Jack daniels running formula pdf

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With Fellrnr.com, Running Tips jack Daniel runs the Formula 3 edition. Jack Daniels presented his training plans in 1998 and he was named the world's greatest trainer runner. Jack Daniels introduced the concept of defining training steps based on fitness, and measuring fitness based on race performance, something other plans, including the first built on. The book contains a number of plans for different distances, different abilities and ways of calculating the correct pace for each workout. The book is well written, and Jack Daniels is one of the most respected coaches; The world famous runner called him the best coach in the running world. However, plans require hard work for interpretation and analysis, as they can include multiple segments at different rates. This article should be read in conjunction with my Comparison Marathon training plans. Please support this site This review has become possible readers as you buy products through my links. I buy all the products that I browse through regular retail channels, allowing me to create objective reviews that are free of the influence of reciprocity, or the need to keep suppliers happy. This also ensures that I don't get a reviewer special, which is better than the retail version. 1 VDOT and Formula Formula in the title of the book refers to the calculation of the different learning rates that he used. The book includes tables for calculating VDOT, which is a measure of fitness and ability to run. The term comes from V̇O2max which is a measure of aerobic ability, and if you look closely you will notice that V̇ actually has a small point above it, hence V point or VDOT. Usually the value for VDOT is looked up from race performance, and as a result the value is usually pretty close to the runners' actual VO2max. 2 Training Paces Running Formula has table training steps for each VDOT. This pace: Easy. E tempo for easy running. It is commonly used to recover between intervals, the bulk of many long runs, and non-quality workouts. In the third edition, it is a range of steps, not one particular tempo. Marathon. This runners predicted or actual marathon pace, and used as a component of a number of marathon training runs. Threshold. Sometimes called Tempo Runs, it is designed to be around the Lactat threshold. In the second edition, there is a table (7.1) that provides a change in the T rate for longer running rates, but this has been stated in the 3rd edition. (Science indicates Tempo Works should be avoided in favor of other learning steps.) Hard. The third edition presented the idea of hard running, based on subjective efforts, not at a given pace. Interval. This is the main tempo used for intervals, and is designed to maximize V̇O2max, running at a pace that matches the V̇O2max. (It's known as speed in V̇O2max, or just You can read more about this on aerobic aerobic Training 101. Repetition. This pace is higher intensity than I pace and anaerobic, but is usually larger and slower than true high intensity interval training. 3 Flawed Jack Daniels While I'm a fan of Jack Daniels there are some caveats to his approach. The book requires some effort on the part of the runner. You need to look up your VDOT, look up your exercise steps, and then work out the specifics of sometimes challenging exercise runs. For example, workouts such as 2E and 3T 40 min E and 2T 1E require you to figure out how far you would run at your easy pace in 40 minutes, and add that at 3 easy miles and 5 miles of pace. For many plans, the book does not give a simple, fixed weekly plan, but instead determines the quality of workouts you should do and you decide what days you run them. You have to run the race so that you can use the result to determine your training pace. Jack Daniels has other approaches, but it's the most reliable. I believe it's better than programs that give no indication on the pace of training, or use the target pace to prepare steps, but that's a limitation. The training steps that Jack Daniels provides suggests that you train at enough ground level. If you train in a very hilly environment, Jack Daniel's approach is harder to implement. You can use a heart rate monitor, but it's tricky as you need to check your maximum heart rate. There is no half marathon training program, with the intention of using a 10K or marathon program depending on your pace. For many programs, the only quality days are provided for most training programs, with the intention that the runner is running is like making up the rest of the run. I like this as it allows you to work less days a week, with a lot of recovery. I don't believe that Tempo Runs are the most effective use of training time, and prefer interval training. I would prefer a curriculum that avoids the pace of running, and science supports that. 4 Marathon Training Plans Home article: Comparison of Marathon Training Plans Most training books here include more than a plan, but they tend to be variations on one baseline. However, the second edition of Jack Daniels' book includes three plans (Plan A, Elite, and To Finish the Plan) that are so different, I considered them separate. The third edition contains 6 plans; rookie, 2, 4 weeks, 5 weeks, 18 weeks and 12 weeks. Beginners, 2, 4 weeks and 12 weeks plans are fully defined while 5 weeks and 18 weeks plans free templates on which the plan can be built. (Note that the first edition of Jack Daniels' book had three marathon preparation plans, simply called A, B and C, which were very similar.) 2 to 2 euros. Plan 2 is so called because it defines two qualities of training in With all the other (easy) running stays up to the person. Long runs are mainly associated with variable tempo rather than steady light running. For example, Week 9 41-55 41-55 The plan has a 15 mile long run, as the 2 Easy 6th Marathon 1 Light 4 Marathon No. 1 Misto 1 Easy, and the second 14-mile run of 5 Easy and 3x (2 Meantime 2 mins rest) Workouts vary between each of the different plans based on weekly distances. Also, plans for lower weekly distances indicate only time, not distance limit, so be careful when using these plans if you are a faster runner. There are sub-plans for up to 40 miles / 64 km, 41-55 miles / 66-89 km, 56-70 miles/90-113 km, 71-85 miles/114-137 km, 86-100 miles/138-161 km, 101-120 miles/163-194 km, more than 120 miles/194 km. 4-week cycle. The four-week cycle has a 26-week plan with two quality workouts a week for three weeks, but only works easily in the fourth week. It's a bit like plan 2 above. There are sub-plans for up to 40 miles / 64 km, 41-55 miles / 66-89 km, 56-70 miles / 90-113 km, 71-85 miles / 114-137 km, 86-100 miles/138-161 km, 101-120 miles/163-194 km, over 120 miles/194 km. The overall picture for four weeks: No quality run sustained long light run Light segment followed by a marathon-paced segment (e.g. 30 min Easy, 15 mile marathon). Interval workouts such as 3 miles E, 3x (3 miles T and 3 min rest), 2x (2 miles T and 2 min rest), 2 miles easily for a total of 18 miles, 13 at pace. Plan A' of the second edition is very similar to the 2 above, but it does not include variations for the weekly run. 12 Week Plan/Elite Plan. This plan is a tough program designed for elite or highly skilled athletes with a goal of marathon time of 2:10 or less. This can be scaled for slower runners, but things get even more difficult to understand. The third edition of the 12 Week Plan is actually the last 12 weeks of the elite second edition plan, so if you want to follow that plan you can get a copy of the previous book to have a full 18 weeks. Rookie/ To the end. The beginner plan is designed for beginners, and uses a running/walk approach for the first half of the plan. The plan is 18 weeks and determines 2 to 5 workouts per week. The first 9 weeks have 5 workouts with 2 of them optional. The next 8 weeks have two quality workouts indicated, with a recommendation to run 5 days a week and last week's cone. The plan determines the time, not the distance for most long runs, so the length of mileage will depend on your speed. The longest run is 2:30, plus two 2:15 and 2:00 long run. While this sounds great, a marathon requires you to run a set distance rather than for a certain time. For slower runners, the longest long run may be less than half the final distance, which I consider utterly inadequate. (The Rookie Plan is called Finish in the second edition.) A five-week sketch cycle. Five-week cycle provides training for five weeks with the intention that this is repeated as many times as required before the race. There, some simple instructions for transforming the five-week cycle in the last three weeks of the week before the marathon. This plan is a more general plan than other plans, giving exemplary guidance on what to do rather than specific workouts. For example, this plan can say Thursday R session, and that our sessions should total no more than 5% of your weekly mileage or 5 miles, and that recovery should be 2 to 3 times the duration of the interval. In addition to this guide, there is a lot of flexibility. This is the only marathon plan that includes I and R tempo interval training. 18 Sketch Week. There are three 18-week programs; two at a distance and one at a time. These two distance programs are equivalent, one of them is miles away and the other is miles away. These programs have a quality workout every fourth or fifth day, which can make it difficult if you only have time for your long weekend runs. I believe these are sketches that you can use to create your own plan, not a true plan. 4.1 Jack Daniels 4Week 4Week plan uses cycles in four weeks, with one week not having Long Run or speedwork. As part of plan 4Week, there are seven subplans for different weekly runs, and the details of each subplane vary depending on the level of fitness, creating a perplexing set of options. You can get an idea of the options by looking at the table below. Variations based on fitness and mileage makes it difficult to generalize about this plan. Depending on your fitness and mileage, I think 4Week is well worth considering. Plan 4Week is the longest of Jack Daniels' plans. Key characteristics of Fitness-based tempo training. Two key workouts; speed work and long running for three out of four weeks. With the exception of two key workouts, all the other running stays open, so you can run as much or as few days a week as you choose. Many long runs include a high-speed mode that requires a high degree of durability. The 4Week plan has far fewer longer runs than 2 regardless of suitability or mileage. Compared to the plan things are a little more complicated as the number and distance of Long Runs varies more with fitness and mileage than Plan A, so some options have more and more long runs while other options don't. For the lowest mileage plans, there are no 16 mile runs, so I'd avoid those options. The initial ramp (increase in mileage/week from start to 16) is generally quite gentle. Core Ramp (increase in mileage/week from 16 to high): The main build up again is quite gentle. Change I believe you should use this curriculum with three or four days a week running. To do this, you'll probably have to ignore some of Jack Daniels' tips, and adjust your plan as if you're running more miles a week than you actually would. I would recommend using quality From the higher version of the mileage plan without making extra miles. Risk of overtraining If you work only three or four days a week, they should be from a low to moderate risk of overtraining. The fourth week without quality training will help prevent overtrained training provide a useful recovery time. It is very important that you choose the training pace based on the actual fitness measured by the previous race. Using training steps based on your target finish time will increase the risk of overtraining and probably reduce the effectiveness of your training. Pros Accurate training pace and distance provided for quality runs. The downsides of developing plan details for each person are terribly difficult, although my Running Calculator will generate each workout based on your fitness and mileage goals. There is no obvious way to adjust the training steps for hilly terrain. Good for:: Rookie: 1. This plan probably has too much work speed for a beginner, and adding work speed to Long Run requirements is likely to be excessive. Look at Galloway or Higdon instead. Rookie: 3. Because you are used to speed, it can be a great plan to build up to the marathon distance. Building up the Long Run distance gently, thought I would prefer some runs over 20 miles that you miss if you're a faster runner. Ringger: 3. If you use mid-mileage options, this may work well for you, but a lower mileage probably won't give you better results. Service: 3. Although this plan has some speedwork, I see a reduction in weeks and lower mileage Long runs running fine. Improvement: 3. I think you'd be better off with a plan or two, but this plan will work fine. If you don't work above mileage, then I strongly recommend using quality workouts as if you were. Enthusiast: 3. While this is a reasonable plan for enthusiasts, I would recommend Plan A, 2, first, or maybe a modified elite plan. Elite: 1. This is a vague opportunity for the elites, but you're almost certainly better off looking elsewhere. Limited training time: 5. You can make this plan for three days a week and the midweek session is not too long. A fourth week without a quality workout can also help. Traditionalist: 3. This plan is slightly different from the traditional marathon preparation plan, including long-term speed. Triathlete/ Multisport: 5. One could only make this plan for two quality workouts, and use other days for other sports-specific workouts. Pre-training: 5. Reducing running to three days a week and including a week without quality training, extra rest should be good in preventing overtraining when using your previous fitness. South of 3:00: 4. This plan works well for fast runners, but I think you will need to choose a medium-high end run option regardless of the actual run. 3:00-4:30: 5. Mid-pack runners are probably the sweet spot for this plan. 4:30-5:30: 2. This plan might work, but I think you'd better go with Galloway. 5:30: 0. Use Galloway. Work. You have to be prepared to do a speed job with this plan. The name of the plan - Runs 16 - launches 20 Total Miles for 16 starting run weeks to 16 weeks 16 Max 16 in the Max Race Initial Ramp Ramp To 16) Core Ramp (16 To Max) Overall Ramp (first to max) Jack Daniels 4Week (3hours, 35miles/56Km) 0 0 0 11 - - - 8 No 16+ miler No 16+ miler 0.15 Jack Daniels 4Week (3hours, 50miles/80Km) 4 0 1 11 13 4 12 8 0.18 1.10 0.17 Jack Daniels 4Week (3hours, 65miles/105Km) 8 2 17 12 9 12 16 4 0.16 0.46 0.28 Jack Daniels 4Week (3hours, 80miles/129Km) 10 0 21 12 8 9 17 8 (0.14) 0.11 0.32 Jack Daniels 4Week (3hours, 95miles/153Km) 13 2 30 15 4 13 21 8 (1.13) 0.14 0.21 Jack Daniels 4Week (3hours, 115miles/185Km) 14 2 33 15 1 16 24 8 1.40 0.23 0.17 Jack Daniels 4Week (3hours, 125miles/201Km) 17 5 45 15 1 13 24 11 2.70 0.50 0.41 Jack Daniels 4Week (4hours , 35miles/56Km) 0 0 0 8 - - - 8 No 16+ miler No 16+ miler 0.15 Jack Daniels 4Week (4hours, 50miles/80Km) 1 0 0 8 13 0 12 12 0.21 0.00 0.21 Jack Daniels 4Week (4hours, 65miles/105Km) 5 1 10 9 9 12 16 4 0.23 0.32 0.27 Jack Daniels 4Week (4hours, 80miles/129Km) 5 0 9 9 13 4 12 8 0.37 0.05 0.32 Jack Daniels 4Week (4hours, 95miles/153Km) 7 0 12 11 9 8 16 8 0.25 0.23 0.21 Jack Daniels 4Week (4hours, 115miles/185Km) 7 0 16 11 5 12 20 8 0.16 0.14 0.17 Jack Daniels 4Week (4hours, 125miles/201Km) 10 1 26 11 2 12 23 11 2.45 0.71 0.45 Jack Daniels 4Week (5hours, 35miles/56Km) 0 0 0 7 - - - 8 No 16+ miler No 16+ miler 0.14 Jack Daniels 4Week (5hours , 50miles/80Km) 1 0 0 7 13 0 12 12 0.23 0.00 0.23 Jack Daniels 4Week (5hours, 65miles/105Km) 5 0 8 8 9 12 16 4 0.26 0.25 0.26 Jack Daniels 4Week (5hours, 80miles/129Km) 5 0 7 8 13 4 12 8 0.37 (0.29) 0.32 Jack Daniels 4Week (5hours, 95miles/153Km) 7 0 9 9 9 8 16 8 0.25 0.15 0.21 Jack Daniels 4Week (5hours, 115miles/185Km) 6 0 13 9 9 8 16 8 0.22 0.07 0.17 Jack Daniels 4Week (5hours, 125miles/201Km) 9 1 23 9 2 12 23 11 3.40 0.69 0.47 Notes on the columns # Runs 16+. I believe that the 16-mile mark determines the beginning of the long term. While this is somewhat arbitrary on my part, I believe that counting the number of long runs that are 16 miles or more is a useful metric. The first diesel launch of 16 miles or more stands out in green in the weekly section. Works 20. There is some limited evidence that running more than 20 miles provide important adaptations for marathon running, and help prevent a knock on the wall. This column takes into account the number of runs that are 20 miles or more. A total of more than 16 miles. Another way to evaluate the curriculum is to look at the number of miles running over 16 miles. For example, an 18 mile long run would be considered a 2 mile over 16 mile mark. This metric shows some dramatic differences between some of the advanced plans. The start run. This column shows the mileage of the first long-term run, and can be useful when choosing a plan based on your current fitness. Weeks to 16. That's the number of weeks from the start of the plan to the first 16 miles in long run. This section of the curriculum I called the initial ramp up, which brings the runner from their level of fitness to what I consider the threshold threshold long runs. Weeks from 16 to high. That's the number of weeks from the first run of 16 miles or more to the longest run in the plan. If the longest mileage is repeated more than once, I use the first instance, which is highlighted in red in the weekly section. 16 to the race. The number of weeks from the first run of 16 miles or more to the race itself. Max is in the race. The number of weeks from the longest long-term race to the race itself. Ramps. One of the key aspects of any marathon preparation plan is how fast it increases mileage. It seems likely that one of the biggest factors of excessive fatigue and injury in the long run is at this rate of increased mileage. So I tried to quantify this rate of increase as a ramp that is about the number of miles per week in the long run increases. (For those interested in the details I use the least squares approach to calculate the approximate slope between the two points in terms of learning. The initial ramp (first to 16). It ramps from the first run to the first 16 miles or longer run. Main ramp (16 to max). It ramps from the first 16 miles or longer run to the longest run. In general, Ramp (from the first to the maximum). The ramp from the first run to the longest run. Plan name week19 week18 week17 week16 week15 week14 week13 week12 week11 week10 week9 week8 week7 week6 week5 week4 week3 week2 week1 Jack Daniels Elite (3hours, 35miles/56Km) 11 11.7 13.5 11 11.7 14.7 12 13 16 15 16 18.4 16 15.4 18.4 17 12.4 11 Jack Daniels 2' (3 hours, 3 hours, 3 hours, 3 hours, 3 hours, 50miles/80Km) 14 12.9 14.7 15 14.4 14.7 16 14.7 15 16.4 18.4 17 16.4 18.4 17 17 14.4 11 11 Races Jacks 2, 65miles/105Km) 16 14.4 14.7 16 15.4 14.7 17 16 16 15.4 18.4 17 18.4 17 17 15 11 Jack Daniels 2 Issue (3 hours, 80miles/129Km) 18 17.4 16 18 17.4 19 19 19 20 18 18 18 18 18 16 11 Race Jack Daniels 2 (3 hours , 95miles/153Km) 20 19.4 22 20 18.4 21 21 21 18 21 22 19 18 20 19 16 11 Races Jack Daniels 2 (3 hours, 115miles/185Km) 21 19.4 23 21 18.4 20 22 21 19 21 22 20 20 21 19 16 11 Race Jack Daniels 2 (3 hours, 125miles/201Km) 21 19.4 23 21 18.4 20 22 21 19 21 22 20 20 21 19 16 11 Race Jack Daniels 2 (4 Hours, 35miles/56Km) 11 10.8 10.2 11 10.8 11.1 12 12 15 16 13.9 16 13.5 13.9 17 10.5 8.3 Races Jack Daniels 2 (4 hours, 4, 4, 4, 4, 13, 13.9 17 17 10.5 8.3 races Jack Daniels 2 (4 hours, 4, 4, 4, 4, 4, 4, 1350 14 11.7 11.1 15 12.5 11.1 16 16 11.1 15 14.5 13.9 17 13.5 14.5 13.9 17 12.5 8.3 Jacks 2' Race , 65miles/105Km) 16 12.5 11.1 16 13.5 11.1 17 16 12 16 13.5 13.9 17 13.9 17 15 15 race Jack Daniels 2Q (4hours, 80miles/129Km) 18 15.5 16 18 15.5 19 19 19 20 18 18 20 18 16 18 18 16 8.3 race Jack Daniels 2Q (4hours, 95miles/153Km) 20 17.5 22 20 16.5 21 21 22 21 18 21 22 19 18 20 19 16 8.3 race Jack Daniels 2Q (4hours, 115miles/185Km) 21 17.5 23 21 16.5 20 22 22 21 19 21 22 20 20 21 19 16 8.3 race Jack Daniels 2Q (4hours, 125miles/201Km) 21 17.5 23 21 16.5 20 22 22 21 19 21 22 20 20 21 19 16 8.3 race Jack Daniels 2Q (5hours, 35miles/56Km) 11 10.3 8.4 11 10.3 9.2 12 13 9.9 15 16 11.5 16 12.6 11.5 17 9.6 6.9 race Jack Daniels 2Q (5hours , 50miles/80Km) 14 11.1 9.2 15 11.6 9.2 16 16 9.2 15 13.6 11.5 17 13.6 11.5 17 11.6 6.9 гонка Джек Дэниелс 2' (5hour 65miles/105Km) 16 11,6 9,2 16 12,6 9,2 17 16 9,9 16 12,6 11,5 17 17 11,5 17 15 6,9 гонки Джек Дэниелс 2 (5 часов, 80miles/129Km) 18 14,6 16 18 14,6 19 19 19 20 18 20 18 16 18 16 6,9 гонки Джек Дэниелс 2 (5 часов, 95miles/153Km) 20 16,6 22 20 15,6 21 21 21 18 21 22 19 18 20 19 16 6,9 гонки Джек Дэниелс 2 (5 часов, 5 часов, 5 115miles/185Km) 21 16,6 23 21 15,6 20 22 21 19 21 22 20 20 21 19 16 6,9 гонки Джек Дэниелс 2 (5 часов , 125miles/201Km) 21 16.6 23 21 15.6 20 22 22 21 19 21 22 20 20 20 21 19 16 6.9 Race 4.3 Jack Daniels Plan A ranges with runner fitness and weekly mileage. Usually has quite a long build up to longer runs if you're not a fast runner doing a high mileage. Plan A includes some significant high-speed work as part of the Long Run. I think Plan A is a great approach for the experience runner looking to improve his performance. Key characteristics of Fitness-based tempo training. Two key workouts; high-speed work and long-term. With the exception of two key workouts, all the other running stays open, so you can run as much or as few days a week as you choose. Many long runs include a high-speed mode that requires a high degree of durability. Long runs vary in length with fitness and mileage. For 5-hour marathon runners, you only have one run over 16 miles (17.2), but within 3 hours of marathon runners running high mileage you can have 14 runs over 16 miles long. Initial Ramp (increase in mileage/week from start to 16): Typically quite low at around 0.6-0.75, but watch out as plans for higher mileage, faster runners jump into longer runs quickly. (It's good for runners who have quickly returned to training after the previous marathon.) Core Ramp (increase in mileage/week from 16 to high): lower than most by 0.3 to 0.5. This plan is longer than Plan 2, but shorter than the 4Week plan. Change I believe you should use this curriculum with three or four days a week running. To do this, you'll probably have to ignore some of Jack Daniels' tips, and adjust your plan as if you're running more miles a week than you actually would. Risk of overtraining If you work three or four days a week, they should be low to moderate risk of overtraining. It is very important that you choose the training pace based on the actual fitness measured by the previous race. Race. Training pace based on your target finish time will increase the risk of overtraining and probably reduce the effectiveness of your training. Pros Accurate training pace and distance provided for quality runs. The downsides of developing plan details for each person is challenging, although my Running Calculator will generate each workout based on your fitness and mileage goals. There is no obvious way to adjust the training steps for hilly terrain. Good for:: Rookie: 1. This plan probably has too much work speed for a beginner, and adding work speed to Long Run requirements is likely to be excessive. Look at Galloway or Higdon instead. Rookie: 2. This plan can have a very gentle build-up and you probably only need to be trained at a distance of 10K before starting this plan. Ringger: 4. This plan can have a very gentle build-up, and this plan can also make good use of runners' existing performance. Service: 2. This plan is usually for those who want to improve, and more work than you need for simple maintenance. Improver: 4. This is a great plan someone is looking to improve, with a combination of work speed, long runs, and speed in long runs. Enthusiast: 5. This is one of the best plans for enthusiasts. Consider the foreground if you think you can handle two speed work sessions a week and you don't want to do much easy running. However, the speed of work in Long Runs gives this plan an edge over the first. Elite: 3. This is an opportunity for the elites, but you're probably better off with an elite plan. Limited training time: 5. You can make this plan for three days a week and the midweek session is not too long. Traditionalist: 3. This plan is slightly different from the traditional marathon preparation plan, including long-term speed. Triathlete/ Multisport: 5. One could only make this plan for two quality workouts, and use other days for other sports-specific workouts. Pre-trained: 4. Reducing running to three days a week, extra rest should be good in preventing overtraining when using your previous fitness. However, there are a few short long runs towards the end of the program for faster runners, but you can change the plan to reduce one or two of them accordingly. For runners in 4 hours there are several weeks of contraction with shorter long runs. South of 3:00: 5. This plan adapts well to fast runners. 3:00-4:30: 5. This plan adapts well to the middle of the runners pack. 4:30-5:30: 3. This plan might work, but you're probably better off with Galloway. 5:30: 0. Use Galloway. Speed. You should be prepared to work quickly with this plan name Runs 16 Runs 20 Total Miles for 16 Starting Run Week to 16 Weeks 16 Before 16 Race Max Racing Initial Ramp (First to 16) Main Ramp (16 K Max) General Ramp (first to max) Jack Daniels Plan (3 hours, 35miles/56Km) 8 2 2 23 4 13 6 10 4 0.93 0.77 0.91 Jack Daniels Plan A (3 hours, 50miles/80Km) 8 2 2 4 13 6 10 4 0.97 0.64 0.87 Jack Daniels Plan A (3 hours, 65miles/105Km) 10 2 24 4 12 11 4 0.99 0.53 0.83 Jack Daniels Plan A (3 hours, 3 hours, 80miles/129Km) 11 2 30 4 9 10 14 4 1.36 0.49 0.78 Jack Daniels Plan A (3 hours, 95miles/153Km) 14 2 32 4 3 16 20 4 3.87 0.36 0.72 Jack Daniels Plan A (3 hours, 115miles/185Km) 14 2 38 4 3 16 20 4.41 0.27 0.67 Jack Daniels Plan A (3 hours, 125miles/201Km) 14 2 38 4 3 3 3 16 x20 4 4.41 0.27 0.67 Jack Daniels Plan A (4 hours, 35miles/56Km) 4 0 5 3 16 5 7 2 0.74 0.19 0.71 Jack Daniels Plan (4 hours , 50miles/80Km) 4 0 5 3 16 5 7 2 0.75 0.19 0.66 Jack Daniels Plan A (4hours, 65miles/105Km) 4 0 5 3 16 5 7 2 0.72 0.19 0.60 Jack Daniels Plan A (4hours, 80miles/129Km) 4 0 5 3 16 5 7 2 0.64 0.19 0.55 Jack Daniels Plan A (4hours, 95miles/153Km) 4 0 5 3 16 5 7 2 0.64 0.19 0.55 Jack Daniels Plan A (4hours, 115miles/185Km) 4 0 5 3 16 5 7 2 0.64 0.19 0.55 Jack Daniels Plan A (4hours, 125miles/201Km) 4 0 5 3 16 5 7 2 0.64 0.19 0.55 Jack Daniels Plan A (5hours, 35miles/56Km) 1 0 1 2 21 0 2 2 0.61 0.00 0.61 Jack Daniels Plan A (5hours , 50miles/80Km) 1 0 1 2 21 0 2 2 0.55 0.00 0.55 Jack Daniels Plan A (5hours, 65miles/105Km) 1 0 1 2 21 0 2 2 0.49 0.00 0.49 Jack Daniels Plan A (5hours, 80miles/129Km) 1 0 1 2 21 0 2 2 0.49 0.00 0.49 Jack Daniels Plan A (5hours, 95miles/153Km) 1 0 1 2 21 0 2 2 0.49 0.00 0.49 Jack Daniels Plan A (5hours, 115miles/185Km) 1 0 1 2 21 0 2 2 0.49 0.00 0.49 Jack Daniels Plan A (5hours, 125miles/201Km) 1 0 1 2 21 0 2 2 0.49 0.00 0.49 Notes on the columns # Runs 16+. 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Realistically, the Elite Plan only scales to about a 3-hour mark. If you're slower than 3 hours, then long runs become too short, with 4 hour runners peaking at 14 miles and 5 hours of runners peaking at just 12 miles. Key characteristics of Fitness-based tempo training. Two key workouts; speedwork and Long Run Except for two key workouts, all the other runs stays open, so you can run as much or as few days a week as you choose. Almost all long runs include speed mode. For a 3-hour runner there are many 15-17 miles of runs, but no more. For slower runners, the longest runs become too short. Initial ramp (increase of mileage/week from start to 16): It builds up slowly first, but then jumps fast. Core Ramp (increase mile/week from 16 to maximum): For 3-hour runners, the ramp is pretty gentle at 0.3 miles per week. Pros elite plan for mortals? The downsides of developing plan details for each person is challenging, although my Running Calculator will generate each workout based on your fitness and mileage goals. Even scaled, this plan only works for faster runners. There is no obvious way to adjust the training steps for hilly terrain. Modification runners slower than 3 hours will probably need to try to look at the Raw Elite Plan and scaled the plan to find some middle. I believe that you should this curriculum works four days a week. To do this, you may have to ignore some of Jack Daniels' advice, and set up a plan as You've been running more miles a week than you actually will. Risk of overtraining If you only work four days a week, they should be a moderate risk of overtraining. However, working more days a week can significantly increase the risk of overtraining. It is

very important that you choose the training pace based on the actual fitness measured by the previous race. Using training steps based on your target finish time will increase the risk of overtraining and probably reduce the effectiveness of your training. Good for:: Rookie: 0. Even when scaling it's not a great plan for those who don't experience speed. Look at Galloway or Higdon instead. Rookie: 0. This will be a bad choice for beginners without any changes that will probably be beyond your experience. Ringger: 1. An elite-level runner at shorter distances will probably want to either use raw materials or want to develop a plan between raw and scalable versions. Service: 0. This plan has too much hard work for those who just want to support. Improver: 3. This can work well for you if you are a faster runner and ready to put in the job. Enthusiast: 3. I think an enthusiast is likely to need something that is less compromised than this plan. Elite: 0. If you're an elite, you don't need to scale. Limited training time: 4. You can make this plan for four days a week and the midweek session is not too long. Traditionalist: 3. This plan is slightly different from the traditional marathon preparation plan, including long-term speed. Triathlete/Multisport: 3. One could only do this plan for two quality workouts, but the level of intensity training required under this plan can make it difficult to do any meaningful workouts on another sport. Pre-trained: 1. If you have a history of overtraining, this plan is likely to be too monotonous; look for a plan with a big change in length in the long run. South of 3:00: 5. This plan can scale well enough to 3 hours of finishing. 3:00-4:30: 2. This plan doesn't actually scale well slower than 3 hours, and for 4 hours long runs are too short. 4:30-5:30: 0. Avoid this plan and look at Galloway. 5:30: 0. Use Galloway. Speed. You have to be prepared to do a speed job with this plan. Title Plan - Launches 16 Launches 20 Total Miles Over 16 Starting Run Week to 16 Weeks 16 Max 16 To Race Max Race Initial Ramp (first to 16) Core Ramp (16 to Max) Total Ramp (first max) Jack Daniels Scaled Elite (3 hours, 35miles/56Km) 7 0 2 4 10 3 14 11 1.44 0.33 1.18 Jack Daniels Scaled Elite (3 hours, 50miles/80Km) 7 0 2 4 10 3 14 11 1.37 0.33 1.10 Jack Daniels Scaled Elite (1.33 3 Hours, 65miles/105Km) 7 0 2 4 10 3 14 11 1.29 0.33 1.01 Jack Daniels Elite (3 hours, 80miles/129Km) 7 0 2 4 10 3 14 11 11 1.22 0.33 0.92 Jack Daniels Scaled Elite (3 hours, 95miles/153Km) 10 0 4 4 3 10 21 11 3.87 (0.01) 0.84 Jack Daniels Scaled Elite (0.01) 3 hours, 115miles/185Km) 10 0 10 4 3 0 21 21 4.41 0.00 4.41 Jack Jack Jack Scaled Elite (3hours, 125miles/201Km) 10 0 10 4 3 0 21 21 4.41 0.00 4.41 Jack Daniels Scaled Elite (4hours, 35miles/56Km) 0 0 0 3 - - - 11 No 16+ miler No 16+ miler 0.85 Jack Daniels Scaled Elite (4hours, 50miles/80Km) 0 0 0 3 - - - 11 No 16+ miler No 16+ miler 0.76 Jack Daniels Scaled Elite (4hours, 65miles/105Km) 0 0 0 3 - - - 11 No 16+ miler No 16+ miler 0.67 Jack Daniels Scaled Elite (4hours, 80miles/129Km) 0 0 0 3 - - - 21 No 16+ miler No 16+ miler 3.33 Jack Daniels Scaled Elite (4hours, 95miles/153Km) 0 0 0 3 - - - 21 No 16+ miler No 16+ miler 3.33 Jack Daniels Scaled Elite (4hours, 115miles/185Km) 0 0 0 3 - - - 21 No 16+ miler No 16+ miler 3.33 Jack Daniels Scaled Elite (4hours , 125miles/201Km) 0 0 0 3 - - - 21 No 16+ miler No 16+ miler 3.33 Jack Daniels Scaled Elite (5hours, 35miles/56Km) 0 0 0 2 - - - 11 No 16+ miler No 16+ miler 0.68 Jack Daniels Scaled Elite (5hours, 50miles/80Km) 0 0 0 2 - - - 11 No 16+ miler No 16+ miler 0.59 Jack Daniels Scaled Elite (5hours, 65miles/105Km) 0 0 0 2 - - - 21 No 16+ miler No 16+ miler 2.73 Jack Daniels Scaled Elite (5hours, 80miles/129Km) 0 0 0 2 - - - 21 No 16+ miler No 16+ miler 2.76 Jack Daniels Scaled Elite (5hours, 95miles/153Km) 0 0 0 2 - - - 21 No 16+ miler No 16+ miler 2.76 Jack Daniels Scaled Elite (5hours, 115miles/185Km) 0 0 0 2 - - - 21 No 16+ miler No 16+ miler 2.76 Jack Daniels Scaled Elite (5hours , 125miles/201Km) 0 0 0 2 - - - - - 21 No 16 Miler No 16 Miler 2.76 Notes on columns . 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Title Plan - Runs 16 Runs 20 Total Miles Over 16 Starting Run of the Week to 16 Weeks 16 Max 16 Race Max Race Initial Ramp (Rirst To 16) Main Ramp (16 to Max) Total Ramp (first max) Jack Daniels to complete (4 hours, 50miles/week) 0 0 0 3 - - - - - - - - - 9 No 16 Miler No 16 Miler 0.96 Jack Daniels to complete (4 hours, 90miles/week) 0 0 0 0 - - - - - 15 No 16 Miler No 16 Miler 3.30 Notes on columns runs 16 . I believe that the 16-mile mark determines the beginning of the long term. While this is somewhat arbitrary on my part, I believe that counting the number of long runs that are 16 miles or more is a useful metric. The first diesel launch of 16 miles or more stands out in green in the weekly section. Works 20. There is some limited evidence that running more than 20 miles provide important adaptations for marathon running, and help prevent a knock on the wall. This column takes into account the number of runs that are 20 miles or more. A total of more than 16 miles. 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Plan title week19 week18 week17 week16 week15 week14 week12 week110 week8 week8 week6 week5 week4 week4 week2 week2 week1 Jack Daniels To Complete (4 hours, 50miles/week) 3 3 3 12 12 12 12 5 14 14 11 10 14 12 10 11 5 race Jack Daniels to complete (4 hours, 90miles/week) 3 3 3 14 14 14 14 14 14 11 10 14 14 10 11 10 Race 5 Other plans Jack Daniels has a wide range of plans, aside from those for the marathon. There are plans to run, for those who want to train for general fitness, and race distance specific plans for 800 meters, 1500 meters, 5K-15K, half marathon as well as marathon. The 5.1 Half Marathon Plan Half Marathon Plan has recommendations for ramping up the phase of general running and then training for 18 weeks in the next three phases. Phase 2 has three quality workouts; Long, R intervals, and combined Tempo/R interval sessions. Phase 3 also has three quality workouts; long intervals I or H and a combined Tempo/R session interval. In phase 3, two interval workouts are on back-to-back days, making it tougher. Phase 4 has two quality sessions; long mileage and intervals of pace. 5.2 Cross Country Cross Country Training that I would consider a set of building blocks and ideas that can be turned into a specific plan plan than a specific set of workouts. 5.3 5K to 10K Plans These plans are 18 weeks and indicate all workouts in detail. There are two plans based on the weekly distance; one for 40-50 miles / 64-80 km per week, and the other for 60-70 miles / 97-112 km per week. These plans typically have three quality workouts per week, including long term and two interval workouts. One of the interval sessions is the R tempo, the other is a mixture of R and T. 5.4 1500 meters to 2 miles Plans there are three plans of these distances based on the weekly distance; 30 miles/45 km, 40 miles/64 km and 60 miles/97 km. These plans are 24 weeks and indicate all training in detail. Plans have three training qualities for most of their length; long term and two R interval sessions. In the second phase of the plans, in the long run discarded. 5.5 800 Meter Plans There are three plans based on weekly mileage; 20-30 miles/32-48 km, 40 miles/64 km and 50-60 miles/80-97 km, each of which indicates all training over 24 weeks. Training rates give for runners focused on 400/800 meters and those oriented to 800/1600 meters. There are three qualities of training per week; long or tempo run, and two interval runs using basically R pace. 5.6 Fitness plans there are four plans designed for overall fitness, not racing, every 16 weeks. There is a white plan for learning to run using the startup/walk approach, the red intermediate plan, the blue extended plan and the gold elite plan. Each of the red-blue/gold adds an increase in the level of difficulty and interval training. The plans are also structured so that you can progress through white-red-blue-gold, building fitness as you go. 6 The third edition of The Third Edition of the Book includes numerous changes. The race performance table for VDOT hasn't changed at all, but now there's a table for those slower performances. This covers VDOT values from 20 to 30, mile race times from 9:10 to 12:55 and marathon time from 4:57 to 6:44. However, I don't believe the book provides adequate plans for these slow times once the beginner's plan includes a run/walk approach. The light tempo is now a number of steps roughly focused on the second edition of one Easy Pace. A range of 76 seconds/mile wide for VDOT from 30 to 42 seconds for the VDOT 85. The second edition uses about 74% of VO2max, and the third edition uses 70% to 79%. Pacey for T, I and R has not changed, and obviously does not have the pace of M. There is now an idea of hard running, which is based on a subjective feel rather than a specified pace. There is no longer a table for more Tempo runs and T tempo is currently only used for interval training. An approach was added to measuring the overall stress of training by assigning scores to different rates. This approach is similar to TRIMP, but much more effort to track and calculate without a certain type of software. Where the second edition sent half marathon runners to use either a marathon plan (if they were slow or fast), or 10K 10K (if they were faster), the third edition actually includes a half-marathon specific training plan. This plan is 24 weeks and includes light, pace, hard, marathon, long and repetition training. Plans for marathons have been expanded; Read more about it above. The rookie plan is somewhat similar to the second edition, but specific workouts have changed. Plan 2 resembles Plan A from the second edition, but there are currently seven different plans depending on your weekly mileage. There are plans for up to 40 miles per week, 41-55, 56-70, 71-85, 86-100, 101-120, and more than 120 miles per week. Some workouts are based on time rather than distance, so the details will vary with both weekly mileage and fitness level. The 12-week plan is actually the last 12 weeks of the elite plan in the second edition. There is a new plan called the 4-week cycle, which is a 26-week plan and somewhat similar to the old plan, but every fourth week has no quality workouts. There are two sets of plans that are more rough outlines than fully specified plans. The five-week plan gives five weeks that can be repeated and there are three 18 week programs; two at a distance and one at a time. 7 Comparison with Other Plans Home Article: Comparison of Marathon Preparation Plans jack daniels running formula pdf free. jack daniels running formula pdf download. jack daniels running formula book pdf. jack daniels running formula chart pdf. jack daniels running formula español pdf

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