PEAK ON RACE DAY

Build or Alter Any Training Plan to PR on Race Day

Steve Gonser PT DPT
01 Know Your Fitness
Prior to lacing up your shoes for your first training run you should know your current level of running fitness. In this seminar we’ll talk about how you can determine your current level of fitness and build a plan based on that fitness.

02 Establish Your Paces
Use the vDOT calculator to establish your paces for training, workouts, and race day. Learn how and when to use each pace to maximize your fitness to peak while you toe the line for your goal race.

03 Pick “B” & “C” Races
Using less important “B” and “C” races is a great way to spring board to your “A” or goal race. Building, tapering, and executing these runs properly will ensure optimal fitness at your goal race.

04 Building Your Plan
A solid training plan starts by building a strong fitness base. A strong base not only provides you injury resistance, but the foundation needed to build your speed for race day (no matter the distance).
A PR (Personal Record) is Made Months in Advance

To peak on race day you’ll need to plan ahead. In this seminar I’ll take you through four things every runner should know: current level of fitness, how to set paces, choosing “B” and “C” races, and building a training plan.

The information in this seminar will help you to either build your own training plan or tweak an existing plan.

I’ve used the strategies and training principles discussed herein not only in my own training, but to help runners of all abilities PR (no matter their age or experience). The strategies are certainly against the grain of most training plans. You’ll have to buy in to the program early, but if you lean in and embrace what I’m about to cover I’m confident you’ll be staring down the finishing shoot from the distance knowing that you’ve crossed the line faster than ever before.

I hope you find much running success through the advice in this seminar.

To faster, healthier running,

Steve Gonser PT DPT
Physical Therapist
Chief Analyst at RunSmartOnline.com

#1 Know Your Fitness
#2 Establish Your Paces
#3 Pick “B” & “C” Races
#4 Building Your Plan
Know Your Fitness.

- Avoid guessing on what you can run. “I think” language
- Pick a goal finish time
  - Base off previous time
  - Base off current fitness
    - Run a 5K
    - Develop pacing strategy from 5K time
2. ESTABLISH YOUR PACES

To Find Your Racing Paces....

1. Capture One of Two Numbers
   A. Fastest Recent Race
   B. Goal Time for Race (Reasonable!)

2. Use vDOT calculator to determine paces
   http://bit.ly/Paces

3. Write down or log your training paces
   A. Easy, Marathon, Threshold, Interval, Repetition
2. ESTABLISH YOUR PACES

Click Here: http://bit.ly/Paces

Enter Race Distance & Goal Finish Time

The calculator will provide you with anticipated finish times based off information entered above.

Look to see that your time for a given distance is your actual goal time. If not, you may need to lower your time from above.

The calculator will provide you with training paces that will be discussed in the seminar. The only pace you’ll have to add is “Base Training” pace. (E Pace * 0.95)

Write your paces on the next page.
## 2. ESTABLISH YOUR PACES

<table>
<thead>
<tr>
<th>Easy Pace</th>
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<tbody>
<tr>
<td>Base Pace</td>
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<tr>
<td>( \text{(Easy Pace \times 0.95)} )</td>
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<tr>
<td>Marathon Pace</td>
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<td>Threshold Pace</td>
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### Goal Race (Finish Times)

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<tr>
<th>Full Marathon</th>
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<th>10K</th>
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EASY (E) PACE:

#2 Establish Your Paces

Easy Pace: “Boring” or “Recovery”
E pace will scare you. This pace is only used for slow, slow runs that can build up your mileage with low risk.

“Base Pace” Built Off “E Pace”
I build my base at roughly 95% of this pace:
95% ~ 10:23/mile = 9:51
MARATHON (M) PACE:

#2 Establish Your Paces

Marathon Pace
HR: 80-90%
Qty: lesser of 90 min or 16 miles

Marathon Pace: “Marathon Pace”
The pace required to run your marathon goal.

Marathon Pace = Band-Aid Pace
Marathon pace is often used on long runs “build confidence” but does nothing more than add injury risk

M Pace breaks you down! Never (ever) for an entire long run!

I have NEVER run marathon pace for >8 miles without it being a “B” or “C” race situation
THRESHOLD (T) PACE

#2
Establish Your Paces

Threshold Pace
HR: 88-92%
Oty: lesser of 10% weekly mileage or 60 min
Why the 0.68 mile distance? See NOTES below.

Threshold Pace: "Comfortable Hard"
Usually sustainable for ≈ 60 minutes
Where most runners spend their time
"Just hard enough (to get injured)"

Pace is used for races lasting roughly 60-70 minutes
Used in training for 1-2 mile repeats

Notes:
- 400m: 02:05
- 800m: 04:10
- 1000m: 05:12
- 68 mile: 05:41
- mile: 08:22
INTERVAL (I) PACE

Interval Pace: Track Workouts
Difficult but sustainable – a great pace to build your speed without trashing yourself.

Intervals are generally used in the last 8 weeks of the training plan or to prepare for B or C races.
REPETITION (R) PACE

#2 Establish Your Paces

The hardest of all paces.
Rest intervals equal rep intervals
Saved for the final 4-6 weeks of training

“Able to do one more, but I would rather not.”
3. CHOOSING “B” & “C” RACES

BEFORE WE START BUILDING.... PICK “B” AND “C” RACES

- The structure of my plan often leads runners “nervous” or “unsure” — you’re not running marathon pace often
- B & C races ARE USED FOR race pace efforts to build confidence, practice the pace plan, assess fitness
- B & C races ARE NOT USED FOR all out “racing” efforts.
- Racing all out in B & C ruins upcoming weeks
- Keep your eye on the prize.. Your “A Race”
- Running B and C races too hard will compromise critical upcoming weeks that will launch your fitness upwards for race day
3. CHOOSING “B” & “C” RACES

“C” RACES

- C Races are typically scheduled:
  - 8-10 Weeks Prior to Race Day
- C Race Distance
  - Marathon: 10k - 15k
  - Half Marathon: 8k - 10k
- Pacing: Race it according to the calculator
- Expect to feel:
  - Flat, effort was too hard for result, nervous, anxious, and ready to jump ship
3. CHOOSING “B” & “C” RACES

“B” RACES

- **B Races are typically scheduled:**
  - 4 Weeks Prior to Race Day
  - Last hooray or Last Long Run (Marathon)
- **B Race Distance**
  - Marathon: Half to 18 miles
  - Half Marathon: 10k – 15k
- **Pacing:** Pace You Plan On Racing
  - This is accomplished at a fraction of “A Race” Distance
- **Expect to feel:**
  - Sustainable-hard, but unsure if you could hold on for final miles on race day

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2 ON 1 OFF TRAINING

- Drop Mileage by MINIMUM of 40% Peak Mileage Every Third Week
  - Max 60 miles/week:
    - Drop Week 36 miles/week
  - Max 40 miles/week:
    - Drop Week 24 miles/week
BUILDING LONG RUNS

- Long runs can increase by 2 miles per week
- Pacing: BASE PACE for all new distance long runs
- Long runs should never sustain marathon pace for more than 50% of the distance
- One Exception: Your B Race (more to come)
STRENGTH TRAINING IN YOUR PLAN

- **Front Load Your Program**
  - First 50% of Plan is Front Loaded
  - 2x/week
  - Supplements Base Building
  - Typically Less Mileage

- **Back End of Program**
  - 1-2x/week

- **Taper**
  - No Strength within 14 Days of Event

**Note:** You can find over 18 hours of online strength workouts on RunSmartOnline.com
STRENGTH TRAINING IN YOUR PLAN

- Avoid Strength Training Before Speed Workouts or Long Runs
- Early On... Avoid Strength Training 2 days prior to LR or SW
- It’s ok to pair strength with run days

Note: You can find over 18 hours of online strength workouts on RunSmartOnline.com
4. BUILDING YOUR PLAN: BIG PICTURE

Base Your Building  
First 30%  →  C Race Prep

PHASE I

Base Building 2.0  
8 Weeks to Go  →  B Race Prep

PHASE II

Peaking to Race  
4 Weeks to Go  →  One Week Taper  
2 Weeks to Go

PHASE III

One Week Countdown  
1 Week to Go

RACE WEEK

A Race
PHASE I: BUILDING YOUR BASE

BUILDING A STRONG BASE: PHASE I

Building Base
- First 30% of Training Plan
  - 18 Weeks - 0.5 Weeks
  - 16 Weeks - 0.5 Weeks
  - 12 Weeks - 0.4 Weeks
- Includes 2x/Week Strength
- Building Weekly Mileage to 90% Max

C Race Prep
- 12 Day Prep
- Incorporates Threshold & Interval Paced Workouts
- Goal: Get legs moving without destroying them

C Race Day
- Hard, Race Effort
- Lower Your Expectations

Recovery
- Planned One Week Recovery
- More Cross Train
- “E Pace” Running

TOTAL TRAINING: 0-8 WEEKS
PHASE I: “C” RACE PREP

Following C Race: One week recovery with 40% drop in mileage
4. BUILDING YOUR PLAN: BIG PICTURE

**PHASE I**
- Base Your Building First 30%
  - C Race Prep

**PHASE II**
- Base Building 2.0 8 Weeks to Go
  - B Race Prep

**PHASE III**
- Peaking to Race 4 Weeks to Go
  - One Week Taper 2 Weeks to Go

**RACE WEEK**
- One Week Countdown 1 Week to Go
- A Race

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PHASE II: TWO MONTHS TO GO

• Base 2.0 (2 Months to Go)
  ▪ 1 Run a Week 4:1 Threshold Intervals
  ▪ Get Threshold Pace from vDOT Calculator
  ▪ 8 Weeks to Go
    ▪ 12 minutes on : 3 minutes off
  ▪ 7 Weeks to Go
    ▪ 12:3 minutes on : 3 minutes off
  ▪ 6 Weeks to Go
    ▪ 16 minutes on : 4 minutes off
  ▪ 5 Weeks to Go
    ▪ 16 minutes on : 4 minutes off
### PHASE II: BUILDING TO “B” RACE

#### #4 Starting Building Your Plan

<table>
<thead>
<tr>
<th>Building Base 2.0</th>
<th>B Race Prep</th>
<th>B Race Day</th>
<th>Recovery</th>
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</thead>
<tbody>
<tr>
<td><strong>Base Building with Some Speed</strong></td>
<td><strong>12 Day Prep</strong></td>
<td><strong>Comfortable, Race Pace Effort</strong></td>
<td><strong>Planned One Week Recovery</strong></td>
</tr>
<tr>
<td>18 Weeks - 9-11 Weeks</td>
<td>Incorporates Long Threshold based Intervals (4:1)</td>
<td>Test pre-race meal and nutrition plan</td>
<td>Only one week if you can forego trashing your legs at “B Race”</td>
</tr>
<tr>
<td>16 Weeks - 9-11 Weeks</td>
<td>Goal: Build power in the legs without over stressing them</td>
<td>Race at GOAL RACE PACE at a fraction of “A Race” distance</td>
<td></td>
</tr>
<tr>
<td>12 Weeks - 8-9 Weeks</td>
<td>Includes 1-2x/ Week Strength</td>
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<td></td>
<td>Building Weekly Mileage to 100% Max</td>
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<td></td>
<td>Includes controlled speed work (More to come)</td>
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PHASE II: “B” RACE PREP

- **Goal:** Build Speed From Base (Without Trashing the Legs)
- **14 Day Prep Period**
- Incorporates **Threshold & Interval & Repetition** Paced Workouts
- No Strength Training 7 Days Prior to B Race
- Running “E” Pace or “Base Pace” Between Workouts

14 Days Until Race
- **Threshold Pace**
  - 16 Minutes On, 4 Minutes Walk/Jog
  - Repeat 3x
- Incorporate Warm Up / Cool Down

11 Days Until Race
- **Interval Pace**
  - Long, 1200’s
  - Rest Interval - 50-75% of Run Interval
  - Repeat 5-7x
- Warm Up / Cool Down

7 Days Until Race
- **Interval / Rep Pace**
  - R: 400’s with 100% Recovery Intervals
  - I: 800-1000 with 50% Recovery Interval
- **Total Distance:** 4-6 Miles

4 Days Until Race
- **Mile Repeats**
- Goal Pace
- 60-90 Sec Recovery
- Repeat 4-6x
4. BUILDING YOUR PLAN: BIG PICTURE

PHASE I

Base Your Building
First 30% → C Race Prep

PHASE II

Base Building 2.0
8 Weeks to Go → B Race Prep

PHASE III

Peaking to Race
4 Weeks to Go → One Week Taper
2 Weeks to Go

One Week Countdown
1 Week to Go

RACE WEEK

A Race
PHASE III: PEAKING TO RACE DAY

BUILDING A STRONG BASE – PHASE III

- Building Speed (1 Month to Go)
  - 1 Run a Week Race Pace Efforts (2 miles or 20 Minutes Max)
  - Recovery: 90 sec to 2 minutes
  - 4 Weeks to Go
  - Longer Track Workouts
  - Race Pace 2 Mile Repeats + Intervals (I Pace)
  - 3 Weeks to Go
  - Race Pace 2 Mile Repeats + Rep (R Pace)
  - 2 Weeks to Go
  - Race Pace 2 Mile Repeats + Rep (R Pace)
  - Rep Workout Very Short (max. 3-4 miles)
  - 1 Week to Go
  - Follow Countdown Taper
### PHASE III: PEAKING TO RACE DAY

#### Building Peak
- **Two Weeks Prior to Taper**
  - One Threshold 4:1 Workout
    - Keep it 12 on 3 off
    - No more than 60 minutes
- **Increase Sleep**
  - Includes 1x/Week Strength

#### TAPER PLAN
- **14 Day Taper**
  - Decrease in Volume, Not Quality
  - Begin Mental Prep
  - Pack & Plan
    - Pre-Race Meals
    - On Course Details (i.e., Aide)
  - **Week 1**: 40% Mileage Reduction
  - **No Strength Workouts**

#### A Race Week
- Countdown Interval Week
- Maximize Sleep
- No Strength Workouts
- Finalize Travel / Packing

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PHASE III: RACE WEEK

- **Countdown Taper**
  - Descending Race Pace Intervals

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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<tbody>
<tr>
<td>Six</td>
<td>Five</td>
<td>Four</td>
<td>Three</td>
<td>Travel</td>
<td>One</td>
<td>Travel</td>
<td>Medal</td>
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</tbody>
</table>

- 5 Minute Warm Up / Cool Down as Bookends
- Each Interval is Run for 5 Minutes with 2 Minutes Walking Recovery
- **Day Before**: 5 Minute Warm Up, 5 Minute RP Interval, 5 Minute Cool Down
LEADING UP TO RACE DAY

• “Carb Loading”
  • Really 2-3 Days Before
  • 8-10 grams of CHO / 1 kg Body Weight
  • Expect 1-3 lbs. Weight Gain
  • The Morning Of...
    • High Fat Meal 4 Hours Prior
    • Test on B / C Races
    • Peanut Butter & ½ Bagel

• Mindset
  • You may have an underlying feeling of uncertainty.
  • Focus on execution, splits, nutrition plan
  • Have pacing plan for “non-flat” courses
  • “Embrace the suck” – what’s your plan?

• Rest
  • Stay off your feet the day before
  • Focus on sleep for the final two weeks
AND THERE YOU HAVE IT!

- Lets Quickly Review:
  - Phase I: Spend Time Building a Strong Base
    - Includes “C Race”
    - Little to no speed work
  - Phase II: Two Months to Go
    - Start Building Base Speed with Long Intervals
    - Ends with “B Race”
  - Phase III: One Month to Go
    - Build More Speed with Shorter, Faster Intervals
    - Ends with Countdown Taper
# 18 WEEK EXAMPLE

<table>
<thead>
<tr>
<th>Weeks</th>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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</thead>
</table>
| 18    | BASE BUILDING  
First 30% Of Training |        |         |           |          |        |          |
| 17    |         |        |         |           |          |        |          |
| 16    |         |        |         |           |          |        |          |
| 15    |         |        |         |           |          |        |          |
| 14    |         |        |         |           |          |        |          |
| 13    |         |        |         |           |          |        |          |
| 12    | C RACE PREP  
Finish with C Race |        |         |           |          |        |          |
| 11    |         |        |         |           |          |        |          |
| 10    |         |        |         |           |          |        |          |
| 9     |         |        |         |           |          |        |          |
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| 4     |         |        |         |           |          |        |          |
| 3     | PEAKING TO RACE DAY  
(Continues into Taper) |        |         |           |          |        |          |
| 2     |         |        |         |           |          |        |          |
| 1     | COUNTDOWN TAPER WEEK |        |         |           |          |        |          |
|       | RACE DAY |        |         |           |          |        |          |

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<table>
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