

Kor Runner**Workouts: 17/6/2024 - 6/10/2024****Monday, June 17, 2024**

Run**Recovery Day (Off, Cross-Train or Optional Run)****Planned:** Planned Pace: 6:22-6:54 min/km

Off or 30-45 minute Easy Run

Workout Purpose:

Recovery. On some days of each week, I'll provide recovery days and will give you the choice of what you do. Choose what you like but always remember that these recovery days are designed to help you rest up for the upcoming training.

Coach Notes:

Here's the plan: We're going to gradually yet steadily build the specific fitness you need to accomplish your goal. I'll have you run a variety of types of race-specific workouts and several goal pace workouts and I'll even have you do some of my tried and true race-prep fast finish long runs. The end result is that you'll be ready physically and mentally to tackle the race.

Prehab:

Your McMillan training plan doesn't just give you your run training but I'm also including my "Prehab" training - non-running training designed to build an injury-resistant body. A few days per week, I'll provide a link to the program I want you to do. I'll walk you through the routine and over time, I'll advance the challenge so you get stronger and stronger.

Note**Join McMillan Run Team**

Add McMillan coaching to your training plan! For less than a 5K cost, you get coaching access, nutrition plans and injury-proofing exercises, all in one easy-to-use app. Try it for free for 14 days! <https://www.mcmillanrunning.com/run-team-trial-2/> (<https://www.mcmillanrunning.com/run-team-trial-2/>)

Tuesday, June 18, 2024

Run**Easy Run****Planned:** 55:00 @ 6:22-6:54 min/km

50-65 minute Easy Run

Workout Purpose:

To build fitness safely, you can use your breathing as your guide to how fast you should be running. On easy runs, you should never get out of breath and should be able to carry on a conversation with a training partner. If you get out of your breath, then you are running too fast.

Coach Notes:

"Life" can often get in the way of your training but I encourage you to prioritize your workouts. Most of us find that if we get in our exercise, everything else in life is better so be disciplined to get in your workouts.

Prehab:

I want you to start your prehab training with the Strength in Stride program. This prehab program is designed to flow with your training plan. You'll start with a stability phase then move to the strength phase and finally to the power phase. You'll love how this program dovetails with your run training.

Perform the Strength in Stride Phase 1 - Stability Program A routine. <https://log.finalsurge.com/mcmillan/prehab/stabilitya> (<https://log.finalsurge.com/mcmillan/prehab/stabilitya>)

Wednesday, June 19, 2024

Run**Easy Run**

Planned: 1:00:00 @ 6:22-6:54 min/km

50-70 minute Easy Run

Workout Purpose:

Build endurance.

Coach Notes:

Preventing injury is a more efficient process than rehabing an injury. That's why I'm including my "prehab" routines in this program. Just follow them and you'll be on your way to a stronger, more supple runner's body.

Prehab:

The Strength in Stride program includes the 3 phases (Stability, Strength and Power) and each phase has two programs so I'll let you know whether to perform program A or B.

Thursday, June 20, 2024

Run**Progression Run**

Planned: 1:10:00 @ 6:22-6:54 min/km

60-75 minute Easy Run with the last 10 minutes at a faster pace

Workout Purpose:

Build endurance and stamina.

Coach Notes:

This is your first Progression Run - a run that begins at your Easy Run pace but ends with a faster pace (a pace that feel medium-hard). The faster pace should leave you out of breath by time you finish the run. The idea is to ingrain finishing fast, something you'll want to do in the race. Here is an article on progression runs: <https://run.mcmillanrunning.com/start-slow-finish-fast-how-three-types-of-progression-runs-boost-your-fitness/> (<https://run.mcmillanrunning.com/start-slow-finish-fast-how-three-types-of-progression-runs-boost-your-fitness/>)

Prehab:

Perform the Strength in Stride Phase 1 - Stability Program B routine. <https://log.finalsurge.com/mcmillan/prehab/stabilityb> (<https://log.finalsurge.com/mcmillan/prehab/stabilityb>)

Friday, June 21, 2024

Run**Recovery Day (Off, Cross-Train or Optional Run)**

Planned: Planned Pace: 6:22-6:54 min/km

Off, Cross-Train or Easy Run for 40-60 minute Easy Run

Workout Purpose:

Recovery day.

Coach Notes:

We prescribe most runs by time. You can simply convert this to miles using your pace but make sure you get in the duration we want.

Prehab:

You may be a little sore from yesterday's core session but that just shows that you need to work on your core. Across this plan, you'll be amazed at how quickly you get better at each exercise.

Saturday, June 22, 2024

Run

Easy Run

Planned: 1:00:00 @ 6:22-6:54 min/km

50-70 minute Easy Run

Workout Purpose:

Build endurance.

Coach Notes:

"Great things are not done by impulse, but by a series of small things brought together." Van Gogh

Prehab:

Prehab isn't just core and strength training. It also includes working on your form. Part of your McMillan training plan includes my Running form drills. Just click this link to watch and learn the form drills that I'd like you to do at least once per week (though you can feel free to add these any day you that you like). Running form drills. <https://log.finalsurge.com/mcmillan/prehab/drills> (<https://log.finalsurge.com/mcmillan/prehab/drills>).

Sunday, June 23, 2024

Run

Long Run

Planned: 1:30:00 @ 6:24-7:09 min/km

90 minute Long Run

Workout Purpose:

Build endurance and leg resistance to fatigue. Long runs are the cornerstone of endurance training. By running longer, you stimulate very important adaptations that give you the ability to run faster in your intense workouts.

Coach Notes:

Time on your feet is more important than pace in a long, steady run. Run easy and run long. Here is a video I made to help understand the Long Run: <https://run.mcmillanrunning.com/how-to-long-runs/> (<https://run.mcmillanrunning.com/how-to-long-runs/>)

Prehab:

I find that the key to prehab is routine. I'm going to ask you to perform some prehab a few days per week and if you can commit to doing it across this plan, I know you'll continue to do it as you move to your next training plan.

Monday, June 24, 2024

Run

Recovery Day (Off, Cross-Train or Optional Run)

Planned: Planned Pace: 6:22-6:54 min/km

Off or 30-45 minute Easy Run

Workout Purpose:

Recovery day. We must obey the stress/rest cycle and that means that we must follow stress on the body (yesterday) with rest (today).

Coach Notes:

Week 2! Let's keep the momentum going.

Prehab:

Some days, you'll just run so this section will be blank. I'll only include notes when I want you to do core training.

Tuesday, June 25, 2024

Run

Easy Run

Planned: 1:20:00 @ 6:22-6:54 min/km

70-90 minute Easy Run

Workout Purpose:

Build endurance.

Coach Notes:

Within your plan, we'll do a few mid-week longer runs. These will provide invaluable strength for your race.

Prehab:

Perform the Strength in Stride Phase 1 - Stability Program A routine. <https://log.finalsurge.com/mcmillan/prehab/stabilitya> (<https://log.finalsurge.com/mcmillan/prehab/stabilitya>)

Wednesday, June 26, 2024

Run

Easy Run

Planned: 1:00:00 @ 6:22-6:54 min/km

50-70 minute Easy Run

Workout Purpose:

Build endurance.

Coach Notes:

Keep making smart decisions on what to eat and not what to eat.

Thursday, June 27, 2024

Run**Progression Run****Planned:** 1:20:00 @ 6:22-6:54 min/km

70-90 minute Easy Run with the last 10 minutes at a faster pace

Workout Purpose:

Build endurance and stamina.

Coach Notes:

Another progression run. Start easy but finish the run thinking about your race - running strong and finishing with a flourish.

Prehab:

Perform the Strength in Stride Phase 1 - Stability Program B routine. <https://log.finalsurge.com/mcmillan/prehab/stabilityb> (<https://log.finalsurge.com/mcmillan/prehab/stabilityb>)

Friday, June 28, 2024

Run**Recovery Day (Off, Cross-Train or Optional Run)****Planned:** Planned Pace: 6:22-6:54 min/km

Off, Cross-Train or Easy Run for 40-60 minute Easy Run

Workout Purpose:

Recovery day.

Coach Notes:

It's all about stacking successful week after successful week. Don't get ahead of yourself. Just focus on one week at a time.

Prehab:

Don't skimp on your prehab! Staying healthy is critical to your running success.

Saturday, June 29, 2024

Run

Easy Run

Planned: 1:00:00 @ 6:22-6:54 min/km

50-70 minute Easy Run

Workout Purpose:

Build endurance.

Coach Notes:

The road to success is paved with discipline, dedication and determination. Run by run. Week in. Week out.

Prehab:

Perform the McMillan Running Form Drills. <https://log.finalsurge.com/mcmillan/prehab/drills> (<https://log.finalsurge.com/mcmillan/prehab/drills>)

Sunday, June 30, 2024

Run

Long Run

Planned: 1:45:00 @ 6:24-7:09 min/km

90-105 minute Long Run

Workout Purpose:

Build endurance and leg resistance to fatigue.

Coach Notes:

You must be ready to roll with the punches. Not every run, workout or race will go as planned. Short-term memory loss helps after those days.

Monday, July 1, 2024

Run

Recovery Day (Off, Cross-Train or Optional Run)

Planned: Planned Pace: 6:22-6:54 min/km

Off or 30-45 minute Easy Run

Workout Purpose:

Recovery day. We must obey the stress/rest cycle and that means that we must follow stress on the body (yesterday) with rest (today).

Coach Notes:

Week 3! Let's keep the momentum going.

Prehab:

Some days, you'll just run so this section will be blank. I'll only include notes when I want you to do core training.

Note

Looking for a Coach?

With Run Team Premium it couldn't be simpler. No contracts. No set up fees. Stay for 1 month or 10

years. We're just here to help you in any way you need. Never train alone again.

Your Coach will be there for any of your questions:

I have a family vacation coming up that will make running a bit more challenging. How should I approach and change my training for that time?

- "No worries! We can definitely adjust your training plan during your vacation time. Which days during your vacation do you feel like you can get in a workout without it being a hassle? I'll get you set up with a couple of key workouts for those days so you're confident about not losing fitness but still can enjoy time with family." - Sally Finder (Premium Coach)

Check out Premium Coaching Here: <https://www.mcmillanrunning.com/premium-coaching/> (<https://www.mcmillanrunning.com/premium-coaching/>)

Tuesday, July 2, 2024

Run

Easy Run

Planned: 1:20:00 @ 6:22-6:54 min/km

70-90 minute Easy Run

Workout Purpose:

Build endurance.

Coach Notes:

Running is the best method I know for people to learn that they can be so much more than they ever dreamed they could be.

Prehab:

Perform the Strength in Stride Phase 1 - Stability Program A routine. <https://log.finalsurge.com/mcmillan/prehab/stabilitya> (<https://log.finalsurge.com/mcmillan/prehab/stabilitya>)

Wednesday, July 3, 2024

Run

Easy Run

Planned: 1:00:00 @ 6:22-6:54 min/km

50-70 minute Easy Run

Workout Purpose:

Build endurance.

Coach Notes:

"You feel good while you're running and you feel even better when you're finished." Fred Lebow

Prehab:

Note that I like to put the prehab training on your more intense running days (and after your runs) but play around with different days to see what works within your life schedule and how your body recovers from each session. It's all about experimentation.

Thursday, July 4, 2024

Run

Progression Run**Planned:** 1:20:00 @ 6:22-6:54 min/km

70-90 minutes with the last 10 minutes at a faster pace

Workout Purpose:

Build endurance and Stamina.

Coach Notes:

Race-specific workouts are on the horizon and these progression runs provide a great introduction to the fast running you'll be doing in upcoming workouts.

Prehab:

Perform the Strength in Stride Phase 1 - Stability Program B routine. <https://log.finalsurge.com/mcmillan/prehab/stabilityb> (<https://log.finalsurge.com/mcmillan/prehab/stabilityb>)

Friday, July 5, 2024

Run**Recovery Day (Off, Cross-Train or Optional Run)****Planned:** Planned Pace: 6:22-6:54 min/km

Off, Cross-Train or Easy Run for 40-60 minute Easy Run

Workout Purpose:

Recovery day.

Coach Notes:

Stress + Rest = Progress. Obey this equation and your fitness will build steadily and predictably. Over stress/train and/or under rest/recover and you'll risk injury and burn out.

Saturday, July 6, 2024

Run**Easy Run****Planned:** 1:00:00 @ 6:22-6:54 min/km

50-70 minute Easy Run

Workout Purpose:

Build endurance.

Coach Notes:

Ultimately, running is deeply personal. That's why it's so important to us. At its core, it's you vs you & there's huge value in this challenge.

Prehab:

Perform the McMillan Running Form Drills. <https://log.finalsurge.com/mcmillan/prehab/drills> (<https://log.finalsurge.com/mcmillan/prehab/drills>)

Sunday, July 7, 2024

Run**Long Run****Planned:** 1:45:00 @ 6:24-7:09 min/km

90-105 minute Long Run

Workout Purpose:

Build endurance and leg resistance to fatigue.

Coach Notes:

This long run helps to boost your endurance, burn more fat and build a stronger body.

Monday, July 8, 2024

Run

Recovery Day (Off, Cross-Train or Optional Run)

Planned: Planned Pace: 6:22-6:54 min/km

Off or 20-30 minute Easy Run

Workout Purpose:

Build endurance.

Coach Notes:

This week is a recovery week to allow the body/mind to absorb the previous training. We'll reduce the volume of training so you avoid injury. You will also hear me call these "down" weeks and the point is to provide a week break of the previous training load so your musculoskeletal system can "catch up" to the aerobic development. These down weeks have been a key to reducing injuries.

Tuesday, July 9, 2024

Run

Easy Run

Planned: 55:00 @ 6:22-6:54 min/km

50-60 minute Easy Run

Workout Purpose:

Build endurance.

Coach Notes:

We'll take a shorter easy run to enhance recovery.

Prehab:

Perform the Strength in Stride Phase 1 - Stability Program A routine. <https://log.finalsurge.com/mcmillan/prehab/stabilitya> (<https://log.finalsurge.com/mcmillan/prehab/stabilitya>)

Wednesday, July 10, 2024

Run

Easy Run

Planned: 45:00 @ 6:22-6:54 min/km

40-50 minute Easy Run

Workout Purpose:

Build endurance.

Coach Notes:

Recommit EVERY DAY. Setting the goal is easy. The hard is the ongoing commitment to work toward it even when things aren't going your way.

Prehab:

The "hab" in prehab is for rehabilitation but it could also be for habit as I find runners who make prehab part of their weekly routine are the ones that stay healthy. Every time you get in a prehab session, know you are making this important aspect of running health a habit.

Thursday, July 11, 2024

Run

Easy Run

Planned: 55:00 @ 6:22-6:54 min/km

50-60 minute Easy Run

Workout Purpose:

Build endurance.

Coach Notes:

No hard workout this week but feel free to add 8-10 x 15 second strides after this run if you are itching for some fast running.

Prehab:

Perform the Strength in Stride Phase 1 - Stability Program B routine. <https://log.finalsurge.com/mcmillan/prehab/stabilityb> (<https://log.finalsurge.com/mcmillan/prehab/stabilityb>)

Friday, July 12, 2024

Run

Recovery Day (Off, Cross-Train or Optional Run)

Planned: Planned Pace: 6:22-6:54 min/km

Off, Cross-Train or Easy Run for 40-60 minute Easy Run

Workout Purpose:

Recovery day.

Coach Notes:

If you want it to be easy, don't be a runner. If you want it to be the most rewarding challenge of your life, lace 'em up.

Saturday, July 13, 2024

Run

Easy Run

Planned: 45:00 @ 6:22-6:54 min/km

40-50 minute Easy Run

Workout Purpose:

Build endurance.

Coach Notes:

A successful race day comes in the weeks and months prior, on the roads, trails, track, in the gym, at

the dinner table and between the ears.

Prehab:

Perform the McMillan Running Form Drills. <https://log.finalsurge.com/mcmillan/prehab/drills> (<https://log.finalsurge.com/mcmillan/prehab/drills>)

Sunday, July 14, 2024

Run

Long Run

Planned: 1:45:00 @ 6:24-7:09 min/km

90-105 minute Long Run

Workout Purpose:

Build endurance and leg resistance to fatigue.

Coach Notes:

Changing from being your biggest critic to being your biggest cheerleader opens you up to fulfilling your running (and life) potential.

Monday, July 15, 2024

Run

Recovery Day (Off, Cross-Train or Optional Run)

Planned: Planned Pace: 6:18-6:50 min/km

Off or 30-45 minute Easy Run

Workout Purpose:

Recovery day. We must obey the stress/rest cycle and that means that we must follow stress on the body (yesterday) with rest (today).

Coach Notes:

Week 5! Let's keep the momentum going.

Prehab:

Some days, you'll just run so this section will be blank. I'll only include notes when I want you to do core training.

Note

Looking for something more personal

Running coaching isn't just for elite athletes. It's for anyone who wants to improve their running, nutrition, injury prevention and overall fitness level.

Included With Every Personal Coaching Plan:

- Individualized Training Plan
- McMillan Training Manual
- McMillan Race Strategy Guide
- Personal Online Running Coach
- McMillan PRO Subscription
- Individualized Race Strategy Sessions
- Unlimited Emails, Calls, Text, Skype
- Expert Advice On Cross Training & Injury Prevention

Check out Run Team Platinum: <https://www.mcmillanrunning.com/coaching/> (<https://www.mcmillanrunning.com/coaching/>)

Tuesday, July 16, 2024

Run

Fartlek Run

Planned: 1:10:00

20-30 minute Warm-Up + Fartlek Workout: 6-7 times 2 minutes at 5k effort with 1 minute recovery jog + 20-30 minute Cool-down

Workout Purpose:

Build Speed - VO2max.

Coach Notes:

Fartlek Runs require you to run by effort over pace. For each repetition, run at an approximate effort that you feel matches the effort required. Perform this workout on a rolling course so that some fast running is performed on up hills, some on flat ground and some on down hills. Run slowly between the fast surges.

Prehab:

Perform the Strength in Stride Phase 1 - Stability Program A routine. <https://log.finalsurge.com/mcmillan/prehab/stabilitya> (<https://log.finalsurge.com/mcmillan/prehab/stabilitya>)

Wednesday, July 17, 2024

Run

Easy Run

Planned: 1:00:00 @ 6:18-6:50 min/km

50-70 minute Easy Run

Workout Purpose:

Build endurance.

Coach Notes:

Don't skimp on the prehab routines. A little prehab goes a long way to keeping you healthy and fit.

Thursday, July 18, 2024

Run

Hill Workout

Planned: 1:10:00

20-30 minute Warm-Up + Hill Repeats: 6-8 times a moderately sloped hill (6-8% grade) at 5k effort or harder lasting 60 to 75 seconds with the jog back down the hill as recovery + 20-30 minute Cool-down

Workout Purpose:

Build leg strength, VO2max and lactic acid tolerance.

Coach Notes:

For hill workouts, the effort will be hard, but not all out. Practice using strong running form. Pump your arms and drive your knees to propel yourself up the hill. Learn to use your optimal hill running form for

efficiency and power. You can run this workout on a bridge/treadmill if you cannot find a suitable hill in your area.

Prehab:

Perform the Strength in Stride Phase 1 - Stability Program B routine. <https://log.finalsurge.com/mcmillan/prehab/stabilityb> (<https://log.finalsurge.com/mcmillan/prehab/stabilityb>)

Friday, July 19, 2024

Run

Recovery Day (Off, Cross-Train or Optional Run)

Planned: Planned Pace: 6:18-6:50 min/km

Off, Cross-Train or Easy Run for 40-60 minute Easy Run

Workout Purpose:

Recovery day.

Coach Notes:

"I attribute my success to this: I never gave or took any excuse." Florence Nightingale

Prehab:

With all prehab sessions, quality is more important than quantity. The body likes to cheat to accomplish the movement. Don't let it. Focus on great form and perfect execution of each movement.

Saturday, July 20, 2024

Run

Easy Run

Planned: 1:00:00 @ 6:18-6:50 min/km

50-70 minute Easy Run

Workout Purpose:

Build endurance.

Coach Notes:

"Any idiot can train himself into the ground; the trick is working in training to get gradually stronger." Olympian Keith Brantley

Prehab:

Perform the McMillan Running Form Drills. <https://log.finalsurge.com/mcmillan/prehab/drills> (<https://log.finalsurge.com/mcmillan/prehab/drills>)

Sunday, July 21, 2024

Run

Long Run

Planned: 1:45:00 @ 6:20-7:05 min/km

90-105 minute Long Run

Workout Purpose:

Build endurance and leg resistance to fatigue.

Coach Notes:

Are you overthinking your running? Know the whys and hows but remember it's a simple sport.

Monday, July 22, 2024

Run**Recovery Day (Off, Cross-Train or Optional Run)**

Planned: Planned Pace: 6:18-6:50 min/km

Off or 30-45 minute Easy Run

Workout Purpose:

Build endurance.

Coach Notes:

Remember, the body doesn't know you've turned the page to a new week. Respect your recovery from the weekend & adjust this week's plan if necessary.

Tuesday, July 23, 2024

Run**Fartlek Run**

Planned: 1:15:00

20-30 minute Warm-Up + Fartlek Workout: 5-6 times 3 minutes at 10k effort with 2 minute recovery jog + 20-30 minute Cool-down

Workout Purpose:

Build Speed - VO2max.

Coach Notes:

Fartlek Runs require you to run by effort over pace. For each repetition, run at an approximate effort that you feel matches the effort required. Perform this workout on a rolling course so that some fast running is performed on up hills, some on flat ground and some on down hills. Run slowly between the fast surges.

Prehab:

Perform the Strength in Stride Phase 1 - Stability Program A routine. <https://log.finalsurge.com/mcmillan/prehab/stabilitya> (<https://log.finalsurge.com/mcmillan/prehab/stabilitya>)

Wednesday, July 24, 2024

Run**Easy Run**

Planned: 1:00:00 @ 6:18-6:50 min/km

50-70 minute Easy Run

Workout Purpose:

Build endurance.

Coach Notes:

Do you have these traits of successful runners? <https://run.mcmillanrunning.com/traits-of-successful-runners/> (<https://run.mcmillanrunning.com/traits-of-successful-runners/>)

Thursday, July 25, 2024

Run**Hill Workout****Planned:** 1:15:00

20-30 minute Warm-Up + Hill Repeats: 8 to 10 times a moderately sloped hill (6-8% grade) at 5k effort or harder lasting 60 to 75 seconds with the jog back down the hill as recovery + 20-30 minute Cool-down

Workout Purpose:

Build Speed - VO2max.

Coach Notes:

For your race, we want to get you fast first then carry this speed into the longer workouts that you'll do in the lead up to the race.

Prehab:

Perform the Strength in Stride Phase 1 - Stability Program B routine. <https://log.finalsurge.com/mcmillan/prehab/stabilityb> (<https://log.finalsurge.com/mcmillan/prehab/stabilityb>)

Friday, July 26, 2024

Run**Recovery Day (Off, Cross-Train or Optional Run)****Planned:** Planned Pace: 6:18-6:50 min/km

Off, Cross-Train or Easy Run for 40-60 minute Easy Run

Workout Purpose:

Recovery day.

Coach Notes:

No excuses. Gotta put in the work to achieve your goals. Won't come easy but will be well worth the discipline & dedication.

Saturday, July 27, 2024

Run

Easy Run

Planned: 1:00:00 @ 6:18-6:50 min/km

50-70 minute Easy Run

Workout Purpose:

Build endurance.

Coach Notes:

Refueling after hard and/or long runs is accelerated when you ingest a carbohydrate/protein drink in the first 30 minutes post-run. Watch the video on it here: <https://run.mcmillanrunning.com/the-ultimate-recovery-routine-runrr/> (<https://run.mcmillanrunning.com/the-ultimate-recovery-routine-runrr/>)

Prehab:

Perform the McMillan Running Form Drills. <https://log.finalsurge.com/mcmillan/prehab/drills> (<https://log.finalsurge.com/mcmillan/prehab/drills>)

Sunday, July 28, 2024

Run

Long Run

Planned: 1:45:00 @ 6:20-7:05 min/km

90-105 minute Long Run

Workout Purpose:

Build endurance and leg resistance to fatigue.

Coach Notes:

Time on your feet is more important than pace in a Long Run. Run easy and run long. Use "Long Run" pace for the Long Run workout. Incorporate hills of varying lengths and inclines into your easy runs and long runs each week. This will condition your legs to be strong in the final stretch of your race. See the article on Long Runs: <https://run.mcmillanrunning.com/the-marathon-long-run/> (<https://run.mcmillanrunning.com/the-marathon-long-run/>)

Monday, July 29, 2024

Run

Recovery Day (Off, Cross-Train or Optional Run)

Planned: Planned Pace: 6:18-6:50 min/km

Off or Easy Run for 30-45 minute Easy Run

Workout Purpose:

Build endurance.

Coach Notes:

Remember: Consistency is key! Find your motivation each day to do everything possible to reach your goal.

Prehab:

Perform the Strength in Stride Phase 2 - Strength Program A routine. <https://log.finalsurge.com/mcmillan/prehab/strengtha> (<https://log.finalsurge.com/mcmillan/prehab/strengtha>)

Tuesday, July 30, 2024

Run**Fartlek Run****Planned:** 1:10:00

20-30 minute Warm-Up + Fartlek Workout: 10-12 times 1 minutes at 5k effort or faster with 1 minute recovery jog + 20-30 minute Cool-down

Workout Purpose:

Build Speed - VO2max.

Coach Notes:

I believe my Go Zone racing strategy leads to your best results on race day. Read about it here:

<https://run.mcmillanrunning.com/go-zone-racing-a-strategy-for-better-performance/> (<https://run.mcmillanrunning.com/go-zone-racing-a-strategy-for-better-performance/>) Start to mimic this race strategy on your goal pace workouts by really upping your intensity on the last few repeats.

Prehab:

Take note of the movements that are particularly difficult. They offer insights into your weak areas.

Wednesday, July 31, 2024

Run**Easy Run****Planned:** 1:00:00 @ 6:18-6:50 min/km

50-70 minute Easy Run

Workout Purpose:

Build endurance.

Coach Notes:

Runners often dwell on the bad running days. Instead, learn to invest heavily in the good running days. Savor them and think of them often.

Prehab:

Perform the Strength in Stride Phase 2 - Strength Program B routine. <https://log.finalsurge.com/mcmillan/prehab/strengthb> (<https://log.finalsurge.com/mcmillan/prehab/strengthb>)

Thursday, August 1, 2024

Run**Hill Workout****Planned:** 1:20:00

20-30 minute Warm-Up + Hill Repeats: 10 to 12 times a moderately sloped hill (6-8% grade) at 5k effort or harder lasting 60 to 75 seconds with the jog back down the hill as recovery + 20-30 minute Cool-down

Workout Purpose:

Build leg strength, VO2max and lactic acid tolerance.

Coach Notes:

For hill workouts, the effort will be hard, but not all out. Practice using strong running form. Pump your

arms and drive your knees to propel yourself up the hill. Learn to use your optimal hill running form for efficiency and power. You can run this workout on a bridge/treadmill if you cannot find a suitable hill in your area.

Friday, August 2, 2024

Run

Recovery Day (Off, Cross-Train or Optional Run)

Planned: Planned Pace: 6:18-6:50 min/km

Off, Cross-Train or Easy Run for 40-60 minute Easy Run

Workout Purpose:

Recovery day.

Coach Notes:

"People who excel are ones who had determination & clear-cut goals & habitually directed all energies toward fulfilling them." Joe Vigil

Prehab:

Perform the McMillan Running Form Drills. <https://log.finalsurge.com/mcmillan/prehab/drills> (<https://log.finalsurge.com/mcmillan/prehab/drills>)

Saturday, August 3, 2024

Run

Easy Run

Planned: 1:00:00 @ 6:18-6:50 min/km

50-70 minute Easy Run

Workout Purpose:

Build endurance.

Coach Notes:

The #1 mistake runners make is running too fast on easy days. Stick within the pace range to avoid overtraining and injury.

Sunday, August 4, 2024

Run

Long Run

Planned: 1:45:00 @ 6:20-7:05 min/km

90-105 minute Long Run

Workout Purpose:

Build endurance and leg resistance to fatigue.

Coach Notes:

It's all about stacking successful week after successful week. Don't get ahead of yourself. Just focus on one week at a time.

Monday, August 5, 2024

Run

Recovery Day (Off, Cross-Train or Optional Run)**Planned:** Planned Pace: 6:18-6:50 min/km

Off or 20-30 minute Easy Run

Workout Purpose:

Build endurance.

Coach Notes:

This is another "down" week so reduce your training load so you can rest up for the next block of training.

Prehab:

Perform the Strength in Stride Phase 2 - Strength Program A routine. <https://log.finalsurge.com/mcmillan/prehab/strengtha> (<https://log.finalsurge.com/mcmillan/prehab/strengtha>)

Tuesday, August 6, 2024

Run**Easy Run****Planned:** 50:00 @ 6:18-6:50 min/km

40-50 minute Easy Run

Workout Purpose:

Build endurance.

Coach Notes:

Don't stress out over an occasional "bad" run, workout or race. Happens to everyone. Only be concerned if it's frequent.

Prehab:

Keep up the prehab and you'll get to the starting line healthy and the finish line faster.

Wednesday, August 7, 2024

Run**Easy Run****Planned:** 50:00 @ 6:18-6:50 min/km

40-50 minute Easy Run

Workout Purpose:

Build endurance.

Coach Notes:

Slight dips in motivation or missed runs may happen across a training plan. Just get back on the horse & resume your plan. All is not lost.

Prehab:

Perform the Strength in Stride Phase 2 - Strength Program B routine. <https://log.finalsurge.com/mcmillan/prehab/strengthb> (<https://log.finalsurge.com/mcmillan/prehab/strengthb>)

Thursday, August 8, 2024

Run

Goal Pace

Planned: 1:40:00

Goal Pace Workout: 1-2 mile Warm-Up + 2-3 x 3 miles (5 km) at Goal Pace with 2-3 minutes recovery jog + 1-2 mile Cool-Down

Workout Purpose:

Build endurance + Pace Control.

Coach Notes:

This is your first of several goal pace workouts. These early goal pace workouts are often more challenging than you wish but the goal is simply to ingrain or "groove" goal pace. Start under control but know that you'll need to up your intensity across the workout just to stay on pace. It will be a serious mental and physical workout but will pay big dividends on race day. And remember, faster isn't better on these workouts. Just hit goal pace.

Friday, August 9, 2024

Run

Recovery Day (Off, Cross-Train or Optional Run)

Planned: Planned Pace: 6:18-6:50 min/km

Off, Cross-Train or Easy Run for 40-60 minute Easy Run

Workout Purpose:

Recovery day.

Coach Notes:

"Keep your dream in front of you. Never let it go regardless of how farfetched it might seem." Hal Higdon

Prehab:

Perform the McMillan Running Form Drills. <https://log.finalsurge.com/mcmillan/prehab/drills> (<https://log.finalsurge.com/mcmillan/prehab/drills>)

Saturday, August 10, 2024

Run

Easy Run

Planned: 50:00 @ 6:18-6:50 min/km

40-50 minute Easy Run

Workout Purpose:

Build endurance.

Coach Notes:

Train, recover, train recover. The harder the training (+ life stress), the more the recovery. Obey this cycle. Run faster. Simple as that.

Sunday, August 11, 2024

Run

Long Run**Planned:** 1:30:00 @ 6:20-7:05 min/km

90 minute Long Run with the last 10-20 minutes at a medium effort.

Workout Purpose:

Build endurance and leg resistance to fatigue.

Coach Notes:

Be sure to incorporate hills into your easy runs and long runs each week. Even though your race may have a predominately flat course, running over hills provides your legs with the strength needed to run a great race.

Monday, August 12, 2024

Run**Recovery Day (Off, Cross-Train or Optional Run)****Planned:** Planned Pace: 6:18-6:50 min/km

Off or Easy Run for 30-45 minute Easy Run

Workout Purpose:

Build endurance.

Coach Notes:

Time for another step up on challenge. You'll notice your paces have increased again to match your improving fitness.

Tuesday, August 13, 2024

Run**Progression Run****Planned:** 1:30:00 @ 6:18-6:50 min/km

80-90 minute Easy Run with the last 20 minutes at a faster pace

Workout Purpose:

Build endurance. + Stamina

Coach Notes:

The road to success is paved with discipline, dedication and determination. Run by run. Week in. Week out.

Prehab:

Perform the Strength in Stride Phase 2 - Strength Program A routine. <https://log.finalsurge.com/mcmillan/prehab/strengtha>

Wednesday, August 14, 2024

Run**Easy Run****Planned:** 1:00:00 @ 6:18-6:50 min/km

50-70 minute Easy Run

Workout Purpose:

Build endurance.

Coach Notes:

Liquid calories are often the downfall in our quest to become leaner and fitter. Make smart choices to avoid these extra calories. No more sodas, juices and other sugary drinks. Think before you drink to avoid too many liquid calories.

Prehab:

Experienced runners state that the non-running stuff is what they would focus on if they could go back in time. Let's listen to them

Thursday, August 15, 2024

Run**Speed Workout 1600m**

Planned: 1:40:00 @ 8:42-8:58 /rep

20-30 minute Warm-Up + Speed Workout: 5-7 x 1600m (1 Mile) with 800m recovery jog plus 3 x 200m Strides with 200m recovery jog + 20-30 minute Cool-down

Workout Purpose:

Build Speed - VO2max.

Coach Notes:

Speed Workouts are tough but that's exactly what you want. You want to build mental toughness so you can race your best. Watch my video here: <https://run.mcmillanrunning.com/how-to-speed-workouts/> (<https://run.mcmillanrunning.com/how-to-speed-workouts/>) to learn more about speed workouts. And in these workouts, you may notice that I often want you to finish off the workout with some short, fast repeats. These help you ingrain a fast finishing kick.

Prehab:

Perform the Strength in Stride Phase 2 - Strength Program B routine. <https://log.finalsurge.com/mcmillan/prehab/strengthb> (<https://log.finalsurge.com/mcmillan/prehab/strengthb>)

Friday, August 16, 2024

Run**Recovery Day (Off, Cross-Train or Optional Run)**

Planned: Planned Pace: 6:18-6:50 min/km

Off, Cross-Train or Easy Run for 40-60 minute Easy Run

Workout Purpose:

Recovery day.

Coach Notes:

Determination beats doubt. Doubt is normal. Successful athletes just don't dwell on doubt but instead use determination to achieve goals.

Saturday, August 17, 2024

Run**Easy Run**

Planned: 1:00:00 @ 6:18-6:50 min/km

50-70 minute Easy Run

Workout Purpose:

Build endurance.

Coach Notes:

Remember: The hard part of running is consistency; not any one particular workout, race, or training week.

Prehab:

Perform the McMillan Running Form Drills. <https://log.finalsurge.com/mcmillan/prehab/drills> (<https://log.finalsurge.com/mcmillan/prehab/drills>)

Sunday, August 18, 2024

Run

Long Run

Planned: 1:45:00 @ 6:20-7:05 min/km

90-105 minute Long Run

Workout Purpose:

Build endurance.

Coach Notes:

Don't sabotage training with poor "reward" eating.

Monday, August 19, 2024

Run

Recovery Day (Off, Cross-Train or Optional Run)

Planned: Planned Pace: 6:14-6:46 min/km

Off or Easy Run for 30-45 minute Easy Run

Workout Purpose:

Build endurance.

Coach Notes:

"I attribute my success to this: I never gave or took any excuse." Florence Nightingale

Tuesday, August 20, 2024

Run

Fartlek Run

Planned: 1:15:00

20-30 minute Warm-Up + Fartlek Workout: 12 to 15 times 1 minute at slightly faster than 5K effort with 1 minute recovery jog + 20-30 minute Cool-down

Workout Purpose:

Build Speed - VO2max.

Coach Notes:

We are nearly there! Great job!

Prehab:

Perform the Strength in Stride Phase 2 - Strength Program A routine. <https://log.finalsurge.com/mcmillan/prehab/strengtha> (<https://log.finalsurge.com/mcmillan/prehab/strengtha>)

Wednesday, August 21, 2024

Run

Easy Run

Planned: 1:00:00 @ 6:14-6:46 min/km

50-70 minute Easy Run

Workout Purpose:

Build endurance.

Coach Notes:

Racing is hard. Expect it to be. In fact, expect it to be the hardest thing you've ever done. This mindset brings out your best.

Prehab:

Pat yourself on the back for all the prehab training. It's a habit that will serve you well for years to come.

Thursday, August 22, 2024

Run

Tempo Run

Planned: 1:10:00 @ 5:36-5:47 min/km

20-30 minute Warm-Up + Tempo Run: 20-30 minutes + 20-30 minute Cool-down

Workout Purpose:

Build Stamina - Lactate Threshold Pace.

Coach Notes:

Begin the run with a warmup at Easy Run Pace, then complete the Tempo Run portion, then finish the run with a cool down. Watch our Tempo Run Video: <https://run.mcmillanrunning.com/how-to-tempo-runs/> (<https://run.mcmillanrunning.com/how-to-tempo-runs/>) Tempo runs are a great way to practice control in pacing, start slow and ease into the right rhythm.

Prehab:

Perform the Strength in Stride Phase 2 - Strength Program B routine. <https://log.finalsurge.com/mcmillan/prehab/strengthb> (<https://log.finalsurge.com/mcmillan/prehab/strengthb>)

Friday, August 23, 2024

Run

Recovery Day (Off, Cross-Train or Optional Run)

Planned: Planned Pace: 6:14-6:46 min/km

Off, Cross-Train or Easy Run for 40-60 minute Easy Run

Workout Purpose:

Recovery day.

Coach Notes:

Run happy. If you're trying too hard & running has lost its joy, take a step back & be grateful that you can even run. Some can't.

Saturday, August 24, 2024

Run

Easy Run

Planned: 1:00:00 @ 6:14-6:46 min/km

50-70 minute Easy Run

Workout Purpose:

Build endurance.

Coach Notes:

Are you overthinking your running? Know the whys and hows but remember it's a simple sport.

Prehab:

Perform the McMillan Running Form Drills. <https://log.finalsurge.com/mcmillan/prehab/drills> (<https://log.finalsurge.com/mcmillan/prehab/drills>)

Sunday, August 25, 2024

Run

Long Run

Planned: 15 mi @ 6:16-7:00 min/km

14-16 mile (22- 25 km) Long Run

Workout Purpose:

Build endurance and leg resistance to fatigue.

Coach Notes:

You create the dialogue in your mind during training and races so create your own script. Your mind will complain but you can be in charge. Script success. Be great.

Monday, August 26, 2024

Run

Recovery Day (Off, Cross-Train or Optional Run)

Planned: Planned Pace: 6:14-6:46 min/km

Off or Easy Run for 30-45 minute Easy Run

Workout Purpose:

Build endurance.

Coach Notes:

I always get a bigger mental boost when I get out the door on the blah days. So, relish these days as they provide a bigger mental reward.

Tuesday, August 27, 2024

Run

Progression Run

Planned: 1:30:00 @ 6:14-6:46 min/km

80-90 minute Easy Run with the last 20 minutes at a faster pace

Workout Purpose:

Build endurance.

Coach Notes:

AVERAGE pace is more important than CURRENT pace. Learn to flow with the run, the terrain, the route. Worry less about pace varying within your run. It will. Focus on average pace across the run.

Prehab:

Perform the Strength in Stride Phase 3 - Power Program A routine. <https://log.finalsurge.com/mcmillan/prehab/powera> (<https://log.finalsurge.com/mcmillan/prehab/powera>)

Wednesday, August 28, 2024

Run

Easy Run

Planned: 1:00:00 @ 6:14-6:46 min/km

50-70 minute Easy Run

Workout Purpose:

Build endurance.

Coach Notes:

Repeat after me: "I can do it. I will do it. I can do it. I will do it. I can do it. I will do it." Say it rhythmically and often.

Prehab:

A little non-running training goes a long way to improving your run training.

Thursday, August 29, 2024

Run

Speed Workout 1200m

Planned: 1:30:00 @ 6:09-6:36 /rep

20-30 minute Warm-Up + Speed Workout: 6-8 x 1200m (3/4 Mile) with 600m recovery jog plus 3 x 200m Strides with 200m recovery jog + 20-30 minute Cool-down

Workout Purpose:

Build Speed - VO2max.

Coach Notes:

While there will be ups & downs, those who embrace the daily grind of training will ultimately find the greatest success & fulfillment.

Prehab:

Perform the Strength in Stride Phase 3 - Power Program B routine. <https://log.finalsurge.com/mcmillan/prehab/powerb> (<https://log.finalsurge.com/mcmillan/prehab/powerb>)

Friday, August 30, 2024

Run**Recovery Day (Off, Cross-Train or Optional Run)****Planned:** Planned Pace: 6:14-6:46 min/km

Off, Cross-Train or Easy Run for 40-60 minute Easy Run

Workout Purpose:

Recovery day.

Coach Notes:

"Be somebody's hero, even if that somebody is you. Believe in what you do so that others can believe in themselves, too." Manny Edelstein

Saturday, August 31, 2024

Run**Easy Run****Planned:** 1:00:00 @ 6:14-6:46 min/km

50-70 minute Easy Run

Workout Purpose:

Build endurance.

Coach Notes:

When you get tired, smile a lot. This makes the brain happy. We know from neuroscience that a happy brain = less fatigue, more power.

Prehab:

Perform the McMillan Running Form Drills. <https://log.finalsurge.com/mcmillan/prehab/drills> (<https://log.finalsurge.com/mcmillan/prehab/drills>)

Sunday, September 1, 2024

Run**Fast Finish Long Run****Planned:** 13 mi @ 6:16-7:00 min/km

Fast Finish Long Run: 12 to 14 miles (20-23 km) total with the last 2 to 4 miles (3-7 km) at Goal Pace or faster. Or, insert a 5K to 10K RACE.

Workout Purpose:

Build endurance, leg resistance to fatigue, practice race pace, try equipment and nutritional routine.

Coach Notes:

This is a dress rehearsal for your race. Start the run at your normal long run pace and focus on running fast the last few miles. Also, match the course for this run as closely as possible with the course profile of your race. Watch my video to learn more about fast finish long runs: <https://run.mcmillanrunning.com/how-to-long-runs/> (<https://run.mcmillanrunning.com/how-to-long-runs/>)

Monday, September 2, 2024

Run

Recovery Day (Off, Cross-Train or Optional Run)**Planned:** Planned Pace: 6:14-6:46 min/km

Off or 20-30 minute Easy Run

Workout Purpose:

Build endurance.

Coach Notes:

Suck it up buttercup. Pity parties happen but must not become a habit. Learn to reset quickly & find your toughest YOU.

Tuesday, September 3, 2024

Run**Fartlek Run****Planned:** 1:10:00

20-30 minute Warm-Up + Fartlek Workout: 10-12 times 1 minutes at 5k effort or faster with 1 minute recovery jog + 20-30 minute Cool-down

Workout Purpose:

Build Speed - VO2max.

Coach Notes:

Eyes up! When racing, don't get lost in your own world. Keep looking ahead, running tangents & using others ahead to bring out your best

Prehab:

Perform the Strength in Stride Phase 3 - Power Program A routine. <https://log.finalsurge.com/mcmillan/prehab/powera> (<https://log.finalsurge.com/mcmillan/prehab/powera>)

Wednesday, September 4, 2024

Run**Easy Run****Planned:** 1:00:00 @ 6:14-6:46 min/km

40-50 minute Easy Run

Workout Purpose:

Build endurance.

Coach Notes:

Remember to take care of your body and be preemptive in your maintenance routine to keep your legs healthy and happy.

Prehab:

A strong, supple body can handle more training and perform better in the training you do. Keep up the prehab.

Thursday, September 5, 2024

Run**Goal Pace**

Planned: 1:50:00

Goal Pace Workout: 1-2 mile Warm-Up + 2 x 4 miles (7 km) at Goal Pace with 2-3 minutes recovery jog + 1-2 mile Cool-Down

Workout Purpose:

Build endurance + Pace Control.

Coach Notes:

This is a great opportunity for a dress rehearsal for your race. Try out your nutritional routine and your equipment. Choose a flat, marked course like your race course so you can really 'dial in' your race pace.

Prehab:

Perform the Strength in Stride Phase 3 - Power Program B routine. <https://log.finalsurge.com/mcmillan/prehab/powerb> (<https://log.finalsurge.com/mcmillan/prehab/powerb>)

Friday, September 6, 2024

Run

Recovery Day (Off, Cross-Train or Optional Run)

Planned: Planned Pace: 6:14-6:46 min/km

Off, Cross-Train or Easy Run for 40-60 minute Easy Run

Workout Purpose:

Recovery day.

Coach Notes:

In heavy training, sluggish starts to runs are normal. Just ease into runs and please don't let GPS force your pace. Let pace come to you.

Saturday, September 7, 2024

Run

Easy Run

Planned: 45:00 @ 6:14-6:46 min/km

40-50 minute Easy Run

Workout Purpose:

Build endurance.

Coach Notes:

After big stressful workouts, it's important to balance the stress w/ extra rest. Short cutting rest is a big no no & can lead to injury.

Prehab:

Perform the McMillan Running Form Drills. <https://log.finalsurge.com/mcmillan/prehab/drills> (<https://log.finalsurge.com/mcmillan/prehab/drills>)

Sunday, September 8, 2024

Run

Long Run

Planned: 17 mi @ 6:16-7:00 min/km

14-18 mile (25-30 km) Long Run

Workout Purpose:

Build endurance and leg resistance to fatigue.

Coach Notes:

Race tip: Often, breakthrough races come when you get out of your own way. Release the reins so you can be your best you.

Monday, September 9, 2024

Run

Recovery Day (Off, Cross-Train or Optional Run)

Planned: Planned Pace: 6:14-6:46 min/km

Off or Easy Run for 30-45 minute Easy Run

Workout Purpose:

Build endurance.

Coach Notes:

As you get into the race-specific training phase, it's all about hard days hard, easy days easy. Recover so you can attack the key sessions

Tuesday, September 10, 2024

Run

Easy Run

Planned: 1:20:00 @ 6:14-6:46 min/km

70-90 minute Easy Run

Workout Purpose:

Build endurance.

Coach Notes:

I always get a bigger mental boost when I get out the door on the blah days. So, relish these days as they provide a bigger mental reward.

Prehab:

Perform the Strength in Stride Phase 3 - Power Program A routine. <https://log.finalsurge.com/mcmillan/prehab/powera> (<https://log.finalsurge.com/mcmillan/prehab/powera>)

Wednesday, September 11, 2024

Run

Easy Run

Planned: 1:00:00 @ 6:14-6:46 min/km

50-70 minute Easy Run

Workout Purpose:

Build endurance.

Coach Notes:

Don't forget running form. Runners are often amazed at how pace improves w/ less effort when they focus on form. Very helpful when fatigued.

Prehab:

Work on good form in your key/fast running workouts. Form often breaks down as you get tired so as fatigue sets in, focus on form.

Thursday, September 12, 2024

Run**Speed Workout 1600m**

Planned: 1:40:00 @ 8:37-8:52 /rep

20-30 minute Warm-Up + Speed Workout: 5-6 x 1600m (1 Mile) with 800m recovery jog plus 3 x 200m Strides with 200m recovery jog + 20-30 minute Cool-down

Workout Purpose:

Build Speed - VO2max.

Coach Notes:

Why you can stop worrying about bad workouts and how to start learning from them instead <https://run.mcmillanrunning.com/the-benefits-of-bad-workouts/> (<https://run.mcmillanrunning.com/the-benefits-of-bad-workouts/>)

Prehab:

Perform the Strength in Stride Phase 3 - Power Program B routine. <https://log.finalsurge.com/mcmillan/prehab/powerb> (<https://log.finalsurge.com/mcmillan/prehab/powerb>)

Friday, September 13, 2024

Run**Recovery Day (Off, Cross-Train or Optional Run)**

Planned: Planned Pace: 6:14-6:46 min/km

Off, Cross-Train or Easy Run for 40-60 minute Easy Run

Workout Purpose:

Recovery day.

Coach Notes:

Slight dips in motivation or missed runs may happen across a training plan. Just get back on the horse & resume your plan. All is not lost.

Saturday, September 14, 2024

Run**Easy Run**

Planned: 1:00:00 @ 6:14-6:46 min/km

50-70 minute Easy Run

Workout Purpose:

Build endurance.

Coach Notes:

Sometimes just getting out the door for your run is the greatest victory.

Prehab:

Perform the McMillan Running Form Drills. <https://log.finalsurge.com/mcmillan/prehab/drills> (<https://log.finalsurge.com/mcmillan/prehab/drills>)

Sunday, September 15, 2024

Run**Fast Finish Long Run**

Planned: 13 mi @ 6:16-7:00 min/km

Fast Finish Long Run: 12 to 14 miles (20-23 km) total with the last 2 to 4 miles (3-7 km) at Goal Pace or faster. Or, insert a 5K to 10K RACE.

Workout Purpose:

Build endurance, leg resistance to fatigue, practice race pace, try equipment and nutritional routine.

Coach Notes:

Ok. Last big fast finish long run of your plan. Time to dial in your nutrition, equipment and pacing. Run relaxed at pace but then up the intensity in the last few minutes to practice finishing strong.

Monday, September 16, 2024

Run**Recovery Day (Off, Cross-Train or Optional Run)**

Planned: Planned Pace: 6:14-6:46 min/km

Off or Easy Run for 30-45 minute Easy Run

Workout Purpose:

Build endurance.

Coach Notes:

In heavy training phases, simplify life. High training stress requires low life stress. Can't control all but make an effort to simplify.

Tuesday, September 17, 2024

Run**Fartlek Run**

Planned: 1:15:00

20-30 minute Warm-Up + Fartlek Workout: 12 to 15 times 1 minute at slightly faster than 5K effort with 1 minute recovery jog + 20-30 minute Cool-down

Workout Purpose:

Build Speed - VO2max.

Coach Notes:

After your big long run, this workout is optional. If you are tired, just run easy today.

Prehab:

Perform the Strength in Stride Phase 3 - Power Program A routine. <https://log.finalsurge.com/>

Wednesday, September 18, 2024

Run

Easy Run

Planned: 1:10:00 @ 6:14-6:46 min/km

50-70 minute Easy Run

Workout Purpose:
Build endurance.

Coach Notes:
I see lots of runners who worry constantly about their running. Worrying eats away at performance.
Replace w/ positive self talk.

Prehab:
Take care of your body and it will provide you with a lifetime of running.

Thursday, September 19, 2024

Run

Goal Pace

Planned: 10 mi

Goal Pace Workout: 1-2 mile Warm-Up + 6-8 miles (10-14 km) at Goal Pace + 1-2 mile Cool-Down

Workout Purpose:
Build endurance + Pace Control.

Coach Notes:
This workout is another great opportunity to dial in race pace.

Prehab:
Perform the Strength in Stride Phase 3 - Power Program B routine. <https://log.finalsurge.com/mcmillan/prehab/powerb> (<https://log.finalsurge.com/mcmillan/prehab/powerb>)

Friday, September 20, 2024

Run

Recovery Day (Off, Cross-Train or Optional Run)

Planned: Planned Pace: 6:14-6:46 min/km

Off, Cross-Train or Easy Run for 40-60 minute Easy Run

Workout Purpose:
Recovery day.

Coach Notes:
Sluggish, slow, motivation-crushing runs are nearly always followed by feeling great in an upcoming run. Keep the faith.

Saturday, September 21, 2024

Run

Easy Run**Planned:** 35:00 @ 6:14-6:46 min/km

30-40 minute Easy Run

Workout Purpose:

Build endurance.

Coach Notes:

When in heavy training, as soon as you can go to bed, go to bed. No delays. Get your rest.

Prehab:

Perform the McMillan Running Form Drills. <https://log.finalsurge.com/mcmillan/prehab/drills> (<https://log.finalsurge.com/mcmillan/prehab/drills>)**Sunday, September 22, 2024**

Run**Long Run****Planned:** 17 mi @ 6:16-7:00 min/km

14-18 mile (25-30 km) Long Run

Workout Purpose:

Build endurance, leg resistance to fatigue, practice race pace, try equipment and nutritional routine.

Coach Notes:

Final long run before the race!

Monday, September 23, 2024

Run**Recovery Day (Off, Cross-Train or Optional Run)****Planned:** Planned Pace: 6:10-6:42 min/km

Off or Easy Run for 20-30 minute Easy Run

Workout Purpose:

Build endurance.

Coach Notes:

The thing I like about running is that there are no shortcuts. You have to do the work to get the results. Period.

Tuesday, September 24, 2024

Run**Fartlek Run****Planned:** 1:10:00

20-30 minute Warm-Up + Fartlek Workout: 10-12 times 1 minutes at 5k effort or faster with 1 minute recovery jog + 20-30 minute Cool-down

Workout Purpose:

Build Speed - VO2max.

Coach Notes:

We now head into the peaking phase for the race. The volume will decrease but we'll keep some engine-reving workouts to help sharpen you up.

Prehab:

Perform the Strength in Stride Phase 1 - Stability Program A routine. <https://log.finalsurge.com/mcmillan/prehab/stabilitya> (<https://log.finalsurge.com/mcmillan/prehab/stabilitya>)

Wednesday, September 25, 2024

Run**Easy Run**

Planned: 35:00 @ 6:10-6:42 min/km

30-40 minute Easy Run

Workout Purpose:

Build endurance.

Coach Notes:

You already own the best recovery tool for runners - your bed. Focus on sleep for improved running performance.

Prehab:

Fit body. Fast body. Great job with all the prehab!

Thursday, September 26, 2024

Run**Tempo Run**

Planned: 1:05:00 @ 5:32-5:43 min/km

20 minute Warm-Up + Tempo Run: 20-30 minutes + 20 minute Cool-down

Workout Purpose:

Build Stamina - Lactate Threshold Pace.

Coach Notes:

Neuroscience shows we should prime our brains before workouts/races w/ positive affirmations like "I am strong. I am tough."

Prehab:

Perform the Strength in Stride Phase 1 - Stability Program B routine. <https://log.finalsurge.com/mcmillan/prehab/stabilityb> (<https://log.finalsurge.com/mcmillan/prehab/stabilityb>)

Friday, September 27, 2024

Run**Recovery Day (Off, Cross-Train or Optional Run)**

Planned: Planned Pace: 6:10-6:42 min/km

Off, Cross-Train or Easy Run for 30-40 minute Easy Run

Workout Purpose:

Recovery day.

Coach Notes:

Unsuccessful runners pick the wrong battles. When the schedule says easy run, they push too hard & then can't attack future key workouts.

Saturday, September 28, 2024

Run

Easy Run

Planned: 35:00 @ 6:10-6:42 min/km

30-40 minute Easy Run

Workout Purpose:

Build endurance.

Coach Notes:

Think through each segment of your race & make a plan for what you want your mindset to be in each segment. Then, execute your mental plan.

Prehab:

Perform the McMillan Running Form Drills. <https://log.finalsurge.com/mcmillan/prehab/drills> (<https://log.finalsurge.com/mcmillan/prehab/drills>)

Sunday, September 29, 2024

Run

Long Run

Planned: 12 mi @ 6:12-6:56 min/km

Long Run: 8 to 12 miles (12-20 km)

Workout Purpose:

Build endurance, leg resistance to fatigue

Coach Notes:

Going to a new level is scary even if workouts show you are there. In races, be committed. Be brave. That's where the PRs live.

Monday, September 30, 2024

Run

Recovery Day (Off, Cross-Train or Optional Run)

Planned: Planned Pace: 6:10-6:42 min/km

Off or Easy Run for 20-30 minute Easy Run

Workout Purpose:

Build endurance.

Coach Notes:

Race week! I'm so excited for you. You've trained smart and you are now ready to chase your goal. Well done!

Tuesday, October 1, 2024

Run**Leg Speed****Planned:** 55:00

20 minute Warm-Up + Stride Workout: 8 to 10 times 25 seconds starting at 5K and progressing down to Mile race effort with 1 minute recovery jog between + 20 minute Cool-down

Workout Purpose:

Build leg turnover.

Coach Notes:

Let's connect after the race. I want to hear how it goes and let's discuss your next training cycle.

Prehab:

We'll avoid strength training in race week. We want all our energy stored up for the race itself. Instead, focus on your mobility work, relaxation and visualization.

Wednesday, October 2, 2024

Run**Cruise Intervals 1000m****Planned:** 55:00 @ 5:24-5:34 /rep

10-20 minute Warm-Up + Cruise Interval Workout: 4 to 5 times 1000 meters with 200 meter recovery jog between plus 3 x 200m strides with 200m recovery jog + 10-20 minute Cool-down

Workout Purpose:

Build Stamina - Lactate Threshold Pace.

Coach Notes:

"You are never too old to set another goal or to dream a new dream." C. S. Lewis

Thursday, October 3, 2024

Run**Easy Run****Planned:** 30:00 @ 6:10-6:42 min/km

30 minute Easy Run

Workout Purpose:

Build endurance.

Coach Notes:

"Doing your best requires only applying your current abilities. Becoming your best requires consistently working to improve those abilities." Dennis Barker

Prehab:

Perform the McMillan Running Form Drills. <https://log.finalsurge.com/mcmillan/prehab/drills> (<https://log.finalsurge.com/mcmillan/prehab/drills>)

Friday, October 4, 2024

Run**Recovery Day (Off, Cross-Train or Optional Run)****Planned:** Planned Pace: 6:10-6:42 min/km

Off, Cross-Train or Easy Run for 20 minute Easy Run

Workout Purpose:

Recovery day.

Coach Notes:

I'm very excited for your race! I put together my final thoughts on racing. Read this a few times before your race: <https://run.mcmillanrunning.com/coach-gregs-pre-race-pep-talk/> (<https://run.mcmillanrunning.com/coach-gregs-pre-race-pep-talk/>)

Prehab:

Now that you've developed a routine of prehab, please keep it going. In your next McMillan training plan, I'm going to provide even more prehab routines so you keep your body strong and healthy.

Saturday, October 5, 2024

Run**Easy Run****Planned:** 20:00 @ 6:10-6:42 min/km

20 minute Easy Run

Workout Purpose:

Build endurance.

Coach Notes:

You are ready for the race. You don't need to eat anything special or do anything out of the ordinary. Just do what you've been doing and the race will go fine. Nothing new for race day.

Sunday, October 6, 2024

Run**Race****Planned:** 13 mi

Half-Marathon

Workout Purpose:

Use the Go Zone strategy to run your best race!

Coach Notes:

Best of luck today! Believe in yourself and in your training.

Totals

Planned Run: 177.03 km ~ 82:55:00