

Workout Explanations:

- **Tempo Run:** This is a run at a “comfortably hard” pace. It’s not an all-out effort but is faster than your easy run. The idea behind a tempo run is to increase your lactate threshold, which can help you maintain faster paces for longer periods of time.
- **Fartlek:** Swedish for “speed play.” This is a fun, unstructured workout where you play with speed. For instance, you can run hard between two lamp posts, then easy to the next, and repeat. It’s a mix of moderate to hard efforts with easy efforts in between.
- **Steady State:** This is a run where you maintain a steady, consistent pace that’s faster than your easy run but not as fast as tempo pace. It’s a way to build endurance without pushing as hard as during a tempo run.
- **Intervals:** These are short, high-intensity efforts followed by rest or low-intensity recovery. They help increase speed and cardiovascular fitness.

8-Week Reindeer Run Training Plan :

Week 1 (Starts 10/16/23)

- **Monday:** 3 miles easy run
- **Tuesday:** 2 miles warm-up + Fartlek (play with speed for 10 minutes) + 1 mile cool-down
- **Wednesday:** Rest
- **Thursday:** 4 miles steady state
- **Friday:** Rest
- **Saturday:** 3 miles easy run + 4x20 seconds striders (accelerate smoothly until near sprint speed, then decelerate)
- **Sunday:** Cross-training (e.g., swimming, cycling) or Rest

Total Mileage: ~12 miles





Week 5

- **Monday:** 5 miles easy run
- **Tuesday:** 3 miles warm-up + 5x400m intervals + 2 miles cool-down
- **Wednesday:** Rest
- **Thursday:** 6 miles steady state
- **Friday:** Rest
- **Saturday:** 5.5 miles easy run + 4x20 seconds striders
- **Sunday:** Cross-training or Rest

Total Mileage: ~22 miles

Week 6

- **Monday:** 5.5 miles easy run
- **Tuesday:** 3 miles warm-up + Tempo run for 20 minutes + 2 miles cool-down
- **Wednesday:** Rest
- **Thursday:** 6.5 miles steady state
- **Friday:** Rest
- **Saturday:** 6 miles easy run + 4x20 seconds striders
- **Sunday:** Cross-training or Rest

Total Mileage: ~23 miles

Week 7

- **Monday:** 5.5 miles easy run
- **Tuesday:** 3.5 miles warm-up + Fartlek for 20 minutes + 2.5 miles cool-down
- **Wednesday:** Rest
- **Thursday:** 7 miles steady state
- **Friday:** Rest
- **Saturday:** 6.5 miles easy run + 4x20 seconds striders
- **Sunday:** Cross-training or Rest

Total Mileage: ~25 miles

Week 8 (Race Week)

- **Monday:** 4 miles easy run
- **Tuesday:** 3 miles warm-up + 3x400m intervals at relaxed pace + 2 miles cool-down
- **Wednesday:** Rest
- **Thursday:** 5 miles at a comfortable pace
- **Friday:** Rest & hydrate well
- **Saturday:** Race Day! 5k Reindeer Run (Warm up with 1-1.5 miles easy running, run the 5k race, then 1-1.5 miles cool-down)
- **Sunday:** Cross-training (light, recovery-focused) or Rest

Total Mileage: ~17 miles (excluding the 5k race)

Remember, everyone progresses at different rates. It's important to listen to your body and adjust as needed. Make sure to stay hydrated, get proper nutrition, and ensure adequate rest for recovery. Best of luck with your training and enjoy the Reindeer Run!

