



"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
1	11/19/17		2 miles Run/Walk	20 min Strength/Core	Rest	Happy Thanksgiving! 2 miles Run/Walk	Rest	2 miles LSD	6
2	11/26/17	Rest	2 miles Run/Walk	20 min Strength/Core	Rest	3 miles	Rest	3 miles LSD	8
3	12/3/17	Rest	3 miles Run/Walk	20 min Strength/Core	3 miles Run/Walk	XT-20 min or Rest	Rest	4 miles LSD	10
4	12/10/17	Rest	3 miles - Hills	20 min Strength/Core	4 miles Run/Walk	XT-20 min or Rest	Rest	4 miles LSD	11
5	12/17/17	Rest	3 miles Run/Walk	30 min Strength/Core	5 miles Run/Walk	XT-25 min or Rest	Rest	5 miles LSD	13
6	12/24/17	Rest	4 miles NegSplit	30 min Strength/Core	4 miles Run/Walk	XT-30 min or Rest	Rest/Massage	7 miles LSD	15
7	12/31/17	Rest	Happy New Year! Speedwork: 4 x (2/2)	30 min Strength/Core	5 miles Run/Walk	XT-30 min or Rest	Rest	Back-down: 5 miles LSD	14
8	1/7/18	Rest	Speedwork: 6 x (5/2)	30 min Strength/Core	5 miles Run/Walk	XT-35 min or Rest	Rest	7 miles LSD	16
9	1/14/18	Rest	4 miles NegSplit - Hills	30 min Strength/Core	5 miles Run/Walk	XT-40 min or Rest	Rest	8 miles LSD	17
10	1/21/18	Rest	Speedwork: 4 x (6/3)	30 min Strength/Core	5 miles Run/Walk	XT-40 min or Rest	Rest	10 miles LSD	19
11	1/28/18	Rest	4 miles NegSplit	30 min Strength/Core	5 miles Run/Walk	XT-45 min or Rest	Rest	12 miles LSD	21
12	2/4/18	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	17
13	2/11/18	Rest	4 miles NegSplit - Hills	30 min Strength/Core	4 miles Run/Walk	XT-60 min or Rest	Rest	14 miles LSD	22
14	2/18/18	Rest	Speedwork: 4 x (2/2)	30 min Strength/Core	5 miles Run/Walk	XT-60 min or Rest	Rest	8 miles LSD	17
15	2/25/18	Rest	3 miles	30 min Strength/Core	4 miles Run/Walk	XT-60 min or Rest	Rest	6 miles LSD	13
16	3/4/18	Rest	4 miles Easy	Rest	6 miles Run/Walk	Rest	Pick-up your race packet at our Expo on the Broadway Pier	10	
GOAL →	3/11/18	San Diego Half Marathon!							13.1

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.