

The 10 Day Training Cycle

Dave Welsh

- Been Running Since HS at HT
 - Was a 27 minute 5k kid to start
 - In track as a freshman fell in love with hurdles
 - Ran 16:50 for 5k and 56 for 400IM and 51 for 400 senior year
- Went to Lehigh to do track
 - Too slow to be Division 1 hurdler so changed events
 - Started XC as a Junior and moved up to Steeple Chase for track
- Stayed at Lehigh for Grad school and coached for Lehigh
 - Moved up to the ½ marathon and broke 1:18
 - Ran 15:40 for 5k
- Went to IBM to work
 - Dropped ½ marathon to 1:12
 - Ran 4:30 for mile at Penn Relays DM
- Went to NB to work
 - Got really into track
- Bought HRC and moved home
 - Trained for 50k and got 2nd at USA champs in 3:06
 - Just did lots of mileage
- Started with a new coach and changed training to 10 day week

Now on 10 day cycle with Mike as coach and running with Bob Schwelm

- Run 1:09 at PDR
- 3 weeks later run 2:29 at Chicago
- Get 3rd overall 1 year later at Big Surr
 - Retire from marathon!!!
- Head back to the track at 36
 - Run 15:20 for 5k
 - Run 3:59 for 1500 and 1:58 for 800
- Begin to coach at HT at the same time
 - Start to train with Erin Donohue and get her on the 10 day cycle
 - Get HT kids on this cycle
 - Have 5 kids brake 4:22 in same season- 4:11,4:14,4:18, 4:21, 4:22

Being 39/40

- Have run 2:01 for 800, 4:28 for Mile and 9:16 for 3k
- Was 2nd at USA Masters in 800 and 1500
- Was just 5th in last race at NB Games against international Mile Masters field

	B	C	D	E	F	G	H	I	J	K	L	M	N	O
		M	T	w	Th	Fr	Sat	Sun	Total					
	1-May	4	7	5	5	Off	3	11	35	Tues- 3 x 1mile 6:40, 6:30, 6:20 90 secs rest	Broad street 10 miler- 1:06:50			
	8-May	off	off	off	off	off	off	4	4					
	15-May	off	4	off	4	5	5	5.5	23.5					
	22-May	off	5	7.5	off	6	10	5.6	34.1					
	29-May	4	5	8	6	Off	8	5	36	Sat 8k- 33:22				
	5-Jun	5	6	6.5	Off	6	10	4	37.5					
	12-Jun	5	6	8	4	Off	9	4	36					
16	19-Jun	4	7.5	5	5	8	5	5.5	40	Tues- 12x400	Fri- 2 easy, 5@7:15, 1 easy			
15	26-Jun	14	Off	5	9	4	5	11	48	Mon- Long Run	Thurs-3 x(Mile@6:20 2min 4x200@42 1 min Rest) 3 mins bet sets	Sunday- 11 miles- 2 easy, 2@6:50, 4@7:10, 2@6:50 1 easy		
14	3-Jul	4	5	16	Off	5	10	5	45	Wed- Long Run	Sat- 10 miles- 5 easy then 10x60-90 hard / same easy			
13	10-Jul	4	5	11	6	4	15	4	49	Wed- 5 mile progression, 8x400 with 15 secs	Sat- Long run 15 easy			
12	17-Jul	Off	5	8.5	6	4	9	6	38.5	Wed- 8x800@3:08-3:10 with 3 min rst	Sat- 2 easy / 6 miles @ 6:50 / 1 easy			
11	24-Jul	4	18	5	Off	5	7	6	45	Tues- 18- 9 easy / 9 @ marathon	Sat- 1600, 12x400			
10	31-Jul	4	13	4	6	20	4	Off	51	Tues- 2wu, 10miles 7:15, 1 mile	Sat- 20 miles- 80 mins easy, 8x2min hard/4min easy, finish run			
9	7-Aug	5	9	5	6	9	4	15	53	Wed- 10x800@3:08-3:10 with 3 min rst	Fri- 3x3200@6:40ish with 3mins rest	Sun- 15 easy		
8	14-Aug	5	Off	6	8	6	4	15	44	Thurs- 1600, 2 mins, 1600, 2 mins 8x400	Sun- 2wu, 12miles 7:15, 1 mile			
7	21-Aug	4.75	4.25	4.5	21	Off	5.1	10	49.6	Thurs- 21 miles- 90 mins easy, 10x1min hard/3min easy, finish run	Wed- 12x800@3:06-3:08 with 3 min rst			
6	28-Aug	5	6	4	13	4	5	20	57	Thur- 2WU, 8marathon, 8x400, 2mile@1/2 mar	Sun- 20 miles- every 5 miles drop pace 8,7:45,7:30,7:15			
5	4-Sep	4.6	Off	5	9	4	6	8	36.6	Thur- 10x800@3:06 with 3 min rst	Sun- 2x3200@6:40pace with 3mins rest			
4	11-Sep	5	5	12	Off	6	4	20	52	Wed- 12 easy, last 3 pick up to 7:10max (MAY SHORTEN)	Sun- 20 miles- every 5 miles drop pace 8,7:45,7:30,7:15 (if foot not 100% make this 16 and drop pace every 4 miles)			
3	18-Sep	0	5	8	4	4	4	15	40	Wed- 8x800@3:06 with 3 min rst	15- 8 easy, 6@7:10, 1 easy			
2	25-Sep	Off	4	9	5	5	10	5	38	Wed- 2 easy, 6@7:10, 1 easy	Sat- easy 10			
1	2-Oct	4	8	5	4	Off	4	Race	25	Tues- 4xMile 7:10, 7:00, 6:50, 6:40 with 90 secs rest	Sun Race- Talk plan based on weather			

Pre run / Post run

- Always eat something
- Set of pushups
- Roll feet first with the Stick and then calfs
- Foam roll quad, hamstring and calf and finally back
- Core for glute activation
- Run
- Post run stretch and eat again

		M	T	w	Th	Fr	Sat	Sun	Total
	1-May	4	7	5	5	Off	3	11	35
	8-May	off	off	off	off	off	off	4	4
	15-May	off	4	off	4	5	5	5.5	23.5
	22-May	off	5	7.5	off	6	10	5.6	34.1
	29-May	4	5	8	6	Off	8	5	36
	5-Jun	5	6	6.5	Off	6	10	4	37.5
	12-Jun	5	6	8	4	Off	9	4	36
16	19-Jun	4	7.5	5	5	8	5	5.5	40
15	26-Jun	14	Off	5	9	4	5	11	48
14	3-Jul	4	5	16	Off	5	10	5	45
13	10-Jul	4	5	11	6	4	15	4	49
12	17-Jul	Off	5	8.5	6	4	9	6	38.5
11	24-Jul	4	18	5	Off	5	7	6	45
10	31-Jul	4	13	4	6	20	4	Off	51
9	7-Aug	5	9	5	6	9	4	15	53
8	14-Aug	5	Off	6	8	6	4	15	44
7	21-Aug	4.75	4.25	4.5	21	Off	5.1	10	49.6
6	28-Aug	5	6	4	13	4	5	20	57
5	4-Sep	4.6	Off	5	9	4	6	8	36.6
4	11-Sep	5	5	12	Off	6	4	20	52
3	18-Sep	0	5	8	4	4	4	15	40
2	25-Sep	Off	4	9	5	5	10	5	38
1	2-Oct	4	8	5	4	Off	4	Race	25

Tues- 12x400	Fri- 2 easy, 5@7:15, 1 easy	
Mon- Long Run	Thurs-3 x(Mile@6:20 2min 4x200@42 1 min Rest) 3 mins bet sets	Sunday- 11 miles- 2 easy, 2@6:50, 4@7:10, 2@6:50 1 easy
Wed- Long Run	Sat- 10 miles- 5 easy then 10x60-90 hard / same easy	
Wed- 5 mile progression, 8x400 with 15 secs	Sat- Long run 15 easy	
Wed- 8x800@3:08-3:10 with 3 min rst	Sat- 2 easy / 6 miles @ 6:50 / 1 easy	
Tues- 18- 9 easy / 9 @ marathon	Sat- 1600, 12x400	
Tues- 2wu, 10miles 7:15, 1 mile	Sat- 20 miles- 80 mins easy, 8x2min hard/4min easy, finish run	
Wed- 10x800@3:08-3:10 with 3 min rst	Fri- 3x3200@6:40ish with 3mins rest	Sun- 15 easy
Thurs- 1600, 2 mins, 1600, 2 mins 8x400	Sun- 2wu, 12miles 7:15, 1 mile	
Thurs- 21 miles- 90 mins easy, 10x1min hard/3min easy, finish run	Wed- 12x800@3:06-3:08 with 3 min rst	
Thur- 2WU, 8marathon, 8x400, 2mile@1/2 mar	Sun- 20 miles- every 5 miles drop pace 8,7:45,7:30,7:15	
Thur- 10x800@3:06 with 3 min rst	Sun- 2x3200@6:40pace with 3mins rest	
Wed- 12 easy, last 3 pick up to 7:10max (MAY SHORTEN)	Sun- 20 miles- every 5 miles drop pace 8,7:45,7:30,7:15 (if foot not 100% make this 16 and drop pace every 4 miles)	
Wed- 8x800@3:06 with 3 min rst	15- 8 easy, 6@7:10, 1 easy	
Wed- 2 easy, 6@7:10, 1 easy	Sat- easy 10	
Tues- 4xMile 7:10, 7:00, 6:50, 6:40 with 90 secs rest	Sun Race- Talk plan based on weather	

Sat- 10 Mile Race

Wed- 4x400-

Wed- 8x400-

Wed- 10x400

Wed- 1600, 8x400

Mon- 6 Mile progres then 4x (40s H/80s E)

Wed- 3 easy, 4 with 800E/800H, 1 easy

wed- 2x1600, 6x400

Thur- Progression then PU

Wed- 3200, 4x400

Wed- 1600, 2:00 then 2x600 (400T200H) 2:00

Tues- Progression and 3x200

Tues- 3wu- 5x800 with 2:30R- 3cd

Wed- 8x400-

Wed- 6:30 avg- 7 and 8 (6 flat)

Tues- 12x400, 4x200

Tues- 5 mile Progres, 4x200

Tues- 7 easy then 5x800 H/E in the Wiss

Mon- 2 easy, 4 mile Progres, 1x600, 1x400

Tues- 2x (5x300(52-50) with 1 min) 3 mins between

Mon- Progression, 4x400w15, 4x200w200

Thur- Progression, 4x400w15, 4x200w200

Tues- 2-3-4-4-4-3-2

Thurs- 2x800, 4x100

Tues- 4x400, 4x200

Sun- 10k Race

Sat- Long Run

Fri- Long Run Progression

Thur- 2x1600, 4x400

Sun- Long Run

Sun- 12, 30 easy then 30 of 1H/2E, 20 easy

Sat- Race Mile

Sat- 2x1600, 5x400

Fri- 3 easy, 5 tempo, 3 easy

Sat- rothman 8k

Sat- 9 miles with hard 3 in middle.

Thur- Easy LR

Fri- 3k race at Ocean Breeze

Fri- 2x1600, 6x400

Fri- LR

Sat- 10x400 on raod

Race Mile, Tempo 2 mile

Race Mile, Flat track

Race 800 pace 3k

Sun- 2 easy then 8x100E/100H on indoor track

Sat- Race Mile

Sun- Long Run Progression

Sat- 10- 3E, 30,60,90,2min,2:30,3:00,2:30,2,90,60,30- 1E

Sun- race 10 miles-

Sun- 5x1000 @3:05 (2:28@800)

Sun- Progression, 3x400 w 1 min

12-Aug 10 Mile (64:20)- 5:48, 6:10, 6:10, 6:20, 6:42, 6:34, 6:54, 6:57, 6:27 6:20
 16-Aug 4x400- 79,78,77,79
 23-Aug 8x400- 78, 79, 79, 78, 78, 77, 78, 76
 27-Aug 10k (35:39)- 5:35, 5:40, 5:50, 5:50, 5:50, 5:40-
 30-Aug 10x400- 79, 77, 78, 80, 78, 78, 79, 80, 80, 77
 6-Sep 1600- 5:14, 8x400- 80, 78, 78, 78, 77, 79, 78, 77
 8-Sep 12- 7:35, 7:15, 7:05, 6:50, 6:40, 6:50, 6:30, 6:25, 6:25, 6:35, 6:25, 6:10
 11-Sep 6- 7:15, 6:50, 6:40, 6:20, 6:00, 5:35 then 4x40s hard at 5min pace
 14-Sep 2x1600-5:14, 5:15, 77,79,79,79
 17-Sep 13- 7:20, 6:55, 6:55, 6:40, 6:30, 6:30, 6:30, 6:30, 6:30, 6:20, 6:15, 6:30, 6:30
 20-Sep 3E, Then 6:07,6:03, 6:02, 6:05 at 800 2:35ish 800 3:30ish
 23-Sep 3E Mile 4-9 with PU 6:20,6:20,6:05,6:00,6:35, 6:05 (6:13 avg)
 27-Sep 2x1600-5:15, 5:15, 78,77,79,80,79,77 (Brutal humidity and 70)
 1-Oct 10 Mile (57:16)- 5:30, 5:55, 5:45, 5:40, 5:40, 5:35, 5:50, 5:40, 5:45, 5:40
 5-Oct 7:25,7:15, 6:50, 6:20, 6:00, 5:30, mile eat then 30 on 60 off
 8-Oct 14 Mile in Wiss- 3 east then 11 at 6:30-40 (1:36 total)
 12-Oct 3200- 5:12/5:18 (10:30!!!) 3:30 rest 4x400- 79/77/77/79
 15-Oct 4 easy, 5 at 6:10-6:20 during pick ups, 6:35 avg for run
 18-Oct 1600-5:13, 2:20R, 78/35, 81/34 2:30R 1600- 5:10 2:10R, 80/35, 75/35
 21-Oct Mile- night time and 1200 uphill ran 4:48
 25-Oct 3wu, 1Mile H, 1Mile E- 5:24/6:26 5:20/6:40 5:22/6:38 5:20/6:15 Philly Loop
 28-Oct 8 easy then 5@6:20-6:30
 31-Oct 7- 7:15, 6:45, 6:35, 6:15, 5:55, 5:40, 5:30 then 3x40s hard at 4:40 pace
 4-Nov 2x1600-5:13, 5:11, 78,75,76,76,76
 7-Nov 5x800 with 2:30R- 2:30 / 2:28 / 2:28 / 2:28 / 2:26
 10-Nov 7:25, 7:20, 6:44, 6:25, 6:15, 5:55, 6:05, 5:45, 6:45, 7:00, 7:00
 14-Nov 8x400- 77, 77, 77, 78, 76, 77, 76, 75
 18-Nov 8k race- 5:07, 5:26, 5:28, 5:40, 5:38- 27:23
 22-Nov 6:30 avg- 7 and 8 (6 flat)
 25-Nov 9 miles with 5k tempo in middle- 5:25, 5:40, 5:30- 17:08
 10x400- first 6 were long by 5 secs then took 2 min rest then 4x400, 5 mins and then 4x200 with 200 jog
 28-Nov 10x400- 76,75,75,78,78,77- 2min 79,78,78,77 - 5min 31,35,32,33
 3-Dec 3x1000 with 2:30R all 3:07, 5x200w200J(75) att 33
 5-Dec 5 mil Prog- 7:30/7:00/6:40/6:20/5:40- drills 4x200- 32/34/33/33 with 200J in 1 min
 8-Dec 3wu, 2.5 cd 3k in Ocean Breeze- 75/72/73/74/75/76/76/37- 9:18 (3:04/05/09)
 12-Dec 13 miles with 5x800 on trails- was icy
 15-Dec 2x1600-5:15, 5:16, 77,77,78,77,79,78 (Brutal cold- 25 degrees ran in tights)
 18-Dec 2wu, 6:19/6:15/5:45, 1 cd- 600- 1:35 5 mins 400- 63
 22-Dec 14.4 in wiss 8 easy then 4 miles with 800H/800E- 6:10,6:10,6:10,5:55
 26-Dec 2x(5x300w1min) 4 mins- 49/49/49.5/49.2/49.1 49.3/50.6/50.1/51.7/49.4
 30-Dec 10x400 on road- 1,2,5,6,9,10 tailwind- 75,78,79,80,78,76,80,78,77,74

3-Jan 2x400- 76,78 with 15 sec, 8-8-6 w 4 mins 2:24, 2:19, 1:41
 8-Jan 7:30,7:00,6:20 drills 4x400@78 2 mins 4x200@33 with 200 jog on the ROAD
 11-Jan 3 wu- Mile- 4:34.1-(68/68/73/65) 30 mins 2 mile 10:46 (5:21/5:24)
 14-Jan 5 mile progression- 7:40, 7:00, 6:40, 6:15, 5:30 drills 3x400 w 1 min- 70/68/64
 18-Jan 4x400@75/77/77/75 3 mins 4x200@32 with 200 jog
 20-Jan 3 wu- Mile- 4:34.18-(67/68/71/68) NO BALLS
 23-Jan 29-60s / 45.5-90s / 66-2:30 / 67-2:30 / 63.5-2:00 / 48-90s / 32
 27-Jan 800- 38/30/31/35- 2:05.11 pace 3k 800-2:16
 1-Feb 2/4/2 3 mins 2/4/2 3 mins 4xin out 100 32/76/33 31/78/32
 6-Feb 75/76/77/74 2 mins 32/33/32/31
 10-Feb 3 wu- Mile- 4:35.05-(68/74/66/67) 5th place at NB Games

