

## 2011 CTC HALF MARATHON TRAINING SCHEDULE

### EXPERIENCED PLAN

	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Mileage
1	7/25	4 mi easy	Rest / XT	4 mi tempo	3 x 400	Rest / XT	8 mi long	Rest	18.75 mi
2	8/1	4 mi easy	Rest / XT	4 mi tempo	3 x 800	Rest / XT	8 mi long	Rest	19.5 mi
3	8/8	4 mi easy	Rest / XT	4 mi tempo	2 x 1600	Rest / XT	8 mi long	Rest	20 mi
4	8/15	5 mi easy	Rest / XT	5 mi tempo	3 x 400	Rest / XT	6 mi long	Rest	18.75 mi
5	8/22	5 mi easy	Rest / XT	5 mi tempo	4 x 400	Rest / XT	8 mi long	Rest	21 mi
6	8/29	5 mi easy	Rest / XT	5 mi tempo	4 x 400	Rest / XT	8 mi long	Rest	21 mi
7	9/5	5 mi easy	Rest / XT	6 mi tempo	4 x 400	Rest / XT	10 mi long	Rest	24 mi
8	9/12	5 mi easy	Rest / XT	6 mi tempo	4 x 800	Rest / XT	8 mi long	Rest	25 mi
9	9/19	5 mi easy	Rest / XT	6 mi tempo	3 x 1600	Rest / XT	10 mi long	Rest	24 mi
10	9/26	5 mi easy	Rest / XT	6 mi tempo	6 x 400	Rest / XT	10 mi long	Rest	25.5 mi
11	10/3	5 mi easy	Rest / XT	6 mi tempo	3 x 1600	Rest / XT	8 mi long	Rest	26 mi
12	10/10	5 mi easy	Rest / XT	6 mi tempo	4 x 800	Rest / XT	8 mi long	Rest	23 mi
13	10/17	5 mi easy	Rest / XT	6 mi tempo	6 x 400	Rest / XT	12 mi long	Rest	27.5 mi
14	10/24	5 mi easy	Rest / XT	6 mi tempo	4 x 1600	Rest / XT	8 mi long	Rest	25 mi
15	10/31	5 mi easy	Rest / XT	5 mi tempo	3 x 800	Rest / XT	8 mi long	Rest	21.5 mi
16	11/7	5 mi easy	Rest / XT	3 mi tempo	Rest / XT	Rest / XT	<b>Half Marathon</b>	<b>Celebrate!</b>	21.1 mi

Prior to the week of July 24th you should build up your running to the point where you feel comfortable running an 8 mile long run. You should also be comfortable running a total of four days a week.

During the training program be sure to take off at least one day a week from exercising. You can cross train for 30-40 minutes two days a week, if you like.

#### Key to schedule:

- Easy: run at an easy pace
- Tempo: run at race pace
- Thursday: speed work run at 5k pace, warm up and cool down 1 mile each, take jogging break between sets (break should be half the distance of each set). Example: on a 4 x 400 day, you should warm up a mile, then run a 400 meter lap at 5k pace, then jog 200 meters, then repeat process three additional times, Finish with a one-mile cool down.
- Long: run at a pace at least one-two minutes a mile slower than your intended race pace
- Rest / XT: rest or cross train

For more information on the Half Marathon Training program please visit <http://www.battlefieldmarathon.com/>