



# Run Des Moines

*Training Program*

June 15 - August 10, 2017  
Coach Eli Kaczinski



Group Training Sessions hosted by The Body Project at  
516 3<sup>rd</sup> Street in downtown Des Moines

# Meet Your Coach



Eli Kaczinski is a senior at Wartburg College pursuing a fitness management and business degree. An active member of Wartburg's cross country and track & field teams, Eli has helped the Knights qualify for the national meet two years in a row. Upon graduation Eli plans to attend graduate school and gain additional coaching experience. Eli aspires to become a college coach in cross country and track & field. Eli has had the privilege of being coached by three different and successful coaches throughout his career. Each coach has helped him develop his own unique

style. Eli is very passionate about distance running, "I believe that I can help you accomplish your goals this summer by providing you with an 8-week training program that will challenge you physically and mentally as a runner, but more importantly develop your love for the sport."

# Training Sessions

**3 Levels of Training.** *Note: Type of runners vary. This program is open for anyone meeting the requirements including high schoolers and adults.*

- **Starter**

*This training group will maintain an approximately 10 minute mile pace. This group consists of relatively new runners who are looking to improve their running ability. It is recommended that a Starter maintain a running regimen of 3x week for the past couple of months.*

- **Standard**

*This training group has previous experience with running and continues to implement running into his or her daily schedule. These runners have competed in local road races and enjoy trying new workout plans to add to their current fitness level.*

- **Experienced**

*This training group is looking to take his or her ability to the next level. This group has competed many times and has goals to be the very best they can be. These runners are students of the sport. They train competitively and have achieved success in the past.*

**Starters:** Approximately 20-30 miles per week with one longer run of about 45 minutes and two days of rest or cross-training each week.

**Standard:** Approximately 35-45 miles per week with one longer run of about 60 minutes and one day of rest each week.

**Experienced:** 45+ miles per week. Long runs will vary but can be expected to be about at least 70 minutes.

All running will take place outside on public sidewalks and bike trails.

Time of training sessions: Monday-Friday (Attend at least 3x and up to 5x week)

Session times:

- 5:30 am
- 6:30 am

Saturday's and Sunday's will be on your own but will be a part of the training program

Program is designed for runners to compete in a road race during their training cycle

# Road Race: Cruisin' 4 Carter 5k

Date: Saturday August 12<sup>th</sup> 2017

Start time: 8:00am

Contact Information

[Cruisin4carter5k@gmail.com](mailto:Cruisin4carter5k@gmail.com)

Registration Link

<https://www.events.runningroom.com/site/?raceId=14296>

## Training Program

8-Week Program: Starter, Standard, and Experienced

- **What is a monster?** A monster is a strength, core, and stretching circuit. Usually a Tuesday monster is 40-50 mins and Friday monsters are 20-30 minutes.
- Depending on experience of runner, volume and intensity of workouts will change. Starter and Standard runners can expect to have less volume than an Experienced runner

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	
LR	WO LR-30  Strides	WO 10x30 seconds at 5k pace  Monster		Recovery Day		Mileage  Buddy Roll Out  WO 5 min tempo 3x3 minutes at descending pace starting at 5k pace Monster	Recovery day

LR	WO LR-30  Strides	Building Tempo Monster		Recovery Day	Mileage  Strides  Buddy Roll out	WO Fartlek 5,4,3,2,1,5 Monster	Recovery Day/ Day Off
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LR	LR-40 Strides	WO 5x5 minutes on at 5k pace Monster	Recovery day	Mileage Strides/ Buddy Roll out	WO Stationary Tempo Monster	Recovery Day
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LR	LR-30 Strides	WO Modified Michigan  1 mile at thresh, 5 mins up, 1200 at cv, 5 mins up, 800 at 3k pace, 5 mins up, 400 at mile race pace  Monster	Recovery Day/ X train	Mileage Strides Buddy Roll out	WO Progression run  1x400 at 5k pace  Monster	Recovery Day
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LR	LR-30 Strides	WO Mile repeats 3-4  Monster	Recovery day	Mileage strides and buddy roll out	WO Mile at thresh, 400 at mile pace, 20-30 mins inbetween of running, 400 at mile pace Monster	Recovery Day
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LR	LR-40	WO Building Tempo Monster	Recovery Day	Mileage strides and buddy roll out	WO 1k at thresh, 3x800, 1x400 Monster	Recovery Day/ X Train
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Mileage Double	LR-40	WO 10x60 seconds 1:1 rest  Monster	Recovery Day	Mileage strides and buddy roll out	WO 1k at thesh, 2x800, 1x400  Monster	Recovery Day
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Mileage double	WO 1k, 2x 800, , strides  All thresh, 5k, and 3k pace Monster	Recovery Day	Mileage	WO 1k at thresh, 1x800, 2x200  No Monster	Pre Meet with strides	RACE?
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