

Extra Mile Spring Speed Program

Program Overview:

Goals and Purpose of Program: The Annapolis Striders' Extra Mile Spring Speed program is designed for experienced distance runners who want to improve their running, maintain and/or build their distance base and increase their speed. If your goal is to run a 70-minute 10-mile race or you just want to get your miles and speed up going into the Striders' marathon training program for fall races, this is the right program for you. The program will grow from your base and experience. If you are used to high mileage and hard workouts you will start from there, and if you need to build that base we will begin with that.

Prerequisites: To be eligible, you must be an Annapolis Striders member 18 years or older, be able to run seven miles and be running 20 miles a week or more, and have completed at least one 10K or longer road race. If you do not meet these prerequisites, but feel the program is appropriate for you, or if you have any other questions, please contact extramile@annapolisstriders.org.

Program Dates/Target Races:

Dates: April – June 2019

Target Races: You can run this program without any goal race in mind or as bridge to later summer and fall goal races. But some runners will likely target these popular spring and summer distance races:

5/5 Cherry Pit 10 mile

5/18 St. Michaels half

5/25 Chestertown 10 mile

6/1 Baltimore 10 mile

6/16 Dawson's Father's Day 10K

7/21 Rosaryville 10 mile

Program Staff:

Coaches: Lee Crumbaugh, Henry Schut

Manager: Elizabeth Nabors

Workouts/Pace Groups:

Three schedules will be used in the program:

"10 miles or shorter" for runners peaking at about 30 miles a week and focusing on 10 mile or shorter race distance. Long runs will be 7-12 miles.

"Half" for runners peaking at about 35 miles a week and focusing on half marathon race distance. Long runs will be 9 -14 miles.

"Full or longer" for runners peaking at about 40 miles a week and focusing on marathon and longer race distance. Long runs will be 11-16 miles.

13 week long run progression for the three groups:

Date	Up to 10 miles	Half	Full or longer
4/6	7	9	11
4/13	8	10	12
4/20	9	11	13
4/27	7	9	11
5/4	8	10	12
5/11	9	12	14
5/18	11	13	15
5/25	8	10	12
6/1	10	12	14
6/8	11	13	15
6/15	12	14	16
6/22	9	11	13
6/29	12	14	16

Pace Groups: For the weekly long run, pace groups of similar speed runners will be formed. For the track workouts, runners will be grouped by speed.

Workouts and Locations:

Saturday long run: 7:00 am at locations TBD. See long run progression for distances by date.

Sunday recovery run: 7:30 am from Grumps parking lot (across from Quiet Waters Park). Recommended recovery distances, based on weekly mileage goals, are 4 miles to 6.5 miles.

Tuesday track workout: 6:00 pm Maryland Hall parking lot for warm-up/6:30 pm on Bates Track. Distances will be posted each week on Monday evening in the Tuesday Night Track Workout (TNTW) Facebook group. They typically are 6-7 miles including 2-mile warmup before the on-track workout and a half-mile group cool down at the end of the workout.

Wednesday recovery run: Runner's choice as to location. One option is to run the ARS Wednesday Night Run at 7 pm, now leaving from Downtown Annapolis Starbucks. Recommended recovery distances, based on weekly mileage goals, are 3-6 miles.

Thursday tempo run: 6:00 pm Maryland Hall parking lot. Recommended distances, based on weekly mileage goals, are 4-7 miles, including a 1-mile warmup, 2-5 mile tempo paced segment, and a 1-mile cool down.