



AUGUST 2019

Pensacola Women's Half Marathon Training Plan Beginner Edition



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------|-------------|---|---|--|---|--|
| | | | | 1 | 2 | 3 |
| | | | | | | Get your shoes ready to start training tomorrow! |
| Long Run 4 | Recovery 5 | Focused Finish Run 6 | Crosstrain 7 | Interval Run 8 | Crosstrain 9 | Easy Run 10 |
| 6 mi EASY | Day off | 25 min total 10 min EASY 10 min slightly harder 5 min moderate pace | 30 min your choice Options: bike, rower, swim, elliptical | 10 min warm up, easy pace 4x1 min FAST, 2 min EASY (walk as needed) 5 min EASY cool down | 30 min your choice Options: bike, rower, swim, elliptical | 30 min, easy conversational pace |
| Long Run 11 | Recovery 12 | Focused Finish Run 13 | Crosstrain 14 | Interval Run 15 | Crosstrain 16 | Easy Run 17 |
| 7 mi EASY | Day off | 30 min total 10 min EASY 15 min slightly harder 5 min moderate pace | 30 min your choice Options: bike, rower, swim, elliptical | 10 min warm up, easy pace 5x1 min FAST, 2 min EASY (walk as needed) 5 min EASY cool down | 30 min your choice Options: bike, rower, swim, elliptical | 30 min, easy conversational pace |
| Long Run 18 | Recovery 19 | Focused Finish Run 20 | Easy Run 21 | Interval Run 22 | Recovery 23 | Easy Run 24 |
| 6 mi EASY | Day off | 25 min total 10 min EASY 10 min slightly harder 5 min moderate pace | 30 min, easy conversational pace | 10 min warm up, easy pace 3x2 min FAST, 2 min EASY (walk as needed) 5 min EASY cool down | Day off | 30 min, easy conversational pace |
| Long Run 25 | Recovery 26 | Focused Finish Run 27 | Crosstrain 28 | Interval Run 29 | Crosstrain 30 | Easy Run 31 |
| 8 mi EASY | Day off | 35 min total 10 min EASY 15 min slightly harder 10 min moderate pace | 35 min your choice Options: bike, rower, swim, elliptical | 10 min warm up, easy pace 4x1 min FAST, 2 min EASY (walk as needed) 5 min EASY cool down | 40 min your choice Options: bike, rower, swim, elliptical | 35 min, easy conversational pace |

NOTES

Long Run: Your long run should be at a VERY EASY pace, walk as needed, keeping HR low. The focus of this run is to work your cardiovascular system without increasing the strain on your muscles and joints. Performing this run slowly will set your body up to burn fat for fuel

Focused Finish Run: This run should be only slightly hard, as we get excited to complete a workout we might find that little bit of extra energy at the end. This is where you use it!

Interval Run: DO NOT WORRY! Your fast pace is your fast pace. Do not compare it to others. This is simply completed with a change in speed in order to work on turn over and different metabolic systems

Easy Run: This run should be easy, conversation, and is different from your long run because it is shorter...that's it

Crosstrain: These crosstraining days give your body time to recover from previous workouts but also continue to develop your endurance and cardiovascular fitness. Your choice of method. Have fun

SEPTEMBER 2019

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------|-----------------------------|---|--|--|--|----------------------------------|
| Long Run 1 | Recovery 2 | Focused Finish Run 3 | Crosstrain 4 | Fartlek Run 5 | Crosstrain 6 | Easy Run 7 |
| 9 mi easy | Day off, foam roll, stretch | 40 min total 10 min EASY 20 min slightly harder 10 min moderate pace | 35 min your choice Options: bike, rower, swim, elliptical | 40 min total 10 min EASY 10x 1 min intervals rotating from FAST, JOG, WALK | 35 min your choice Options: bike, rower, swim, elliptical | 45 min, easy conversational pace |
| Long Run 8 | Recovery 9 | Focused Finish Run 10 | Easy Run 11 | Interval Run 12 | Crosstrain 13 | Easy Run 14 |
| 6 mi easy | Day off, foam roll, stretch | 25 min total 10 min EASY 10 min slightly harder 5 min moderate pace | 35 min, easy conversational pace | 10 min warm up, easy pace 5x2 min FAST, 2 min EASY (walk as needed) 5 min EASY cool down | 40 min your choice Options: bike, rower, swim, elliptical | 35 min, easy conversational pace |
| Long Run 15 | Recovery 16 | Tempo Run 17 | Crosstrain 18 | Recovery 19 | Crosstrain 20 | Easy Run 21 |
| 10 mi easy | Day off, foam roll, stretch | 35 min total 10 min EASY warm up 15 min at race pace 10 min EASY cool down | 35 min your choice Options: bike, rower, swim, elliptical | | 45 min your choice Options: bike, rower, swim, elliptical | 40 min, easy conversational pace |
| Long Run 22 | Recovery 23 | Tempo Run 24 | Crosstrain 25 | Fartlek Run 26 | Crosstrain 27 | Easy Run 28 |
| 11 mi easy | Day off, foam roll, stretch | 40 min total 10 min EASY warm up 20 min at race pace 10 min EASY cool down | 45 min your choice Options: bike, rower, swim, elliptical | 40 min total 10 min EASY 10x 1 min intervals rotating from FAST, JOG, WALK | 35 min your choice Options: bike, rower, swim, elliptical | 40 min, easy conversational pace |
| Long Run 29 | Recovery 30 | | | | | |
| 7 mi easy | | | | | | |

NOTES

Long Run: Treat long runs the same as last month, super easy effort

Tempo Run: Tempo runs will consist of longer moderate paced times in the middle of your run. You should aim to perform these at race pace or slightly faster

Fartlek Run: This is a fun run, meant to work on intensity and speed, but varying distances. If you can do this in your neighborhood it is ideal. Pick something you can run to and alternate between running, jogging and walking. For example, pink flower trees, or mailboxes or certain color cars. Be creative and have fun.

OCTOBER 2019

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------------|-----------------------------|---|--|---|--|--|
| | | Tempo Run 1 40 min total 10 min EASY warm up 20 min at race pace 10 min EASY cool down | Easy Run 2 40 min, easy conversational pace | Short Interval Run 3 10 min warm up, easy pace 5x2 min FAST, 2 min EASY (walk as needed) 5 min EASY cool down | Crosstrain 4 45 min your choice Options: bike, rower, swim, elliptical | Easy Run 5 40 min, easy conversational pace |
| Long Run 6 | Recovery 7 | Tempo Run 8 | Crosstrain 9 | Long Interval Run 10 10 min warm up, easy pace 2x5 min FAST, 3 min EASY (walk as needed) 5 min EASY cool down | Crosstrain 11 | Easy Run 12 |
| 12 mi easy | Day off, foam roll, stretch | 45 min total 10 min EASY warm up 25 min at race pace 10 min EASY cool down | 45 min your choice Options: bike, rower, swim, elliptical | Short Interval Run 17 10 min warm up, easy pace 5x2 min FAST, 2 min EASY (walk as needed) 5 min EASY cool down | Crosstrain 18 | Easy Run 19 |
| Long Run 13 | Recovery 14 | Tempo Run 15 | Crosstrain 16 | Long Interval Run 24 10 min warm up, easy pace 2x8 min FAST, 4 min EASY (walk as needed) 5 min EASY cool down | Crosstrain 25 | Easy Run 26 |
| 10 miles with fast finish | Day off, foam roll, stretch | 40 min total 10 min EASY warm up 20 min at race pace 10 min EASY cool down | 45 min your choice Options: bike, rower, swim, elliptical | Long Interval Run 24 10 min warm up, easy pace 2x8 min FAST, 4 min EASY (walk as needed) 5 min EASY cool down | Crosstrain 25 | Easy Run 26 |
| Long Run 20 | Recovery 21 | Tempo Run 22 | Easy Run 23 | Long Interval Run 24 10 min warm up, easy pace 2x8 min FAST, 4 min EASY (walk as needed) 5 min EASY cool down | Crosstrain 25 | Easy Run 26 |
| 9 miles with fast finish | Day off, foam roll, stretch | 50 min total 10 min EASY warm up 30 min at race pace 10 min EASY cool down | 40 min, easy conversational pace | Fartlek Run 31 40 min total 10 min EASY 10x 1 min intervals rotating from FAST, JOG, WALK | | |
| Long Run 27 | Recovery 28 | Focused Finish Run 29 30 min total 10 min EASY 15 min slightly harder 5 min moderate pace | Easy Run 30 30 min, easy conversational pace | Fartlek Run 31 40 min total 10 min EASY 10x 1 min intervals rotating from FAST, JOG, WALK | | |
| 8 mi easy | Day off, foam roll, stretch | | | | | |

NOTES

Long Run: This month you will peak at 12 miles for your long run. If you can run 12, you can run 13.1. The last 2 long runs before taper week are with a fast finish. The fast finish is the last mile of the run. Be done with that long run and race to the finish! But know that 1 mile is still a long way and pace yourself.

Long interval run: This is slightly different than your short interval run, in that the run pace is a little slower, but the time is longer, and the recovery is shorter. This will help on your pacing and recovery

Fartlek Run: It's back! Have fun running, chasing the kids on Halloween!

NOVEMBER 2019

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------|--------|---------|-----------|----------|--|---|
| | | | | | Crosstrain 1 | Recovery 2 |
| | | | | | 45 min your choice Options: bike, rower, swim, elliptical | Have fun at packet pick up and the race expo. Don't walk too much. Rest, hydrate, and get psyched! |
| RACE DAY!!! 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 13.1!!!! | | | | | | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |

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