

Half Marathon Group 3 Run Training Program

Week	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
Aug 31- Sep 6	Off	4 mile	Cross Train	4 mile	2 mile	Off	5 mile	15
Sep 7-13	Off	4 mile	Cross Train	4 mile	2 mile	Off	7 mile	17
Sep 14-20	Off	Tempo 4x6 min 4 miles	Cross Train	4 mile	2 mile	Off	8 mile	18
Sep 21-27	Off	Tempo 3x8 min 4 miles	Cross Train	4 mile	Off or Cross Train	Off	5 mile	13
Sep 28-Oct 4	Off	Tempo 3x10 min 5 miles	Cross Train	3 mile	4 mile	Off	8 mile	20
Oct 5-11	Off	Tempo 3x12 min 6 miles	Cross Train	3 mile	4 mile	Off	9 mile	22
Oct 12-18	Off	Interval 6x400 6 Miles	Cross Train	Tempo 2x15 min 3 Miles	4 mile	Off	10	23
Oct 19-25	Off	Interval 3x800 6 Miles	Cross Train	3 mile	OFF	Gecko 5K	6	18
Oct 26-Nov 1	Off	Interval 4x800 6 Miles	Cross Train	3 Mlles 10x30 sec Strides	4 mile	Off	12	25
Nov 2-8	Off	Interval 5x800 6 Miles	Cross Train	Tempo 1x20 min 3 Miles	4 mile or OFF	SCR 15K OR OFF	13/5	26/24
Nov 9-15	Off	Interval 6x800 6 Miles	Cross Train	3 Mlles 10x30 sec Strides	4 mile	Off	14	27
Nov 16-22	Off	Interval 6x800 6 Miles	Cross Train	OFF	4 mile	Off	8 mile	18

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Week	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
Nov 23-29 RACE WEEK	Off	Tempo 1x20 min 3 Miles	Cross Train	5 Miles 10x30 sec Strides	3 Miles	Off	SC 1/2 Marathon	24

NOTES/DEFINITIONS

Strides - Strides exercise your fast twitch muscles without causing lactic buildup. Run your strides at your 5K pace taking a full recovery between each stride. Full recovery=walk or easy run before starting the next stride.

Interval Training - Interval trainings purpose is to optimize your VO2 Max. Optimizing VO2 Max provides the greatest benefit toward increasing speed. Interval sessions are geared toward working at 95 to 100% of VO2 Max.

All interval sessions should start with a 10-20 minute warmup and some light stretching. Sessions should be finished with a 10-20 minute cooldown and again some stretching.

Intervals can be done on a track or on the road. A good location is Wickham park since every 110 yards (100 meters) is marked on the road. If you run intervals on the track recover going in the opposite (clockwise) direction.

An interval session consists of several repeats; i.e., as example, 4x400 means do 4, 400 meter (440 yards) repeats. Between each repeat recover by easy running/walking the same distance - 400 meters.

Each repeat should be run at your interval pace. Check the pace chart sent to you for your time for each distance. As example, if your 2 mile TT was 18:00 minutes read across the chart to the 400 colume for your 400 time you should be shooting for. In this example your 400 time is 2:10 and your 800 time is 4:30.

Schedule for Nov 2-8: I've included the Space Coast 15K for a race or training workout. If you do the race take the day before OFF and run 5 on Sunday. If you do not do the race run 4 on Friday take Saturday OFF and run 13 on Sunday.

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