



Half Marathon Plan

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 miles On 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 miles Joggin' 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 miles Tough 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!