

2011 R&RMGM Half-marathon Advanced Training Schedule - written in miles

Sunday February 13, 2011 New Orleans, Louisiana

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	11/15 - 11/21	6	off	9	6	off	8	off	29
2	11/22 - 11/28	6	off	9	6	off	10	off	31
3	11/29 - 12/5	6	off	9	6	off	8	off	29
4	12/6 - 12/12	7	off	9	6	off	10	off	32
5	12/13 - 12/19	7	off	9	5	off	10	off	31
6	12/20 - 12/26	8	off	9	5	off	12	off	34
7	12/27 - 1/2	8	off	9	5	off	10	off	32
8	1/3 - 1/9	8	off	9	6	off	14	off	37
9	1/10 - 1/16	8	off	9	6	off	10	off	33
10	1/17 - 1/23	8	off	9	6	off	14	off	37
11	1/24 - 1/30	8	off	9	6	off	12	off	35
12	1/31 - 2/6	6	off	9	6	off	6	off	27
13	2/7 - 2/13	off	3	off	2	2	off	13.1	20.1
post race	2/14 - 2/20	off	1	off	1	off	2	off	4
post race	2/21 - 2/27	2	1	off	2	off	3	off	8

Thanksgiving, Christmas, New Year's Day

Strongly recommended Advanced Training Schedule Prerequisites:

1. Individual has been running consistently for at least three years (e.g., 3-4 runs/week, 25-40 miles/week)
2. Previously completed the 13.1 mile half-marathon distance
3. No chronic injury problems

Wednesday Tempo Workout, weeks 1 - 4:

1. Easy 2 mile jog warm up
2. 4 x 1 mile pickups at 15 - 20 secs faster per mile than target race pace, easy 1/2 mi jog in between mile pickups
(e.g., if you're shooting for a 7 min pace on race day your mile pickup should be at 6:40 - 6:45
if you're running this workout on a track, aim for very consistent 1/4 mile splits. Focus on split consistency.)
3. 2.5 mile jog warm down

Wednesday Tempo Workout, weeks 5 -12:

1. Easy 2 mile jog warm up
2. 2 x 2 mile pickup at 10 seconds faster per mile than target race pace, easy 1 mile jog in between pickups
(e.g., If you're shooting for a 7 minute pace on race day, your target 2-mi pickup time should be 13:40 +/- a sec or once again, aim for a very steady pace and avoid pace fluctuations - the focus is on rhythm!)
Weeks 9 - 12 you might try adding a third 2-mile pickup
3. Easy 2 mile jog warm down