

**ANNAPOLIS STRIDERS 2017 Fall 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
11-Sep-17	-2			2 to 3	0.00	CT/RD	0.00	2 to 3	0.00	CT/RD	0.00	16-Sep-17	3	0.00	0 to 2	0.00	OPTIONAL PREPARATION WEEK	0.00	
18-Sep-17	-1	CT/RD	0.00	2 to 3	0.00	CT/RD	0.00	2 to 3	0.00	CT/RD	0.00	23-Sep-17	3.5	0.00	0 to 2	0.00	OPTIONAL PREPARATION WEEK	0.00	0.00
25-Sep-17	1	CT/RD	0.00	2 to 3	0.00	CT/RD	0.00	2 to 3	0.00	CT/RD	0.00	30-Sep-17	4	0.00	0 to 2	0.00	Sunset 6:57 PM - Arnold Station behind Naval Bagel	0.00	
2-Oct-17	2	CT/RD	0.00	3 to 4	0.00	CT/RD	0.00	3 to 4	0.00	CT/RD	0.00	7-Oct-17	4	0.00	1 to 3	0.00	AACC Parking Lot B Solar Panels	0.00	
9-Oct-17	3	CT/RD	0.00	3 to 4	0.00	CT/RD	0.00	3 to 4	0.00	CT/RD	0.00	14-Oct-17	4.5	0.00	1 to 3	0.00	AACC Parking Lot B Solar Panels	0.00	0.00
16-Oct-17	4	CT/RD	0.00	3 to 4	0.00	CT/RD	0.00	3 to 4	0.00	CT/RD	0.00	21-Oct-17	5.0	0.00	1 to 3	0.00	AACC Parking Lot B Solar Panels	0.00	
23-Oct-17	5	CT/RD	0.00	3 to 4	0.00	CT/RD	0.00	3 to 4	0.00	CT/RD	0.00	28-Oct-17	5	0.00	2 to 4	0.00	AACC Parking Lot B Solar Panels	0.00	
30-Oct-17	6	CT/RD	0.00	3 to 4	0.00	CT/RD	0.00	4 to 5	0.00	CT/RD	0.00	4-Nov-17	5 to 6	0.00	2 to 4	0.00	AACC Parking Lot B Solar Panels	0.00	
6-Nov-17	7	CT/RD	0.00	3 to 4	0.00	CT/RD	0.00	4 to 5	0.00	CT/RD	0.00	11-Nov-17	6.2	0.00	2 to 4	0.00	AACC Parking Lot B Solar Panels	0.00	0.00
13-Nov-17	8	CT/RD	0.00	4	0.00	CT/RD	0.00	3	0.00	RD	0.00	18-Nov-17	RD	0.00	6.2	0.00	AACC Parking Lot B, Cold Turkey 10K Sunday Nov 19, 2017	0.00	
			37					38				37.2		33.2			Total Miles	0.00	

<b>RD</b>	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
<b>CT</b>	Cross Train	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.
<b>CP</b>	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.
<b>TR</b>	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.
<b>FL</b>	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 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 Anne Arundel Community College Campus, our bread and butter training venue. We will try to solidify the Saturday schedule a week before; 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:	
<u>Kinder Farm Park</u>	1001 Kinder Farm Park Rd, Millersville, MD 21108
<u>B&amp;A Trail behind Naval Bagel at Arnold Station</u>	1460 Ritchie Hwy #112, Arnold, MD 21012
<u>Bates Middle School</u>	1 Carraway Ln, Annapolis, MD 21401 Parking Lot for Bates Middle School (701 Chase St, Annapolis, MD 21401)
<u>Annapolis City Dock</u>	Dock St, Annapolis, MD 21401
<u>World War II Memorial</u>	1920 Governor Ritchie Hwy, Annapolis, MD 21409
<u>BWI Trail - T. A. Dixon Jr. Observation Area</u>	1911 Dossy Rd, Glen Burnie, MD 21061
<u>BWI Trail - Lindale Middle School</u>	415 Andover Rd, Linthicum Heights, MD 21090
<u>Quiet Waters Park</u>	600 Quiet Waters Park Rd, Annapolis, MD 21403 Parking in Grumps Parking Lot
<u>B&amp;A Trail - Marley Station Mall</u>	Marley Station Mall Parking Lot behind Ruby Tuesday, 7900 Governor Ritchie Hwy, Glen Burnie, MD 21061
<u>B&amp;A Trail - Severna Park High School</u>	60 Robinson Rd, Severna Park, MD 21146
<u>Brigade Sports Complex to Greenbury Point</u>	64 Greenbury Point Rd, Annapolis, MD 21402