



UMRT CHARLES PREP 2020 - SPECIFIC PREPARATION 2 PHASE



Specific Prep 2 - Guidelines

- the weekly Anaerobic Threshold workout shifts to the 2x4K plus 1x2K. I like this workout for a 5K or 6K test prep piece. Rate should be in the 24-28 spm range right now through this phase. Put 7' of rest between each piece. For the 2x4K do something like 2K@24 + 1500@26 + 500@28. You can shift these durations through the phase by tweaking rates up over time. Start slower and build. Pace the 4Ks about 2-3" off you 5K goal split. For the 2K, try and make that match your 5K goal. That will be challenging after doing two 4K pieces previous.
 - The Long Interval (LI) workout during this phase 4x5'. Rest: 7' between pieces. Structure the piece to work ratings up over the four weeks like I have done below. Ignore HR some on this workout and go for a faster split. The rates are a little higher on this workout than was 3x2500, so the split should be faster than those workouts (2-4" avg split).
- | 4x5' LI Rate Structures: | Rate / segment | Piece 1 | Piece 2 | Piece 3 | Piece 4 |
|--------------------------|----------------|------------------|------------------|-----------------------|-----------------------|
| Week 1: | 22-24-26-28 | 2'+2'+1' (22-26) | 1'+2'+2' (22-26) | 2'+2'+1' (24-28) | 1'+2'+2' (24-28) |
| Week 2: | 22-24-26-28 | 1'+2'+2' (22-26) | 2'+2'+1' (24-28) | 1'+2'+2' (24-28) | 1'+2'+1'+1' (24-Open) |
| Week 3: | 24-26-28 | 2'+2'+1' (24-28) | 1'+2'+2' (24-28) | 1'+2'+2' (24-28) | 1'+2'+1'+1' (24-Open) |
| Week 4: | 24-26-28-30 | 1'+2'+2' (24-28) | 2'+2'+1' (26-30) | 1'+2'+1'+1' (26-Open) | OPEN |
| Week 5: | TEST | TEST | | | |
- The SS minutes per week target right now is now 120'-200'. You can play with the amount. This is a minimal amount right now. Try and up it gradually over this 4 week phase. Note: This total includes the AT workout (36' total).
 - At the end of the phase is a 5K TEST with a rate range of 26-30 spm. Drop the Hammer!
The weekly LI is going to be responsible for pushing your threshold higher, and important to the 5K Test at the end of the phase.
 - figure out a methodology to place the amount of each workout based on how many workouts you can do that week.
For example, you are up to 120' of SS for the week and do four workouts. Doing 4 workouts at 30' a piece would get you there.
 - PLACEMENT OF LI & AT workouts. I put them on Monday and Friday. If you need to shift them around due to your personal schedule keep 2-3 days between them.
Recovery is an important part of training, and as you age that gap is important. Other possibilities: Mon-Thu, Tue-Fri, Sat-Tue, Sat-Wed, Sun-Wed, Sun-Thu

Training Notes

- Ideally you have equal spacing between the workouts. If you do 6 workouts a week then that isn't an issue, but if you are doing 3 or 4 try not to do say 3 workouts on consecutive days and then take four straight days off. 1 on, 1off, 1on, etc is preferable.
- I have set this up by how many workouts you can do per week (3,4,5,6). If you can do only 2 forget about being competitive and a contender for lineups.
- The schedule I have posted is a sample - feel free to shift days around to suit your schedule
- For steady state I leave it to you for rating structure. Keep your rates 15-21 strokes per minute in whatever structure you like.
- HEART RATE TRAINING. Whereas training by split guidance worked fine in college, as you age your Max HR declines. Take 220 and subtract your age and that is close to your current max. Keep your HR between 70% and 80% of that max during your steady state rows. Example: 40 years. Max = 180. SS HR range = 126-144 bpm.
As you get more fit your meters scored per workout should gradually improve. Keeping a log helps see the progress.
- We enter the heart of the training now. Intensity has been added and it will gradually build over the summer and the intensity will increase as well. You'll get there. Don't rush the process.
- Do a core circuit twice a week consisting of planks, crunches, reverse crunches, bridges, side planks, and mountain climbers. Stretch thoroughly as well.

3 WORKOUTS PER WEEK

	Dates	SUN	MON	TUE	WED	THU	FRI	SAT
WEEK 1:	02-08 Aug	OFF	2x4K+1x2K	OFF	3x25'SS w 2' rest	OFF	4x5' LI	OFF
WEEK 2:	09-15 Aug	OFF	2x4K+1x2K	OFF	3x25'SS w 2' rest	OFF	4x5' LI	OFF
WEEK 3:	16-22 Aug	OFF	2x4K+1x2K	OFF	3x25'SS w 2' rest	OFF	4x5' LI	OFF
WEEK 4:	23-29 Aug	OFF	2x4K+1x2K	OFF	3x25'SS w 2' rest	OFF	4x5' LI	OFF
WEEK 5:	30 Aug-05 Sep	OFF	4x15'SS w 1.5' rest	OFF	4x15'SS w 1.5' rest	OFF	5K TEST	OFF

4 WORKOUTS PER WEEK

	Dates	SUN	MON	TUE	WED	THU	FRI	SAT
WEEK 1:	02-08 Aug	OFF	2x4K+1x2K	OFF	3x25'SS w 2' rest	OFF	3x2500m LI	4x15'SS w 1.5' rest
WEEK 2:	09-15 Aug	OFF	2x4K+1x2K	OFF	3x25'SS w 2' rest	OFF	3x2500m LI	4x15'SS w 1.5' rest
WEEK 3:	16-22 Aug	OFF	2x4K+1x2K	OFF	3x25'SS w 2' rest	OFF	3x2500m LI	4x15'SS w 1.5' rest
WEEK 4:	23-29 Aug	OFF	2x4K+1x2K	OFF	3x25'SS w 2' rest	OFF	3x2500m LI TEST	4x15'SS w 1.5' rest
WEEK 5:	30 Aug-05 Sep	OFF	4x15'SS w 1.5' rest	OFF	4K+2K+5' rehearsal Goals: +3", @, @	OFF	4x15'SS w 1.5' rest	5K TEST

5&6 WORKOUTS PER WEEK

Tack on a few more steady state workouts where you like. You'll obviously do more volume that what I have here.