



Training Plan Guidelines

- The training plans are guidelines to help you determine what may be the best plan for you based on several factors.
- Injury status, current weekly mileage amount, time available to train & motivation level are all factors in designing your individual plan.
- If you already have a training plan that you are following that fits your needs and works for you, it is fine to continue with that.
- Please email me anytime if you want to adjust your plan or you need assistance selecting the best plan. (jfurey611@gmail.com)
- Training plans can always be adjusted throughout the season if you find it is not the right fit or you become injured.
- It is smart training to start conservatively, monitor how your body adjusts, and gradually increase the training volume.
- Staying injury-free is critical! Mileage increases should be very gradual. (10-15% increase per week is a safe number) It can be a little higher when your mileage is really low and a little lower when your mileage is very high.
- Aggressive increases in mileage, pace, or frequency should be avoided.
- Cardiovascular and muscular systems adapt to running much quicker than tendons, joints, and smaller muscles do. This is because of the impact nature of running, we need to progress very gradually.
- Non-impact cardio is an excellent way to boost cardiovascular fitness while building the run base, minimal joint load yet tremendous cardio and muscular benefit.

Any method of non-impact cardio (aka cross-training) will provide excellent cardio and muscular benefit. In no particular order of benefit:

- Bike: spin, air bike, Peloton, road bike - all good
- Elliptical
- Stepper
- Stepmill
- Zero Runner
- Swimming
- Deepwater or waist deep-running
- Rowing Ergometer
- Nordic skiing or Nordic ski machine

- Rollerblades
- Versa climber
- Rope climbing
- Battle ropes
- Boxing
- High-intensity strength classes

Here is a description of training program components and abbreviations you'll find throughout Furey262 training programs:

LR= long run. The most important piece of the program, done at an easy pace.

HI= hill intervals aka as hill "repeats" 1A to the long run as the second most important piece. Done at a pretty hard effort.

SP= steady pace runs- aka "maintenance" or "recovery" runs. Help to build mileage and running techniques. Should be done at moderate intensity, a little faster than long runs.

T= tempo run - an extended period of fairly hard running. Build tolerance, usually 15-30 minutes mixed into run. Should be done at a pretty hard intensity.

I= interval training - The best way to get faster. Usually done on a track or measured area of a "hard" effort. Hill intervals get you faster and hill ready.

XT= cardio cross-training - Non-impact cardio (see above list)

ST= strength training - Any method utilized to increase strength helps running tremendously by improving form and reducing injury.

Y= Yasso 800's - A method on interval training where you perform 800-meter intervals in a specific time based on your goal

RM= repeat miles - A form of interval training that is intense, run a hard mile, followed by an easy 3-4 min jog, and repeat.