

## Capital Odyssey Advanced

*This plan is for athletes who can comfortably run 6-miles in one effort and have a 5k PR below 31 minutes.*

This plan is designed to be a fun and healthful way for you to run the 5<sup>th</sup> Annual Capital Odyssey on June 3. Think of these next nine weeks as a journey towards faster and more sustainable running!

The main tenants of this training plan are: walking (W), easy running (EZ), hard running (H), and cross-training (XC). In using variations in pace (W = walking, EZ = easy, H = hard) on each workout, our goal is to:

- 1) get you fitter
- 2) reduce your chance of injury
- 3) keep it fun!

Although it may seem complicated at first, you will catch onto the variations in pace and begin to look forward to the hard-running segments followed by the easy run breaks. Finally, implement stretching and core exercises into your routine 2-5 days per week (see bottom of the webpage for guidance). Flexibility and core strength are two of the biggest factors to keep any runner healthy and running strong.

\*This plan is written by Coach Lauren Evans with Fizio, a proud sponsor of the Reno-Tahoe Odyssey / Capital Odyssey. Fizio is located at 400 Mill Street, just east of Downtown Reno. Fizio is a fitness center and is home to Nevada's first athlete recovery lounge.

Fizio offers many classes that can help you prepare for the Capital Odyssey, including Run Team sessions that are highly coached and open to all ability levels.

**Run Team** – Tuesday at 6 AM and 5:30 PM at Reno High School; Thursday at 6 AM and 5:30 PM at Fizio.

For the entire Fizio schedule, please visit [FizioReno.com](http://FizioReno.com)

For individual coaching plans or questions, please contact Coach Lauren at [lauren@fizioreno.com](mailto:lauren@fizioreno.com).

**\*\*Please consult with your physician prior to beginning the training plan. Follow these plans at your own risk.**

<b>Week</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
Week 1 - April 3	20 minutes EZ followed by 2 x 30 s H with 30 s rest	OFF or XC	10 minutes EZ, 6 x 1 min H, 1 min EZ, 10 min EZ	OFF or XC	EZ 3 miles or XC	5 miles EZ	3 miles

Week 2 - April 10	25 minutes EZ followed by 2 x 30 s H with 30 s rest	OFF or XC	10 minutes EZ, 4 x 2 min H, 2 min EZ, 10 min EZ	OFF or XC	EZ 3 miles or XC	5 miles EZ	3 miles
Week 3 - April 17	25 minutes EZ followed by 3 x 30 s H with 30 s rest	OFF or XC	10 minutes EZ, 8 x 1 min H, 1 min EZ, 10 minutes EZ	OFF or XC	EZ 3 miles or XC	6 miles EZ	3 miles last 5 progress
Week 4 - April 24	25 minutes EZ followed by 3 x 30 s H with 30 s rest	OFF or XC	10 minutes EZ, 4 x 5 minutes M with 1 min rest, 10 min EZ	OFF or XC	EZ 3 miles or XC	6 miles EZ	3 miles last 10 progress
Week 5 - May 1	10 min EZ, 6 x 400m H with 400m EZ rest, 10 min EZ	OFF or XC	10 minutes EZ, 2 x 10 min M, 5 min rest, 10 min EZ	OFF or XC	EZ 3 miles or XC	7 miles EZ	3 miles last 10 progress
Week 6 - May 8	10 min EZ, 8 x 300m H, 100m walk rest, 10 min EZ	OFF or XC	10 min EZ, 2 x 10 min M, 3 min rest, 10 min EZ	OFF or XC	EZ 3 miles or XC	8 miles EZ	3 miles last 15 progress
Week 7 - May 15	10 min EZ, 8 x 400m H, 200m EZ, 10 min EZ	OFF or XC	35 minutes EZ with 1 min H every 10 min	OFF or XC	EZ 3 miles or XC	7 miles EZ in AM / 2 miles EZ in PM	3 miles last 15 progress
Week 8 - May 22	10 min EZ, 10 x 300m H, 100m walk rest, 10 min EZ	OFF or XC	10 min EZ, 20 min M, 10 min EZ	OFF or XC	EZ 3 miles or XC	6 miles EZ AM, 3 miles EZ PM	3 miles last 10 progress
Week 9 - May 29	10 min EZ, 6 x 400 m H with 400m EZ rest, 10 min cool- down	OFF	2 miles EZ, 2 miles at race pace	10 – 20 minute jog, 2 x 200 m strides	OFF	Capital Odyssey	Recover Fizio!

**Workout Key:**

**W = Walk (fast walk is 3.5 + mph)**

**EZ/J = Easy Run or Jog (about 2 minutes slower than 5k pace)**

**H = Hard Run (10-20 seconds slower than 5k pace)**

**Cross-Train (Choose your favorite cross-training sport, such as swimming, biking, mountain biking, elliptical, rower, stair-master, kick-boxing, yoga, dance, etc.)**

\* If not specified, rest interval is easy jog at half the distance of the interval.

### **Lauren's "Stretch 10"**

Note: Other than the leg swings, these are mainly traditional, static stretches. DO NOT do these before running. Rather, you can do these after working out. Come to Fizio to learn Dynamic Stretches to incorporate into your training.

#### **Leg Swings:**

-Flexion/Extension- Stand sideways onto the wall: Weight on your left leg and your right hand on the wall for balance. Swing your right leg forward and backward. 10 repetitions on each leg.

-Cross-Body flexion/Abduction - Leaning slightly forward with both hands on a wall and your weight on your left leg, swing your right leg to the left in front of your body, pointing your toes upwards as your foot reaches its furthest point of motion. Then swing the right leg back to the right as far as comfortable, again pointing your toes up as your foot reaches its final point of movement. 10 repetitions on each leg.

#### **Deep Lunge:**

Stand tall both feet together (starting position). Keeping the back straight, lunge forward with the right leg approximately 1 to 1½ yards. The right thigh should be parallel with the ground and the right lower leg vertical to the ground, HOLD. Raise opposite arm of bent leg toward the sky, and perform a sideways lean toward the bent leg, keeping the body upright. Hold the position. Repeat with the same leg 5 - 10 times. This is a range of motion stretch, not a strength activity. Repeat with the left leg.

#### **Hamstring:**

Lie on your back with a towel or rope around your right foot which is extended in the air. Pull gently and hold for 30 seconds. Return to starting position. Repeat 3 x. Switch legs.

#### **Traditional Calf Stretch:**

Push slightly against a wall with one leg straight behind you and front leg bent. Hold for 15 seconds. Return to starting position. Repeat 3 x, switch legs.

### **Lauren's "Continuous Core"**

"Continuous core" is performing a core exercise for 30 seconds – 1 minute, then going right into the next exercise with zero rest. Your core is constantly activated when you are running, without rest, so why would you get to rest during a core-specific workout? Start with a goal of 2 minutes of continuous

core, then progress to 3 minutes, 4 minutes...all the way up to 12 minutes if you can! However, I like to keep target 6-8 minutes of continuous core 3 x per week with my athletes.

Here are some core exercises that you can use in a “continuous core” routine:

Crunch, crunch with legs straight up, reaching for toes, bicycle, reverse crunch, side crunch, planks (front, side, supine ie. tummy toward the sky), hold push-up position, donkey kicks, and fire hydrants.