



## "Working Professional PR" Training Plan 3 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	2 miles Run/Walk	20 min Strength/Core	Rest	3 miles	Rest	3 miles LSD	<b>8</b>
<b>3</b>	12/4/16	Rest	3 miles Run/Walk	20 min Strength/Core	3 miles Run/Walk	XT-20 min or Rest	Rest	4 miles LSD	<b>10</b>
<b>4</b>	12/11/16	Rest	3 miles - Hills	20 min Strength/Core	4 miles Run/Walk	XT-20 min or Rest	Rest	4 miles LSD	<b>11</b>
<b>5</b>	12/18/16	Rest	3 miles Run/Walk	30 min Strength/Core	5 miles Run/Walk	XT-25 min or Rest	Rest	5 miles LSD	<b>13</b>
<b>6</b>	12/25/16	Rest	4 miles NegSplit	30 min Strength/Core	4 miles Run/Walk	XT-30 min or Rest	Rest/Massage	7 miles LSD	<b>15</b>
<b>7</b>	1/1/17	Rest. <b>Happy New Year!</b>	Speedwork: 4 x (2/2)	30 min Strength/Core	5 miles Run/Walk	XT-30 min or Rest	Rest	Back-down: 5 miles LSD	<b>14</b>
<b>8</b>	1/8/17	Rest	Speedwork: 6 x (5/2)	30 min Strength/Core	5 miles Run/Walk	XT-35 min or Rest	Rest	7 miles LSD	<b>16</b>
<b>9</b>	1/15/17	Rest	4 miles NegSplit - Hills	30 min Strength/Core	5 miles Run/Walk	XT-40 min or Rest	Rest	8 miles LSD	<b>17</b>
<b>10</b>	1/22/17	Rest	Speedwork: 4 x (6/3)	30 min Strength/Core	5 miles Run/Walk	XT-40 min or Rest	Rest	10 miles LSD	<b>19</b>
<b>11</b>	1/29/17	Rest	4 miles NegSplit	30 min Strength/Core	5 miles Run/Walk	XT-45 min or Rest	Rest	12 miles LSD	<b>21</b>
<b>12</b>	2/5/17	Rest	Speedwork: 6 x (5/2)	30 min Strength/Core	5 miles Run/Walk	XT-45 min or Rest	Rest	Back-down: 8 miles LSD	<b>17</b>
<b>13</b>	2/12/17	Rest	4 miles NegSplit - Hills	30 min Strength/Core	4 miles Run/Walk	XT-60 min or Rest	Rest	14 miles LSD	<b>22</b>
<b>14</b>	2/19/17	Rest	Speedwork: 4 x (2/2)	30 min Strength/Core	5 miles Run/Walk	XT-60 min or Rest	Rest	8 miles LSD	<b>17</b>
<b>15</b>	2/26/17	Rest	3 miles	30 min Strength/Core	4 miles Run/Walk	XT-60 min or Rest	Rest	6 miles LSD	<b>13</b>
<b>16</b>	3/5/17	Rest	4 miles Easy	Rest	6 miles Run/Walk	Rest	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, 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.