

Half Marathon Training: October 21, 2018

	Date	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Mileage		
Week 1	8/5/18	Active recovery	strength wo+ 2 mile jog	5 min tempo/ recover x 2 *	strength wo	4	Aerobic	Rest/Yoga/Stretch	5	Long	14
Week 2	8/12/18	Active recovery	strength wo+ 2 mile jog	5 min tempo/ recover x 3 *	strength wo	5	Aerobic	Rest/Yoga/Stretch	6	Long	16
Week 3	8/19/18	Active recovery	strength wo+ 2 mile jog	8 min tempo/ recover x 3*	strength wo	5	Hills	Rest/Yoga/Stretch	8	Long	18
Week 4	8/26/18	Active recovery	strength wo+ 3 mile jog	sprints: 4x400 + 3 mile easy**	strength wo	4	Hills	Rest/Yoga/Stretch	9	Long	18
Week 5	9/2/18	Active recovery	strength wo+ 3 mile jog	10 min tempo/ recover x 3 *	strength wo	5	Aerobic	Rest/Yoga/Stretch	10	Long	20
Week 6	9/9/18	Active recovery	strength wo+ 2 mile jog	sprints: 5x400 + 3 mile easy **	strength wo	6	Aerobic	Rest/Yoga/Stretch	8	Long	19
Week 7	9/16/18	Active recovery	strength wo+ 3 mile jog	12 min tempo/recover x 3 *	strength wo	4	Hills	Rest/Yoga/Stretch	10	Long	19
Week 8	9/23/18	Active recovery	strength wo+ 3 mile jog	sprints: 6x400 + 3 mile easy **	strength wo	5	Hills	Rest/Yoga/Stretch	12	Long	22
Week 9	9/30/18	Active recovery	strength wo+ 2 mile jog	15 min tempo / recover x 3 *	strength wo	6	Hills	Rest/Yoga/Stretch	8	Long	19
Week 10	10/7/18	Active recovery	strength wo+ 2 mile jog	sprints: 4x400 + 3 mile easy**	strength wo	4	Aerobic	Rest/Yoga/Stretch	6	Long	15
Week 11	10/14/18	Active recovery	strength wo- light	5 min tempo/ recover x 2 *	strength wo-light	3	Aerobic	2	Rest		7
Week 12	10/21/18	RACE									13.2
			22	0			2	82			106

Active recovery: is a 2-3 mile easy walk, bike, elliptical, & stretch

Strength Workout(wo) = 30-60 minute strength workout focusing on core, balance, & full body strengthening exercises

Jog: Purpose: Recovery and focus on relaxed and efficient movement pattern. Mental relaxation and stress reduction. General health.

Instruction/Tips: Run much slower than you are capable of, well below AHR (180-age). Use light springy running motion (not overstride jog). Keep cadence close to 180. Goal is easy 30 minutes of activity

Aerobic Runs:

Purpose: These runs are the foundation of fitness and health. Run at or slightly below your Aerobic Heart Rate (AHR) for the duration of the run. You should be able to happily converse.

Instruction /Tips: First 10 minutes are really relaxed to warm up and gradually raise HR. When you are finished these runs you should feel as if you could run more.

Adaptation: Aerobic development. Builds capillaries, mitochondria, fat burning capacity, and relaxed running form.

Hill Runs: Running up and down hills at a comfortable pace with good technique develops strength as you run.

Keep stride short and use your glutes to push and spring off the ground. Practice running efficiently and quickly on the downhill with faster turnover.

***For tempo runs:** warm up with slow jog 15 min, run at race pace for the tempo time, allow heart rate to return to lower rate, then repeat tempo, followed by a 10 min cool down slower run

Tempo is the fastest pace you can run without generating more lactic acid than you can recycle back into energy. This is a pace you could sustain for at least 30 minutes once you are fit.

****For sprint runs:** warm up with slow jog 15 min, follow the amount of sprints/intervals with recovery time in between each one, followed by a 10 min slower run/cool

Pace of the interval is not all out, but pick a pace near your 1.5 mile or 5k goal pace

Long Run: Time on your feet is the goal and stimulating aerobic development, fat burning, and recruitment of muscle fibers in a sugar depleted state. Duration is the goal not speed.