10 WEEKS TO YOUR BEST PAUL deBRUYN

Do you want to run one of Florida's best road races? If you do, you should run the famous Paul deBruyn 15K or 30K. This race is one of the most scenic you'll ever run, taking place in the middle of the famous Ormond Loop. Not only is the course fantastic, but it takes place in November when the running temperatures in Florida can be perfect. And you better hurry and run this race before Big development changes your plans.

How do you decide which distance to tackle? First, which one do you want to run? Which one sounds like fun? Another consideration is what other races you are running this fall or winter. Many people like to use the 30K as a final test run to see how the marathon plan is coming along or as final proof that they can make it. Many use the 30K as their "marathon" for the year, giving themselves a tough long distance race to challenge themselves. There are others that feel the 30K is too long of a race to do before a marathon. For many, the 15K is the perfect distance to race (I feel that way). It's long enough to challenge you, yet still short enough to really race. It's a race in which all of your training and racing habits are challenged. If you want a PR time, you'd better have done your speed work, and you still have to be disciplined to pace the race and not just go out like it's a 5K. Where does this leave you? I think it's quite simple. What do you want to do? And if you're daunted by either distance, always remember where there is a will there is a way.

FREQUENCY

Not only for these races, but for all training I believe in three core days per week for running. There isn't a study in the world that has ever demonstrated that more is better for improving PERFORMANCE. I'm not saying running more or every day is bad per se. But just know that running more is more for the MIND and burning calories, and is not adding to performance. I'll run more than 3 days per week a lot of the time, and even get up to 6 times per week occasionally, but it's more for my mind and less for my body. The three core days for running the PD are a LONG DAY, A SPEED DAY, and a TEMPO day. You can do more runs during the week if you like, but I don't think they are necessary. And if you do run more than three days per week, keep them very easy—under the anaerobic threshold. You'll want to spread these three core runs out to every other day, for example TUES, THURS, SAT or SUN.

INTENSITY

You'll have to find a way to gauge the intensity of your workouts. Just winging it is not recommended. You can use heart rate monitoring, perceived rate of exertion, and/or pace. Your long day should be done at a pace lower than your anaerobic threshold. This is where heart rate monitoring and knowing your AT are so important. When people come in for AT tests, I'll explain that the most important thing to take from the test is that you now know your AT and know that you must stay below it on your long and/or easy days. If you don't use heart rate monitoring, then know that your LSD runs should feel easy and comfortable. This is where most novice runners go wrong. They run their LSD runs way too hard—almost at long distance race pace. In fact, I know some guys that run them faster than they run their races! It's easy to be

fooled into thinking the run is easy. It's not easy just because it is doable. But again, it's hard to track this without using a heart rate monitor. Pace is a good alternative. Your LSD pace should be about 90 seconds to 2 minutes slower than your 15K pace and/or 1 minute per mile slower than your 30K pace.

For speed work, all of your intervals should be above the anaerobic threshold. And if you're using rate of exertion, they should feel and be HARD! For pace, the repeats should be slightly faster than your 5K pace--just slightly faster. For tempo work, the intensity should be slightly above or at the AT--and should feel somewhat hard. This pace equates to just below the 10K pace.

DURATION

How long should the long day be? There is always a lot of debate regarding this. I think what is more important is the build up to the long run versus the outright number achieved. In other words, is there a huge difference between a 14 mile long day versus a 15 mile long day? Of course not, but there is a huge difference between adding 10% per week or a mile a week to your long day versus just going from doing 6 miles on a long day to 12.

15K

Do you count minutes or miles? It really doesn't matter. I have used both and I mostly use minutes with my clients. It just keeps it more objective and there is less of a chance of getting obsessed and adding for the sake of adding. But there are some cases where miles work better. It comes down to pick one and stay with it.

For your long run, 40 minutes or 5 miles is a good place to start this build up. If you're not already there, build it up until you are and go from there. Add 5 minutes or ½ mile a week until you reach 90 minutes and/or 10 miles. This will be plenty of duration to cover the 15K if your goal is to simply do one or race it for a PR. Any more is overkill for a race of this distance.

The other two core runs should be about (total duration here isn't nearly as important as the workout involved) 50 minutes and/or 6 miles. Use the above principal to add about 10% per week to get up to this point if you're not there. These two core workouts should consist of a speed day at the track or measured distances and a tempo style workout. On the track day, do repeats of ¼ miles and/or ½ miles. Which one? It really doesn't matter. You can alternate. Think about what is best for you. Do you conk out near the end of races but start out quick? If so, the ½ mile repeats may be better for you. Do you struggle getting out of the box in the first mile or 2, if so, go with the ¼ mile repeats. Build up to where you are doing 2-3 miles worth of these repeats. This would be 8-12 quarters or 4-6 halves. See how you feel and adjust accordingly. There really is no magic number within this range. Do ½ of the distance for recovery. So if you're doing ¼ mile repeats, jog 1/8 mile in between and so on. Fill in the rest of the duration with warm up and cool down. On the tempo day, build up to running 2-3 miles or 20-25 minutes at a pace of slightly slower than your 10K pace. You can also break this up by doing cruise intervals of 3 X 1 mile repeats at this same pace with 2 minutes recovery or 3 X 8

minutes with 2 minutes recovery. Again, it's the principal of the workout that counts—one is not really better than the other. Fill in the rest of the volume with warm up and cool down.

THE 30K

If you want to do the 30K, you should already be running 10 miles or 90 minutes by 10 weeks out to give you enough time to build up to the big event. At this point, add 1 mile a week to your long run, building up to 16 miles or 2 hours if you're counting by time, with two weeks of "backing off" and taper. It would look like this:

- WEEK 1: 11 MILES OR 1:35
- WEEK 2: 12 MILES OR 1:40
- WEEK 3: 13 MILES OR 1:45
- WEEK 4: 11 MILES OR 1:35
- WEEK 5: 14 MILES OR 1:50
- WEEK 6: 15 MILES OR 1:55
- WEEK 7: 16 MILES OR 2:00
- WEEK 8: 16 MILES OR 2:00
- WEEK 9: 10 MILES OR 1:30
- WEEK 1O: 30K

Of course there are other build ups that would work just fine, and the above is simply a recommended example of one.

Like the 15K, you'll want to do a speed day and a tempo day as your other two core runs. I'm not a believer in adding volume to weekly runs just because your race is now longer. In my educated opinion, it is only the long day that should change regarding volume. So, still target doing about 6 miles or 50 minutes on the other core runs. For the speed day, you should be focused on doing longer repeats. I think the best speed work for this distance race is 1200's or ¾ mile repeats. For this workout, you should build up to doing 4 of these at a pace of slightly faster than your 5K pace. Do a ¼ mile jog in between for recovery. This is a tough workout!! Again, add in the other time for warm up and cool down, and again exact numbers aren't critical-If you need more warm up time or cool down, take it!! For the tempo workout, the only difference would be to add a little volume to the workout portion. I think tempo runs of 4 miles at a pace just below the AT or just below 10K pace work best. Again, you can break these up by doing 4 one mile repeats with 2 minutes recovery or 4 X 10 minutes at sub AT with 2 minutes recovery. The key is to do the tempo style workouts. Personally, I like breaking it up—I get less bored.

Good luck, and I hope this helps get you to the start and finish line of the 2004 classic Paul deBruyn.