

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aug 8 (21-22 miles) 3 miles easy + 2x post-run strides	9 1 mile easy 2 miles @ 8:30 1 mile easy 1 mile @ 8:30	10 4 miles easy	11 <i>Recovery day</i>	12 3 miles easy + 2x post-run strides	13 Long run 6-7 miles <i>Nice, relaxed pace; something in the 9:00-9:30 range right now</i>	14 <i>Recovery day</i>
15 (22-23 miles) 3-4 miles easy + 2x post-run strides	16 2 miles easy 2 miles of: 30 sec pick-up (~7:00) 60 sec easy 1 mile easy	17 4 miles easy	18 <i>Recovery day</i>	19 3 miles easy + 2-4x post-run strides	20 Long run 7 miles <i>Rolling hills are good, but don't worry about pushing them</i>	21 <i>Recovery day</i>
22 (24-25 miles) 3-4 miles easy + 4x post-run strides	23 2 miles easy 1 mile @ 8:30 1 mile @ 8:55 1 mile @ 9:20	24 5 miles easy	25 <i>Recovery day</i>	26 3 miles easy + 2-4x post-run strides	27 Long run 8 miles <i>Third week in a row of building so run it easy.</i>	28 <i>Recovery day</i>
29 (22-24 miles) 3-4 miles easy + 4x post-run strides	30 1-2 miles easy 6x30 sec hill w/ jog down <i>Easy running till 5 miles total on the day</i>	31 5 miles easy	Sept 1 <i>Recovery day</i>	2 3-4 miles easy + 4x post-run strides	3 Long run 6 miles <i>Resist the urge to run this faster just because it's shorter!</i>	4 <i>Recovery day</i>
5 (27-28 miles) 4 miles easy + 4x post-run strides	6 1 mile easy 2x 1.5 mile @ 8:00 w/ 4 min rest 1 mile easy	7 5 miles easy	8 <i>Recovery day</i>	9 3-4 miles easy + 4x post-run strides	10 Long run 10 miles <i>Double digits! Start easy enough you can maintain pace</i>	11 <i>Recovery day</i>
12 (24-26 miles) 4 miles easy + 4x post-run strides	13 1 mile easy 12x400 @ 7:30 w/ 30-45 sec rest 1 mile easy	14 5-6 miles easy	15 <i>Recovery day</i>	16 3-4 miles easy + 4x post-run strides	17 Long run 7 miles <i>Down week before a couple longer ones coming up</i>	18 <i>Recovery day</i>

TRAINING PLAN SAMPLE – first 6 weeks of a 12 week half-marathon build-up

Long-term goals:

-- Charleston Half 10/29
Sub-1:45; (8:00 pace)
-- Other races TBD

Goals for this phase:

-Start to progress mileage,
long run, introduce speed
workouts

Notes:

X-Training/Strength: Feel
free to keep up the cycling
and the strength work that
you've been doing. I would
recommend that you try to
avoid doing anything too
strenuous before speed
work or long run. After
this training plan actually
be good recovery, provided
that you're smart about it
and don't push too hard!

Strides: Start at easy run
pace, gradually speed up
for 5 sec, hold for 10 sec,
slow down. These should
NOT feel like sprints, but
should be faster than easy
run pace -- stay relaxed and
make sure you don't start to
strain as you're doing these

Pick-ups/Hill Repeats:
These are not all-out
sprints, but are faster than
your other speed work.
Think slightly quicker than
5k effort -- preps the legs
for the harder workouts
coming later in the training