

RUN DISNEY!

TRAINING INFORMATION



RUN *coach* JAMIE

CONTACT INFO

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THE PLANS

5K & 10K Plans

12 weeks

3 runs/ week

begin week of 10/20

26.2 Plan

20 + Weeks

4-5 runs/ week

Begin week of 9/18

13.1 Plan

16 + Weeks

3-4 runs/ week

Begin week of 9/15

Goofy and Dopey Plans

24+ Weeks

4-5 runs/ week

Begin week of 7/21



THE DETAILS

This is a running plan to get you ready for an amazing race!

Here are a few training tips:

- You should be cleared by a physician to participate in any exercise program.**
- Always warm up with dynamic stretches, and a walk/jog**
- Always cool down with a walk/jog and static stretches**
- Most runs during your training program should feel easier than your race day pace. Don't push yourself- listen to your body.**
- Walking is your friend**
- You can move runs around to match your schedule, but I do not recommend running more than 3 days in a row.**
- Have fun! After each run/workout, celebrate your accomplishments.**



RATE OF PERCEIVED EXERTION

**On a scale from 1-10, most of your runs should feel like you are holding back. Majority of your runs will be between 3-6/10.
I like using the rate of perceived effort because every run will feel different. The RPE scale takes the pressure off of maintaining a certain pace.**



Rate of Perceived Exertion

0-2

Nothing strenuous
Rest day, watch tv, casual walk

2-4

Conversational pace
Shakeout, long run, recovery run
Can hold a conversation with minimal effort

4-6

Moderate Pace- Tempo, fartlek
Can hold a conversation but with effort
Can hold this pace for 30-60 min w/out stopping

6-7

Anaerobic Threshold- Intervals, repeats
Working above your lactate threshold
(85-90 % max heart rate)
Can barely hold a conversation,
walk or jog to recover

7-9

Max effort- short bursts of max efforts
Sprints, hill sprints
Will need to walk after the efforts

Types of Runs

Conversational Pace Run- This is your bread and butter- 80 % of your weekly runs should feel like you're holding back your efforts

Recovery Runs- Completed after a difficult or long run- they are meant to loosen up muscles and help speed up recovery, slow down, slow down, slow down

Shakeout Runs- Completed before a difficult or long run, go nice and easy- meant to prep body for next workout, go nice and slow

Long Runs (AKA long slow runs/LSR)- Longest run of your week, meant to be 30-90 seconds slower than your race day pace per mile/km

Tempo runs- prepare your body for race day pace- these are paces you can hold for 30-60 min w/out stopping think goal 5K or 10K pace

Types of Runs (Continued)

Fartlek Runs- Traditional fartleks are random bursts of speed throughout your run (ie. run at a quick pace to the next stop sign or next block)

Intervals or Repeat Runs- Work above your anaerobic threshold (think HIIT)- they are timed and push you at difficult level

Hill Runs- Speedwork in disguise- They prepare your body the same way sprints do

Sprints- Max effort that most runners can sustain for short bursts before walking

Striders/Strides- are a running drill. I add them on to most conversational paced runs- they are quick bursts (NOT sprints) that help promote proper form. When you complete the burst, think about engaging your core and scanning your body head to toe.

Types of Runs (Continued)

Push Pace- Something comfortably challenging, you should be able to return to a conversational pace. This is not a max effort run

1:1 Intervals - Run and recovery are the same amount of time

2:1 Intervals- Run twice as long as you recover

1:2 Intervals- Recover is twice as long as you run

Talk test- During majority of your runs, you should be able to hold a basic conversation.

example

Monday Runs

Strides

During the last 10-15 min of your run, run at a quicker pace for 20 seconds

return to your conversational pace for 40 seconds

repeat drill 5- 6X

finish run in a conversational pace until you reach goal distance

Wednesday Runs

Speedwork

Each week you will have the opportunity to try out different runs to help increase speed

This is an option- feel free to swap this for a conversational paced run

Saturday Runs

Long Slow Run

Run:walk intervals permitted on all runs



FAQS

What happens if I need to move a scheduled run?

No problem!! Make this plan fit you and your lifestyle. I do not recommend running more than 3 or 4 days in a row (unless you are preparing for the Dopey Challenge)

What happens if I need to skip a run?

Nothing!! Continue your plan as normal. Skipping a few runs should be okay! If you skip more than 7-10 days in a row, I recommend slowly easing back into the plan and then resume as normal. Try to be as consistent as possible

Should I run for distance or time?

Whichever works best for you- Both are available for you to choose from on the plans. Some of the plans (dopey, goofy) will have a combination of the 2.



FAQS

What does “talk test” mean?

In the plan you will see the words “talk test” listed under the long run.

- every mile/km/ 10 min practice the talk test

*Talk test- if you were to hold a conversation w someone, would you be able to say most of the convo w out feeling breathless? that's perfect

if holding a convo seems too easy, speed up

If it feels challenging, slow down a bit

*singing a song, saying pledge of allegiance or a poem you know is a great way to practice the talk test.

Can I play around with my efforts during the speedwork sessions?

Of course, speed intervals are designed to help increase speed. Only push yourself during the speedwork sessions.



FAQS

I am new to running, are these plans beginner friendly?

Absolutely- I encourage you to incorporate run:walk intervals. You are more than welcome to swap out one or two of your runs/week for a walk, especially at the beginning. If the plan says to run for 3 miles, try to walk for 3 miles or however long it would take for you to complete a 3 mile run.

Can I walk?

Walking is an essential part of your running journey. The walk:run intervals can help you increase your endurance much faster than trying to run without stopping. Walking will allow you to safely build volume and prevent you from injuring yourself or burning out.



RUN WALK INTERVALS

How do I know which run: walk intervals are the best for me?

Use the beginning of your running program to play around with a variety of intervals. See what one feels best for you. Here are some common intervals

1:1 running and walking will be the same amount of time

eg-30 seconds on/ 30 seconds off

1:2 walking will be twice as long as running

eg- 30 seconds walking, 60 seconds off

2:1 running will be twice as long as walking

eg- 60 seconds on, 30 seconds off

1:3 walking will be three times as long as running

eg- run 15 seconds, walk 45 seconds

3:1 running will be three times as long as walking

eg- run 45 seconds, walk 15 seconds



RUN WALK INTERVALS

If you are using the run walk method, please make sure you are not going 100% max effort during the run portions. It should feel challenging but you should also feel like you are holding back on your efforts. The walk portions should not be a complete rest, you should be able to be in a nice steady or power walk.

As you play around with intervals, I encourage you to see how the paces and efforts feel.

Keep track of your average pace time. This will help you prepare for your race day predicated time.

****Disney may have timed requirements for certain races. So, it's important to keep this in mind as you train.**



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QUESTIONS?



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