



# TRAINING PLAN

## LA ROAD RUNNERS – HALF MARATHON TRAINING

### LEVEL 3: 15% INTENSITY



	MON	TUES	WED	THUR	FRI	SAT	SUN
<b>Week 1</b> 9/16-9/22	15 MIN EASY 2 MIN R-PACE 2 MIN WALK/JOG <b>X2</b> 5 MIN T-PACE 5 MIN EASY	DAY OFF	15 MIN EASY 3 MIN R-PACE + 2 MIN EASY <b>X2</b> 5 MIN T-PACE 10 MIN EASY	40 MIN EASY	DAY OFF	3 MILES EASY	30 MIN EASY + STRENGTH
<b>Week 2</b> 9/23-9/29	15 MIN EASY 2 MIN R-PACE 2 MIN WALK/JOG <b>X2</b> 5 MIN T-PACE 10 MIN EASY	DAY OFF	15 MIN EASY 3 MIN T-PACE + 2 MIN HMRP <b>X2</b> 6 MIN T-PACE 10 MIN EASY	40 MIN EASY	DAY OFF	4 MILES EASY	35 MIN EASY + STRENGTH
<b>Week 3</b> 9/30-10/6	15 MIN EASY 3 MIN T-PACE 2 MIN HMRP <b>X2</b> 10 MIN EASY	DAY OFF	10 MIN EASY 3 MIN T-PACE + 2 MIN HMRP <b>X3</b> 4 MIN T-PACE 10 MIN EASY	40 MIN EASY	DAY OFF	5 MILES EASY	40 MIN EASY + STRENGTH
<b>Week 4</b> 10/7-10/13	15 MIN EASY 4 MIN T-PACE 2 MIN HMRP 2 MIN T-PACE 2 MIN HMRP <b>X2</b> 5 MIN EASY	DAY OFF	10 MIN EASY 4 MIN T-PACE + 2 MIN HMRP <b>X3</b> 10 MIN EASY	40 MIN EASY	DAY OFF	7 MILES EASY	20 MIN EASY 20 MIN HMRP + STRENGTH
<b>Week 5</b> 10/14-10/20 Taper Week	30 MIN EASY	DAY OFF	5 MIN EASY 6 MIN T-PACE + 3 MIN HMRP <b>X2</b> 5 MIN EASY	DAY OFF + STRENGTH	DAY OFF	5 MILES EASY	STRENGTH
<b>Week 6</b> 10/21-10/27	15 MIN EASY 4 MIN T-PACE 4 MIN HMRP 4 MIN T-PACE 3 MIN HMRP 3 MIN T-PACE 3 MIN HMRP 5 MIN EASY	DAY OFF	15 MIN EASY 4 MIN T-PACE + 2 MIN HMRP <b>X3</b> 10 MIN EASY	40 MIN EASY	DAY OFF	8 MILES EASY	20 MIN EASY 20 MIN MRP + STRENGTH

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	MON	TUES	WED	THUR	FRI	SAT	SUN
<b>Week 7</b> 10/28-11/3	20 MIN EASY 5 T-PACE 5 MIN HMRP 15 MIN EASY	DAY OFF	10 MIN EASY 3 MIN I-PACE + 3 MIN HMRP <b>X3</b> 8 MIN T-PACE 5 MIN EASY	40 MIN EASY	DAY OFF	9 MILES EASY	15 MIN EASY 30 MIN MRP + STRENGTH
<b>Week 8</b> 11/4-11/10	20 MIN EASY 5 MIN T-PACE 5 MIN HMRP 20 MIN EASY	DAY OFF	10 MIN EASY 3 MIN I-PACE + 3 MIN HMRP <b>X3</b> 10 MIN T-PACE 5 MIN EASY	40 MIN EASY	DAY OFF	10 MILES EASY	20 MIN EASY 30 MIN MRP + STRENGTH
<b>Week 9</b> 11/11-11/17 Taper Week	10 MIN EASY 2 MIN R-PACE 2 MIN WALK/JOG <b>X2</b> 5 MIN T-PACE 5 MIN EASY	DAY OFF	15 MIN EASY 3 MIN T-PACE + 2 MIN HMRP <b>X2</b> 5 MIN T-PACE 5 MIN EASY	30 MIN EASY	DAY OFF	5 MILES EASY	30 MIN EASY + STRENGTH
<b>Week 10</b> 11/18-11/24	20 MIN EASY 10 MIN T-PACE 5 MIN HMRP 15 MIN EASY	DAY OFF	10 MIN EASY 3:30 MIN I-PACE + 3:30 MIN HMRP <b>X4</b> 5 MIN EASY	55 MIN EASY	DAY OFF	11 MILES EASY	20 MIN EASY 30 MIN MRP + STRENGTH
<b>Week 11</b> 11/25-12/1	20 MIN EASY 5 MIN T-PACE 5 MIN HMRP 20 MIN EASY	DAY OFF	10 MIN EASY 6:30 MIN T-PACE + 3:30 MIN HMRP <b>X4</b> 5 MIN EASY	55 MIN EASY	DAY OFF	13 MILES EASY	15 MIN EASY 30 MIN MRP + STRENGTH
<b>Week 12</b> 12/2-12/8	20 MIN EASY 10 MIN T-PACE 20 MIN EASY	DAY OFF	5 MIN EASY 6:30 MIN T-PACE + 3:30 MIN HMRP <b>X4</b> 5 MIN EASY	1 HOUR EASY	DAY OFF	14 MILES EASY	10 MIN EASY 40 MIN MRP + STRENGTH
<b>Week 13</b> 12/9-12/15 Taper Week	15 MIN EASY 3 MIN R-PACE + 2 MIN WALK/JOG <b>X2</b> 5 MIN T-PACE 15 MIN MRP 5 MIN EASY	DAY OFF	10 MIN EASY 5 MIN I-PACE + 2 MIN HMRP <b>X3</b> 5 MIN EASY	40 MIN EASY	DAY OFF	7 MILES EASY	STRENGTH

	MON	TUES	WED	THUR	FRI	SAT	SUN
<b>Week 14</b> 12/16-12/22	20 MIN EASY		10 MIN EASY				
	3 MIN R-PACE + 2 MIN WALK/JOG <b>X3</b>	DAY OFF	6:30 MIN T-PACE + 3:30 MIN HMRP <b>X4</b>	1 HOUR EASY	DAY OFF	15 MILES EASY	15 MIN EASY 40 MIN MRP + STRENGTH
	5 MIN T-PACE 15 MIN EASY		5 MIN EASY				
<b>Week 15</b> 12/23-12/29	5 MIN EASY		10 MIN EASY				
	2 MIN R-PACE + 2 MIN WALK/JOG <b>X3</b>	DAY OFF	7 MIN T-PACE + 3 MIN HMRP <b>X4</b>	1 HOUR EASY	DAY OFF	16 MILES EASY	20 MIN EASY 40 MIN MRP + STRENGTH
	10 MIN T-PACE 15 MIN MRP 5 MIN EASY		5 MIN EASY				
<b>Week 16</b> 12/30-1/5	10 MIN EASY		10 MIN EASY				
	2 MIN R-PACE + 2 MIN WALK/JOG <b>X4</b>	DAY OFF	8 MIN T-PACE + 2 MIN HMRP <b>X4</b>	1:05 HOUR EASY	DAY OFF	17 MILES EASY	25 MIN EASY 40 MIN MRP + STRENGTH
	10 MIN T-PACE 15 MIN MRP 5 MIN EASY		10 MIN EASY				
<b>Week 17</b> 1/6-1/12 Taper Week	10 MIN EASY		5 MIN EASY				
	10 MIN MRP 10 MIN T-PACE 5 MIN EASY	DAY OFF	<b>2 MILE TIME TRIAL</b> 5 MIN EASY <b>4 X 50M STRIDERS</b>	10 MIN EASY 20 MIN MRP 10 MIN EASY	DAY OFF + STRENGTH	6 MILES EASY	10 MIN EASY 30 MIN MRP + STRENGTH
<b>Week 18</b> 1/13-1/19 Race Week	10 MIN EASY		5 MIN EASY				
	20 MIN MRP 5 MIN EASY	DAY OFF + STRENGTH	20 MIN T-PACE 5 MIN EASY  <b>4 X 50M STRIDERS</b>	5 MIN EASY 20 MIN MRP	DAY OFF	10 MIN MRP	

