

# 24-week Dopey Training Plan

Designed by: Mary Kelley | (610) 766-1297 | mary@aim4tri.com

[www.aim4tri.com](http://www.aim4tri.com)



|       | Monday                         | Tuesday  | Wednesday                      | Thursday                                | Friday         | Saturday                | Sunday                         |
|-------|--------------------------------|--|--------------------------------|---|----------------|-------------------------|--------------------------------|
| Week: | <i>Day off or Crosstrain</i>   | <i>run short intervals</i>                           | <i>Day off or Crosstrain</i>   | GRP/ int run & strength                 | <i>Day off</i> | <i>long run</i>         | <i>Day off or Crosstrain</i>   |
| 1     | 45 min easy bike / walk / swim | <b>Run:</b><br>3 miles easy as 30s fast / 1 min walk | 45 min easy bike / walk / swim | <b>Run:</b><br>4 miles easy             | <b>OFF</b>     | <b>Run:</b><br>7 miles  | 60 min easy bike / walk / swim |
| 2     | 45 min easy bike / walk / swim | <b>Run:</b><br>3 miles easy as 40s fast / 1 min walk | 45 min easy bike / walk / swim | <b>Run:</b><br>4 miles easy             | <b>OFF</b>     | <b>Run:</b><br>8 miles  | 60 min easy bike / walk / swim |
| 3     | 45 min easy bike / walk / swim | <b>Run:</b><br>3 miles easy as 30s fast / 30s walk   | 45 min easy bike / walk / swim | <b>Run:</b><br>4 miles w/ 2 miles @ GRP | <b>OFF</b>     | <b>Run:</b><br>9 miles  | 60 min easy bike / walk / swim |
| 4     | 45 min easy bike / walk / swim | <b>Run:</b><br>3 miles easy as 40s fast / 30s walk   | 45 min easy bike / walk / swim | <b>Run:</b><br>4 miles w/ 2 miles @ GRP | <b>OFF</b>     | <b>Run:</b><br>10 miles | 60 min easy bike / walk / swim |
| 5     | 45 min easy bike / walk / swim | <b>Run:</b><br>1 mile TT, then 3 miles easy          | 45 min easy bike / walk / swim | <b>5-mile MAF Test</b>                  | <b>OFF</b>     | <b>Run:</b><br>4 miles  | <b>Run:</b><br>10 miles        |
| 6     | 45 min easy bike / walk / swim | <b>Run:</b><br>3 miles easy                          | 45 min easy bike / walk / swim | <b>Run:</b><br>5 miles w/ 3 miles @ GRP | <b>OFF</b>     | <b>Run:</b><br>12 miles | 60 min easy bike / walk / swim |
| 7     | 45 min easy bike / walk / swim | <b>Run:</b><br>4 miles easy                          | 45 min easy bike / walk / swim | <b>Run:</b><br>5 miles w/ 3 miles @ GRP | <b>OFF</b>     | <b>Run:</b><br>7 miles  | 60 min easy bike / walk / swim |
| 8     | 45 min easy bike / walk / swim | <b>Run:</b><br>1 mile TT, then 3 miles easy          | 45 min easy bike / walk / swim | <b>5-mile MAF Test</b>                  | <b>OFF</b>     | <b>Run:</b><br>4 miles  | <b>Run:</b><br>12 miles        |
| 9     | 45 min easy bike / walk / swim | <b>Run:</b><br>4 miles easy                          | 45 min easy bike / walk / swim | <b>Run:</b><br>5 miles @ GRP            | <b>OFF</b>     | <b>Run:</b><br>8 miles  | 60 min easy bike / walk / swim |

|    |                                |                                      |                                |                       |                 |                               |                                |
|----|--------------------------------|--------------------------------------|--------------------------------|-----------------------|-----------------|-------------------------------|--------------------------------|
| 10 | 45 min easy bike / walk / swim | Run:<br>4 miles easy                 | 45 min easy bike / walk / swim | Run:<br>6 miles @ GRP | OFF             | Run:<br>5 miles               | Run:<br>14 miles               |
| 11 | 45 min easy bike / walk / swim | Run:<br>4 miles easy                 | 45 min easy bike / walk / swim | Run:<br>6 miles @ GRP | OFF             | Run:<br>9 miles               | 60 min easy bike / walk / swim |
| 12 | 45 min easy bike / walk / swim | Run:<br>1 mile TT, then 3 miles easy | 45 min easy bike / walk / swim | 5-mile MAF Test       | OFF             | Run:<br>6 miles               | Run:<br>16 miles               |
| 13 | 45 min easy bike / walk / swim | Run:<br>4 miles easy                 | 45 min easy bike / walk / swim | Run:<br>7 miles @ GRP | OFF             | Run:<br>10 miles              | 60 min easy bike / walk / swim |
| 14 | 45 min easy bike / walk / swim | Run:<br>4 miles easy                 | OFF                            | Run:<br>2 miles       | Run:<br>7 miles | RACE DAY!!!<br>Run 13.1 miles | OFF                            |
| 15 | 45 min easy bike / walk / swim | Run:<br>5 miles easy                 | 45 min easy bike / walk / swim | Run:<br>7 miles @ GRP | OFF             | Run:<br>11 miles              | 60 min easy bike / walk / swim |
| 16 | 45 min easy bike / walk / swim | Run:<br>1 mile TT, then 3 miles easy | 45 min easy bike / walk / swim | 5-mile MAF Test       | Run:<br>3 miles | Run:<br>8 miles               | Run:<br>17 miles               |
| 17 | 45 min easy bike / walk / swim | Run:<br>5 miles easy                 | 45 min easy bike / walk / swim | Run:<br>8 miles @ GRP | OFF             | Run:<br>12 miles              | 60 min easy bike / walk / swim |
| 18 | 45 min easy bike / walk / swim | Run:<br>5 miles easy                 | 45 min easy bike / walk / swim | Run:<br>8 miles easy  | Run:<br>4 miles | Run:<br>9 miles               | Run:<br>19 miles               |
| 19 | 45 min easy bike / walk / swim | Run:<br>5 miles easy                 | 45 min easy bike / walk / swim | Run:<br>8 miles easy  | OFF             | Run:<br>13 miles              | 60 min easy bike / walk / swim |

|    |                                |  |                                |                                |                                |                                  |                                  |
|----|--------------------------------|--|--------------------------------|--------------------------------|--------------------------------|----------------------------------|----------------------------------|
| 20 | 45 min easy bike / walk / swim | Run:<br>5 miles easy                       | 45 min easy bike / walk / swim | Run:<br>2.5 miles              | Run:<br>5 miles                | Run:<br>10 miles                 | Run:<br>20 miles                 |
| 21 | 45 min easy bike / walk / swim | Run:<br>5 miles easy                       | 45 min easy bike / walk / swim | Run:<br>5 miles easy           | OFF                            | Run:<br>12 miles                 | 60 min easy bike / walk / swim   |
| 22 | 45 min easy bike / walk / swim | Run:<br>1 mile TT,<br>then 3 miles<br>easy | 45 min easy bike / walk / swim | 5-mile MAF<br>Test             | OFF                            | Run:<br>8 miles                  | 60 min easy bike / walk / swim   |
| 23 | OFF                            | Run:<br>2 miles easy                       | OFF                            | RACE DAY!!!<br>Run 3.1 miles   | RACE DAY!!!<br>Run 6.2 miles   | RACE DAY!!!<br>Run 13.1<br>miles | RACE DAY!!!<br>Run 26.2<br>miles |
| 24 | OFF                            | OFF  | 45 min easy bike / walk / swim | 45 min easy bike / walk / swim | 45 min easy bike / walk / swim | 45 min easy bike / walk / swim   | 45 min easy bike / walk / swim   |



Mary Kelley is a Level 1 USA Triathlon Coach, Level 1 USA Track & Field Coach, Personal Trainer, Spinning Instructor, Mother of 4 and All-American Triathlete. She is the Founder and Head Coach of AIM4TRI, which provides custom coaching, group workouts, swimming lessons and training plans for triathletes and runners of all levels.

Visit [www.aim4tri.com](http://www.aim4tri.com)  
 Follow @aim4tri on Twitter  
 Like aim4tri on Facebook

## Run Training Terminology

Designed by: Mary Kelley | [mary@aim4tri.com](mailto:mary@aim4tri.com)  
[www.aim4tri.com](http://www.aim4tri.com)



Always warm-up for at least 10-15 min and cool-down for 5 min during every workout. Include mostly easy running w/ a few accelerations & drills.

### '=== MAF Test === \*(INTERMEDIATE & ADVANCED PLANS ONLY)

Short for "Maximum Aerobic Fitness" Test. This test requires a heart rate monitor, and is best performed on a treadmill (incline = 1.0%) or an INDOOR track. Warm-up for 10-15 minutes, including several 30-60sec accelerations. Immediately, start a 5-mile run, maintaining a precise heart rate of 145\* throughout. Time and record each mile (use the split function of your watch/HRM so you don't have to memorize them). If your heart rate goes more than 2 BPM over your target, walk until it drops into range, but attempt to maintain a steady pace. Your first mile should be your fastest, and you should slow slightly with each one.

Note: Heart Rates vary from person to person. It's best to perform a heart rate test (like the 30 min TT on the schedule), email the results to Coach Mary and ask her for your Heart Rate Zones to target your accurate maximum aerobic heart rate.

Record EVERY MILE SPLIT exactly, and any variances in HR.

### ===Cross Train (XT)===

These should be at a comfortable pace, so that you are actively recovering during the workout. Choose a gentle aerobic activity OTHER than running. Walking, swimming, cycling, elliptical, or some combination of these are ideal. Pay attention to perfect form and do plenty of drills, especially while swimming. These workouts will allow your body to recover more quickly after hard or long run efforts.

If you want to know if you're working hard enough (or too hard), use any one of the following:

**Heart Rate:** less than 65 percent of your maximum heart rate

**Perceived Exertion:** A 5 on a 1-to-10 scale (a comfortable effort would be a 5; an "all-out" 30-sec sprint would be a 10)

**Talk Test:** Chatting with a friend should be possible throughout this workout.

### === GRP === \*(INTERMEDIATE & ADVANCED PLANS ONLY)

Short for "Goal Race Pace." These are also known as "Sub-Threshold" workouts in the context of marathon training.

Following a 10-15 min warm-up including a few short accelerations, pick up the pace to your goal race pace, or what feels "comfortably hard," and hold that pace for the suggested distance. Cool-down with 5-10 min easy running.

If you want to know if you're working hard enough (or too hard), use any one of the following:

**Heart Rate:** 80 to 85 percent of your maximum heart rate

**Perceived Exertion:** An 8 on a 1-to-10 scale (a comfortable effort would be a 5; an "all-out" 30-sec sprint would be a 10)

**Talk Test:** A question like "Pace okay?" should be possible, but conversation won't be.

### ===Long===

These are sometimes called "LSD" or Long, Slow Distance workouts. These should be at a comfortable pace, and focus on increasing your endurance without completely exhausting yourself. Pay attention to perfect form. *Note: These "long" workouts may be shorter than what you're used to doing now, in which case, you can increase the duration as necessary.*

If you want to know if you're working hard enough (or too hard), use any one of the following:

**Heart Rate:** 65-70 percent of your maximum heart rate

**Perceived Exertion:** A 5-6 on a 1-to-10 scale (a comfortable effort would be a 5; an "all-out" 30-sec sprint would be a 10)

**Talk Test:** Chatting with a friend should be possible throughout this workout.

### ===easy===

These should be at a comfortable pace, so that you are actively recovering during the workout. Pay attention to perfect form and do plenty of drills, especially while swimming. If you must skip a workout, make it this one, instead of a long or quality day.

If you want to know if you're working hard enough (or too hard), use any one of the following:

**Heart Rate:** less than 65 percent of your maximum heart rate

**Perceived Exertion:** A 5 on a 1-to-10 scale (a comfortable effort would be a 5; an "all-out" 30-sec sprint would be a 10)

**Talk Test:** Chatting with a friend should be possible throughout this workout.

===Strength=== **\*NOT USED IN BEGINNER PLANS SHORTER THAN 12 WEEKS\***

This is optional to include in your schedule. If you need more time for recovery, skip it. The purpose of these workouts are to increase strength, not endurance, so use heavy enough weights that completing 1 set of 8-12 reps is **very** difficult. Move quickly between each exercise without resting, until all exercises are complete. Perform the entire range of motion with moderate timing (no momentum -- 3 seconds to lift, pause 1 second, lower for 5 seconds). These sessions should take 20-30 minutes total. If you want to schedule a personal training session with Coach Mary or another trainer employing this method at Main Line Health & Fitness in Bryn Mawr, call (610) 766-1297 (Mary's cell) or (610) 527-2200 (Main Line Health & Fitness).

**Perform 1 set of 8-12 reps for each:**

- Hip Extension or "Butt Blaster" or Back Extension
- Leg Extension (for your quadriceps)
- Hamstring Curl
- Leg Press or Squat
- Pullover (optional -- most gyms do not have this machine. If not, skip it.)
- Lat Pulldown or Pull-Ups or Low Row
- Chest Press or Bench Press or Pec Fly
- Bicep Curls
- Tricep Extension or Dips
- Ab Crunch or Rotary Torso

**OPTIONAL Strength workout** (if you have no equipment/weights):

Perform the following twice through, with minimal rest in between exercises:

- 10-20 x Squats with arms overhead
- 10-20 x Hip bridges (lying on back)
- 20-40 x crunches with bicycle legs
- 15-30 push-ups
- 10-15 dips on a bench

=====

Coach Mary offers fully-customized training plans if you have a unique schedule, goals, travel, etc. Contact Coach Mary at [mary@aim4tri.com](mailto:mary@aim4tri.com) to learn more.

=====

Please let me know if you have any questions!

Enjoy!  
Mary Kelley  
[mary@aim4tri.com](mailto:mary@aim4tri.com)