

**Half Marathon Plan**

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| **Week** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat\*** | **Sun** |
| 1 | Lift 1 | 3 miles | Lift 2 | 4 miles with w/ hills  | 15-20 minutes cardio | 3 miles | XTrain or Rest |
| 2 | Lift 1 | 5 miles tempo middle | Lift 2 | 5 miles hills | 20-30 minutes cardio | 6 miles | XTrain or Rest |
| 3 | Lift 3 | 4 miles tempo middle | Lift 4 | 4 miles hills | 20-30 minutes cardio | 5 miles Peakwood and Pancakes | XTrain or Rest |
| 4 | Lift 3 | 5 miles tempo middle | Lift 4 | 6 miles  | 20-30 minutes cardio | 9 milesOn Demo  | XTrain or Rest |
| 5 | Lift 3 | 6 miles tempo middle | Lift 4 | 5 miles w/hill repeats | 30 minutes cardio | 5 miles | XTrain or Rest |
| 6 | Lift 3 | 5 miles tempo middle | Lift 2 | 6 miles  | 30 minutes cardio | 10 milesJoggin’ for your Noggin 5K | XTrain or rest  |
| 7 | Lift 1 | 6 miles tempo middle | Lift 4 | 4 miles with hills | 20 minutes cardio | 6 miles fast finish/ Backpack 10K  | XTrain or rest |
| 8 | Lift 3 |  5 miles tempo middle | Lift 2 | 5 miles fast finish | 30 minutes cardio | 12 milesTough Cookie 5K | XTrain or rest |
| 9 | Lift 1 | 6 miles tempo middle | Lift 4 | 6 miles; 3 miles of .5 mile repeats | 20 minutes cardio | 7 miles | XTrain or rest |
| 10 | Lift 3 | 4 miles tempo middle | Lift 2 | 5 miles, 2-3 miles .5 mile repeats | 20 minutes cardio | 8 miles fast finish | XTrain or rest |
| 11 | Core/Mobility only | 5 miles easy | Lift 2 or 4 | 5 miles easy | 30 minutes cardio | 5 miles fast finish | Active recovery |
| 12 | Core/Mobility only | REST | Core/Mobility only | 4 miles easy | REST | 4 miles | Active Recovery |

WU= Warm –Up, easy pace

CD= Cool Down, easy pace, walk if needed

Tempo= pace should be challenging, not able to carry on conversation

Fast Finish= try to end your run faster than you started

XTrain= something other than running that is still physical activity: hiking, biking, swimming, light strength training, yoga, etc.

Lifts 1 and 3- Heavy Strength days (no more than 8-10 reps per set MAX)

Lifts 2 and 4- Light strength days (no more than 20 reps per set)

Core/Mobility- Videos emailed later in training plan or continue attending classes for these focal points

Cardio- aerobic work other than running- swimming, biking, elliptical- anything cardiovascular that is non-weight bearing.

**Training Meetups:**

**Mondays – Starr Hills (6:15pm)**

**Fridays- Chris’s Coffee & Custard (8:30am)**

**Saturdays- RunAbout (8:00am)**

**Willing to lead a group in your neck of the woods? Email** **training@runaboutroanoke.com****. All you need is the willingness to welcome other folks to join you and a somewhat consistent schedule. We are happy to add more to the schedule!**