

August 2019



Build Phase

Pensacola Women's Half Marathon Training Plan
Intermediate 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	Easy Run 7	Interval Run 8	Crosstrain 9	Easy Run 10
6 mi EASY	Day off	25 min total 10 min EASY, zone 1 10 min slightly harder, zone 2 5 min moderate pace, zone 3	30 min easy, conversational pace	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 PLUS 10 min of strength (pushups, pullups, squats, lunges, crunches, leg lifts)	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, zone 1 15 min slightly harder, zone 2 5 min moderate pace, zone 3	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 PLUS 10 min of strength (pushups, pullups, squats, lunges, crunches, leg lifts)	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, zone 1 10 min slightly harder, zone 2 5 min moderate pace, zone 3	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	Easy Run 28	Interval Run 29	Crosstrain 30	Easy Run 31
8 mi EASY	Day off	35 min total 10 min EASY, zone 1 15 min slightly harder, zone 2 10 min moderate pace, zone 3	35 min, easy conversational pace	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 PLUS 10 min of strength (pushups, pullups, squats, lunges, crunches, leg lifts)	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. As far as adding strength, it is important to maintain throughout this endurance training. You do NOT have to do each exercise, but I recommend performing a full bodyweight strength day one time a week, performing as a circuit with focus on GOOD TECHNIQUE vs how many you can do. Have fun

Zones: Zone 1: should be your easy warm up, minimal effort, Zone 2: should still be easy, but now slightly faster because you are a little warmed up, Zone 3: race pace, moderately hard but not so hard you can't keep the pace for more than 2 minutes

September 2019

Build Phase!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Long Run 1	Recovery 2	Focused Finish Run 3	Recovery Run 4	Fartlek Run 5	Crosstrain 6	Easy Run 7
9 mi easy	Active recovery, walk, foam roll	40 min total 10 min EASY, zone 1 20 min slightly harder, zone 2 10 min moderate pace, zone 3	35 min SUPER easy, walk if needed, should be SLOW	40 min total 10 min EASY, zone1 10x 1 min intervals rotating from FAST, JOG, WALK	35 min your choice Options: bike, rower, swim, elliptical PLUS 10 min of strength (pushups, pullups, squats, lunges, crunches, leg lifts)	45 min, easy conversational pace
Long Run 8	Recovery 9	Focused Finish Run 10	Recovery Run 11	Interval Run 12	Crosstrain 13	Easy Run 14
6 mi easy	Active recovery, walk, foam roll	25 min total 10 min EASY, zone 1 10 min slightly harder, zone 2 5 min moderate pace, zone 3	35 min SUPER easy, walk if needed, should be SLOW	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 PLUS 10 min of strength (pushups, pullups, squats, lunges, crunches, leg lifts)	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	Active recovery, walk, foam roll	35 min total 10 min EASY warm up (zone 3) 15 min at race pace (zone 3) 10 min EASY cool down	35 min your choice Options: bike, rower, swim, elliptical		45 min your choice Options: bike, rower, swim, elliptical PLUS 10 min of strength (pushups, pullups, squats, lunges, crunches, leg lifts)	40 min, easy conversational pace
Long Run 22	Recovery 23	Tempo Run 24	Recovery Run 25	Fartlek Run 26	Crosstrain 27	Easy Run 28
11 mi easy	Active recovery, walk, foam roll	40 min total 10 min EASY warm up 20 min at race pace (zone 3) 10 min EASY cool down	45 min SUPER easy, walk if needed, should be SLOW	40 min total 10 min EASY, zone1 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	Active recovery, walk, foam roll					

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.

Recovery Run: Your recovery run should be even easier than your easy run. This is simply for a lactate flush after your tempo run the previous day. Walk as needed to keep it easy.

October 2019

Build Phase/Race Prep

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Tempo Run 1 40 min total 10 min EASY warm up 20 min at race pace (zone 3) 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 PLUS 10 min of strength (pushups, pullups, squats, lunges, crunches, leg lifts)	Easy Run 5 40 min, easy conversational pace
Long Run	6 Recovery	7 Tempo Run 8 45 min total 10 min EASY warm up 25 min at race pace (zone 3) 10 min EASY cool down	9 Crosstrain	10 Long Interval Run 10 10 min warm up, easy pace 2x5 min FAST, 3 min EASY (walk as needed) 5 min EASY cool down	11 Crosstrain	12 Easy Run
12 mi easy	Active recovery, walk, foam roll	13 Recovery	14 Tempo Run 15 40 min total 10 min EASY warm up 20 min at race pace (zone 3) 10 min EASY cool down	16 Easy Run	17 Short Interval Run 17 10 min warm up, easy pace 5x2 min FAST, 2 min EASY (walk as needed) 5 min EASY cool down	18 Recovery
Long Run	13 Recovery	14 Tempo Run 15 40 min total 10 min EASY warm up 20 min at race pace (zone 3) 10 min EASY cool down	16 Easy Run	17 Short Interval Run 17 10 min warm up, easy pace 5x2 min FAST, 2 min EASY (walk as needed) 5 min EASY cool down	18 Recovery	19 Easy Run
10 miles with fast finish	Active recovery, walk, foam roll	20 Recovery	21 Tempo Run 22 50 min total 10 min EASY warm up 30 min at race pace (zone 3) 10 min EASY cool down	23 Crosstrain	24 Long Interval Run 24 10 min warm up, easy pace 2x8 min FAST, 4 min EASY (walk as needed) 5 min EASY cool down	25 Easy Run
Long Run	20 Recovery	21 Tempo Run 22 50 min total 10 min EASY warm up 30 min at race pace (zone 3) 10 min EASY cool down	23 Crosstrain	24 Long Interval Run 24 10 min warm up, easy pace 2x8 min FAST, 4 min EASY (walk as needed) 5 min EASY cool down	25 Easy Run	26 Easy Run
9 miles with fast finish	Active recovery, walk, foam roll	27 Recovery	28 Focused Finish Run 29 30 min total 10 min EASY, zone 1 15 min slightly harder, zone 2 5 min moderate pace, zone 3	30 Easy Run	31 Fartlek Run 40 min total 10 min EASY, zone 1 10x 1 min intervals rotating from FAST, JOG, WALK	
Long Run	27 Recovery	28 Focused Finish Run 29 30 min total 10 min EASY, zone 1 15 min slightly harder, zone 2 5 min moderate pace, zone 3	30 Easy Run	31 Fartlek Run 40 min total 10 min EASY, zone 1 10x 1 min intervals rotating from FAST, JOG, WALK		
8 mi easy	Active recovery, walk, foam roll					

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

A Race!!! Recovery Phase

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Crosstrain 45 min your choice Options: bike, rower, swim, elliptical	1 Recovery 2 Have fun at packet pick up and the race expo. Don't walk too much. Rest, hydrate, and get psyched!
RACE DAY!!! 13.1!!!!	3	4	5	6	7	8 9
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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