

Go Find Your Awesome

Goofy's Race and a Half Challenge Training Plan... "What does it mean?"

Although most of my training plans are pretty straightforward, sometimes it is necessary to elaborate. What follows are some definitions of the terms I use in my plans to help you determine how each workout is structured.

WU/CD: Warm up and Cool Down, respectively. These should always be in Zone 1. If you need to walk the entirety of these segments to stay there, that is fine.

Strides: After finishing your primary miles, stop and allow your heart rate to recover. Then begin by accelerating for 20 seconds to the fastest you can sustain, then decelerate again to an easy jog to finish out the minute. Repeat as indicated.

Negative Split (NS): Simply put, run the second half faster than the first half. You might also break it up into 3rds. Here's a tip: know that you will need to run faster later, so conserve energy in the first half.

Finish Strong (FS): For the time/mileage indicated, increase speed by a few seconds per mile. Run hard enough that you are faster than the rest of the run, but only fast enough to be able to sustain that pace for the remainder of the run. After you finish, walk around a bit to allow your Heart Rate to recover.

Recovery (rec): Some runs have programmed recovery in between harder efforts. Walk or jog for the time/distance indicated.

Mileage vs. Time (4 Miles OR 0:48): Perform the workout until one or the other is reached, do not push to the second goal. Time is given in hours:minutes.

Zone x (Zx): Zones are deliberately vague, as your physiology is unique to you. Your zones are indicated by your Maximum Heart Rate (MHR). If you know your MHR, use the ranges below to determine your zones. If you do not, start with 220-age. Then use the ranges below.

Zone 1: 50-60% MHR Zone 2: 60-70% MHR Zone 3: 70-80% MHR
Zone 4: 80-90% MHR Zone 5: 90-100% MHR

If you have a running friend and a treadmill close by, you might also try getting in the ballpark of your MHR. See this [link](#) to help you determine your MHR and set your zones.

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