

PPM Program! ☺

(True Motivation
BY
FACTS)

Goal-

- ♥ Deliver as much O_2 as possible
- ♥ Deliver as much O_2 as fast as possible
- ♥ Deliver as much O_2 as long as possible
- ♥ Deliver as much O_2 as often as possible

What it does-

- ♥ Determines how far you go before slowing
- ♥ Determines the amount of lactic acid work you can do
- ♥ Allows recovery of connective tissues

Types of runs-

♥ LD=Long Day

- Longest total mileage day, only run not nonstop
- Base unit- most crucial thing during LD, initially (usually) 1 mile and determines PPM potential the next week
- Sets you up for glycogen base
- Sets up LR
- Race, wait at least 45 minutes, CT based off of LPPM

♥ LR=Long Run

- Longest nonstop run
- Determines what else you can tolerate
 - Sets volume of any workout you can have at that level
- Sets base for everything
 - Establishes glycogen base
 - Base of LPPM run → LPPM can never be longer than LR
 - If you can tolerate it, you should be able to tolerate the rest of the week's mileage.
- Initially at any pace, just don't stop
 - Shouldn't be more than 90 seconds slower than PPM pace
 - As you progress, more and more like CT base for LPPM

LPPM

- Fastest you can run with O_2
- Improving max VO_2 delivery
- What everything's based on
- Looking for conversions from SPPM
- Feeling good isn't #1 priority, conversion is
- You are your LPPM run
- If you convert first time, mile wasn't fast enough
- The whole thing is a race

♥ SPPM

- Base for LPPM
- Base for longer conversions
- Run SPPM time going on to LPPM
- Run first mile as close as you can to your best time mile to max training to race faster
 - The more you do this, the less significant the slow down will be
- Know this is a race → go as fast as you can go
 - If you feel good, you're going too slow

♥ CT=Critical Threshold

- Maintenance recovery run, active rest
- Have to run far enough and fast enough
 - Shouldn't be more than 45 seconds slower than PPM pace
 - If it's not fast enough, lose base
- Never run slower than pace you're at before starting intervals