



**"Personal Best PR" Training Plan - includes Track workouts!  
4 days/week for 16 weeks**

Prepare for your training by building on your base level of fitness: First, buy great-fitting running shoes. Then, start walking, jogging, or running 20-60 minutes at least 3 days per week. Next, find ways you can cross-train (see Legend below for examples). The best way to 'stick with it' is to find a partner, running club, or a team of 10 to train with! Warm up before your run with dynamic exercises and be sure to stretch afterwards. Happy Training - and have a great race!

Week	Week Starting	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Total Weekly Miles
<b>1</b>	11/20/16		2 miles Run/Walk	20 min Strength/Core	Rest	2 miles Run/Walk <b>Happy Thanksgiving!</b>	Rest	2 miles LSD	<b>6</b>
<b>2</b>	11/27/16	Rest	3 miles Run/Walk	20 min Strength/Core	Rest	3 miles	Rest	3 miles LSD	<b>9</b>
<b>3</b>	12/4/16	Rest	2 miles - Hills	20 min Strength/Core	3 miles Run/Walk	XT-20 min or Rest	3 miles	4 miles LSD	<b>12</b>
<b>4</b>	12/11/16	Rest	3 miles - Hills	20 min Strength/Core	4 miles Run/Walk	XT-20 min or Rest	3 miles Tempo	4 miles LSD	<b>14</b>
<b>5</b>	12/18/16	Rest	Track 4 x 400m	30 min Strength/Core	5 miles Run/Walk	XT-25 min or Rest	4 miles	8 miles LSD	<b>11</b>
<b>6</b>	12/25/16	Rest	Track 3 x 800m	30 min Strength/Core	4 miles Run/Walk	XT-30 min or Rest	Rest/Massage	10 miles LSD	<b>15</b>
<b>7</b>	1/1/17	Rest. <b>Happy New Year!</b>	Track 2 x 800m, 4 x 400m	30 min Strength/Core	3 miles Run/Walk	XT-30 min or Rest	2 miles	12 miles LSD	<b>19</b>
<b>8</b>	1/8/17	Rest	Track 2 sets of (4 x 400m)	40 min Strength/Core	Rest	XT-35 min or Rest	5 miles	Back-down: 8 miles LSD	<b>14</b>
<b>9</b>	1/15/17	Rest	Track 1600m, 800m,(2x400m)	45 min Strength/Core	5 miles Run/Walk	XT-40 min or Rest	5 miles Tempo	13 miles LSD	<b>25+</b>
<b>10</b>	1/22/17	Rest	Track 3 sets of (2 x 800m)	45 min Strength/Core	5 miles Run/Walk	XT-40 min or Rest	3 miles	15 miles LSD	<b>25+</b>
<b>11</b>	1/29/17	Rest	Track 1600m, 2 x 400m	45 min Strength/Core	5 miles Run/Walk	XT-45 min or Rest	4 miles Tempo	16 miles LSD	<b>26+</b>
<b>12</b>	2/5/17	Rest	Track 10 x 200m	50 min Strength/Core	5 miles Run/Walk	XT-45 min or Rest	3 miles	Back-down: 10 miles LSD	<b>19</b>
<b>13</b>	2/12/17	Rest	Track 8 x 400m	60 min Strength/Core	4 miles Run/Walk	XT-60 min or Rest	5 miles	15 miles LSD	<b>26+</b>
<b>14</b>	2/19/17	Rest	Track 5 x 400m	60 min Strength/Core	5 miles Run/Walk	XT-60 min or Rest	5 miles	10 miles LSD	<b>21+</b>
<b>15</b>	2/26/17	Rest	Track 6 x 200m	60 min Strength/Core	4 miles Run/Walk	XT-60 min or Rest	4 miles	8 miles LSD	<b>16+</b>
<b>16</b>	3/5/17	Rest	6 miles Easy	60 min Strength/Core	Rest	4 miles Easy	Pick-up your race packet at our <b>Expo</b> on the Broadway Pier		<b>10</b>
<b>GOAL</b> →	<b>3/12/17</b>	<b>San Diego Half Marathon!</b>							<b>13.1</b>

**Legend**

- Run/Walk** Whether you run or walk the miles, emphasize the importance of accomplishing the distance - pace is not as important on these days.
- XT** Cross training can be biking, elliptical, rowing, swimming, stairclimber, yoga/pilates class, plyometrics... anything EXCEPT running!
- Strength** Variable resistance machines, free weights, dumbbells, Bosu balls, etc.
- Core** Exercise designed to working the abdominal and low back muscles (sit ups, planks etc). Yoga/pilates classes are excellent for engaging core muscle work.
- Tempo** Run 30-45 seconds faster per mile than your race pace goal (ie, if your goal is 9 min/mi, run an 8:30 min/mi or 8:15 min/mi as your tempo pace).
- Neg Split** Run the second half of the mileage faster than the first half. Negative splits improve strength, endurance and speed for your final kick.
- Massage** Full head-to-toe massage.
- LSD** Long Slow Distance: the goal of LSD runs are to log time on your feet. Go slow and take walk breaks, if needed.
- Back-down** Mileage decrease from the previous week will allow time for recovery.
- Hills** Choose a route that has some hills to increase your stamina!
- Speedwork** A series of alternating fast and slow paces within a training run. i.e. "6 x (5/2)" means run for 5 mins fast followed by a 2 min jog/walk. Repeat 6 times.
- Track** Speedwork while running around a standard 400-meter track. i.e. "3 x (2 x 800m)" means run fast around the track twice, then rest 30 seconds. Repeat. Rest until recovered, then repeat 3 times." Precede and follow up each track workout with a 1 mile easy run (4 x 400m).