cardiovascular fitness.
TR	Tempo Run	Heart Rate Training Zone 4	Anaerobic Heart Rate Zone	Comfortably hard. A pace you can sustain, but you're pushing. Lactate Threshold. You're producing lactic acid faster than you can remove it.
FL	Fartlek	Heart Rate Training Zone 3 + 4 or 5	Aerobic plus Anaerobic or VO2 Max	Speed Play: Sprint between every 4th-5th Telephone pole, or Zone 3 for 6-7 minutes, Zone 4 or 5 for 1...repeat (Zone 5 only if you are very fit)

Saturday Training Locations:

On Saturdays we will take "field trips" to introduce you to a variety of running locations beyond the B&A Trail, our bread and butter training venue. We will try to solidify the Saturday schedule before the season kicks off; however, we will confirm each week on the Spring 10K Facebook Page as to when and where each Saturday run will occur. Some of the locations we're considering are as follows:

Kinder Farm Park	1001 Kinder Farm Park Rd, Millersville, MD 21108
B&A Trail behind Naval Base at Arnold Station	1460 Ritchie Hwy #112, Arnold, MD 21012
Bates Middle School	1 Carraway Ln, Annapolis, MD 21401 Parking Lot for Bates Middle School (701 Chase St, Annapolis, MD 21401)
Annapolis City Dock	Dock St, Annapolis, MD 21401
World War II Memorial	1820 Governor Ritchie Hwy, Annapolis, MD 21409
BWI Trail - T. A. Dixon Jr. Observation Area	1911 Dosey Rd, Glen Burnie, MD 21061
BWI Trail - Lindale Middle School	415 Andover Rd, Linthicum Heights, MD 21090
Quiet Waters Park	600 Quiet Waters Park Rd, Annapolis, MD 21403 Parking in Grumps Parking Lot
B&A Trail - Marley Station Mall	Marley Station Mall Parking Lot behind Ruby Tuesday, 7900 Governor Ritchie Hwy, Glen Burnie, MD 21061
B&A Trail - Severna Park High School	60 Robinson Rd, Severna Park, MD 21146
Brigade Sports Complex to Greenbury Point	64 Greenbury Point Rd, Annapolis, MD 21402