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## Mileage plan- effective methods of endurance training

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### Abstract

A systematic planning to distribute the distance covered by an athlete in a single training year. Runners are often advised that the number one thing they can do to improve performance is to increase their weekly mileage, up to as high as 100 miles per week. It is a sum of total training distance covered by an athlete in a training year. Mileage plane depends on following factors Level of athlete, event and sports, Sex, Climate, Phase of per iodization, and Type of planning. Just how influential is weekly training mileage on marathon performance. A commonly held belief amongst runners is that increased weekly mileage will result in improved performance, especially at the marathon distance. Obviously, you can tweak your long runs to fit your schedule and more importantly your body. Some marathoners will increase there long runs by only one mile as they build up endurance

**Keywords:** factors of mileage plane

### Introduction

A systematic planning to distribute the distance covered by an athlete in a single training year. Runners are often advised that the number one thing they can do to improve performance is to increase their weekly mileage, up to as high as 100 miles per week

### Nature of mileage plan

It is a sum of total training distance covered by an athlete in a training year.

Running distance is systematically distributed to avoid the over load.

Meso and micro plan basically based on total mileage of the year.

Mileage is depending on the level of the athlete (performance).

### Factors determining

- Level of athlete
- event and sports
- Sex
- Climate
- Phase of per iodization
- Type of planning

**Mileage based training:** A Logical Analysis, Part 1 Running is a mileage focused sport. Runners typical talk about their training program in terms of weekly mileage, think in terms of weekly mileage, and train in terms of weekly mileage. In fact, it's not uncommon for complete training programs to be named in terms of weekly mileage. Training goals are commonly set for increasing the number of miles run each week and runners are routinely encouraged to increase their weekly mileage. The message being sent is clear – to optimize performance, increase your mileage. Should mileage be a primary focus of training? Should training programs be mileage-based? Let's logically analyze weekly mileage and see what the natural consequences of this focus are.

**Mileage based training:** A Logical Analysis, Part 2 In part one of this analysis we learned that the common practice of recommending training based on mileage results in slower runners training at a higher training load than faster runners. Part 2 continues our analysis of mileage-

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based training.

**An interesting analysis of some elite’s training history: weekly mileage and performance**

I have often been told that all elite runners run high weekly mileage. Indeed, the high weekly mileage of the elites is often pointed to as proof that high weekly mileages are a prerequisite for success in running. This article examines the written training history of some outstanding distance runners to see what lesson we might learn in regards to optimal weekly training.

**Weekly mileage and marathon performance**

Just how influential is weekly training mileage on marathon performance? A commonly held belief amongst runners is that increased weekly mileage will result in improved performance, especially at the marathon distance. But is this belief based on anecdotal observation or actual research? This article reviews the research on the influence of weekly mileage and marathon performance.

**Marathon training program**

**Mileage build-up & building a base**

Without question, the most important area one should focus upon prior to beginning marathon training is to safely build a mileage base. I believe that one should be running four to five days a week with minimum mileage totals of 25 miles per week before considering training for a marathon. From that point, long run and weekly mileage can be added in small

increments.

**The ten percent rule**

Do not increase either your (1) weekly mileage and/or (2) long run mileage by more than 10 percent a week. Doing so greatly increases the chances of incurring an injury, thereby delaying or stopping your training all together. Refer to How to Avoid Injury section for additional information.

**Where to start**

Please refer to the Mileage Buildup Schedule (Schedule I) below to find the level of training that most closely matches your present training routine/volume. Start training at that point and follow the schedule. When you have reached the end of Schedule I, you have now developed a base from where you may now consider training for a marathon. Since the Marathon Training Schedule (Schedule II) is a 17-week program, continue to train at the concluding levels of Schedule I until the marathon you wish to run is four months away. If you wish to see the chart below in kilometers.

For marathons even further down the road, the best approach in filling the time gap between schedules is to put your training in a "holding pattern". During this time, once you reach the 10-mile mark of your long run, you can then alternate your long run sequence weekly as follows: 8, 9, 10, and then 6-mile long runs. As a means of facilitating leg rest and recovery, "easy weeks" are recommended every fourth week where both weekly mileage and the distance of the long run is reduced.

Mileage Buildup Schedule (Schedule I)

Week#	Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Total
1	4	Rest	3	Rest	4	Rest	3	14
2	4	Rest	4	Rest	4	Rest	3	15
3	5	Rest	4	Rest	4	Rest	3	16
4	3	Rest	3	Rest	3	Rest	3	12
5	5	Rest	3	3	3	Rest	3	17
6	6	Rest	3	3	3	Rest	3	18
7	6	Rest	3	4	3	Rest	4	20
8	3	Rest	4	Rest	3	Rest	3	13
9	7	Rest	3	5	4	Rest	3	22
10	7	Rest	4	5	4	Rest	4	24
11	8	Rest	4	6	4	Rest	4	26
12	4	Rest	3	Rest	4	Rest	4	15
13	8	Rest	5	6	5	Rest	4	28
14	9	Rest	5	6	6	Rest	4	30
15	9	Rest	5	7	6	Rest	5	32
16	5	Rest	4	Rest	4	Rest	4	17
17	10	Rest	6	8	6	Rest	4	34
18	10	Rest	6	8	7	Rest	4	35
19	6	Rest	4	Rest	5	Rest	4	19

**Marathon training program**

**Marathon training schedule**

Before proceeding to the Marathon Training Schedule (Schedule II) that follows, it is essential that you have completed the most advanced level on the Mileage Buildup Schedule (Schedule I). Additionally, it is very important that you have read the majority of the text contained within this website. Using a training schedule without basic knowledge of training principles and injury

prevention strategies, and without the consultation of a coach can indeed be hazardous to your health! Check out my Personal Training page if you might be interested in me designing an individualized training schedule to match your ability level with your goals/needs for an upcoming marathon or shorter distance race. If you wish to see the chart below in kilometers.

Marathon training schedule (schedule I I)

Week#	Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Total
1	10	Rest	6	8	6	Rest	4	34
2	12	Rest	6	8	6	Rest	4	36
3	6	Rest	4	Rest	4	Rest	4	18
4	14	Rest	6	8	6	Rest	4	38
5	16	Rest	6	8	6	Rest	5	41
6	18	Rest	6	8	6	Rest	5	43
7	6	Rest	5	Rest	5	Rest	4	20
8	20	Rest	5	7	6	Rest	4	42
9	14	Rest	6	8	6	Rest	4	38
10	7	Rest	5	Rest	6	Rest	4	22
11	21	Rest	5	7	6	Rest	4	43
12	14	Rest	6	8	6	Rest	4	38
13	8	Rest	6	Rest	6	Rest	4	24
14	22-23	Rest	5	7	6	Rest	5	45-46
15	12	Rest	6	8	6	Rest	4	36
16	14	Rest	7	Rest	5	Rest	4	30
17	10	Rest	6	Rest	4	Rest	1-2 Opt.	20-22
18	26.2 Marathon	Rest	Rest	Rest	Rest	Rest	Rest	26.2

### How to build mileage and space your long runs

To build up your endurance and long run first make sure you are comfortable and able to run 6- 8 miles before attempting a marathon. Once you can do this you should complete one long run every other week, increasing your long run by 2 miles each time or by 10% of your weekly mileage.

If you are training for a half marathon, increase your long runs by 1 mile each week. If you need to take more time you can lower that to 0.5 miles. In our Half Marathon Walking Program we let the body get used to a base mileage of walking and then increase the long walk every other week.

Obviously, you can tweak your long runs to fit your schedule and more importantly your body. Some marathoners will increase their long runs by only one mile as they build up endurance. Those who have been training for a while and have completed a marathon before find that they can run a couple of long runs without taking every other week off but save that for after you have done several long runs.

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