

Training Level: **Intermediate**

Phases/Progression of Training

- BUILD phase (1/25/21 – 2/14/21)
 - Getting miles under legs, progressively increasing volume and intensity, and just generally getting into shape.
 - Distance indoor track training/workouts with a slight focus for half-marathon
 - **30-35 miles/week**
 - STEP-DOWN week of training (2/15/21 – 2/21/21)
 - so that indoor track racers can taper for the last indoor meet of the season (Illinois Club Relays)
 - and so that all others (non-track racers) can have a chance to rest up their legs a bit
 - **20-25 miles in the week**
 - Cross-training still encouraged here
 - PEAK phase (2/22/21 - 3/21/21)
 - Rotation of half marathon-specific workouts:
 - Tempo runs, progression runs, threshold intervals, distance track intervals
 - long runs of ideally 10-12 miles (challenging yourself more and some miles at race pace)
 - consistently higher mileage (**35-45 miles/week**)
 - TAPER phase (3/22/21 – 4/4/21)
 - Mileage and intensity drop back
 - **20-25 miles/week**
 - If interested in racing during outdoor track, this is when these meets begin
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Training Schedule

Monday 1/25/21 **Easy/Distance run** 4-6 miles

Tuesday 1/26/21: **Easy/Distance run** 6 miles

Wednesday 1/27/21: **Easy/Distance run** 4 miles

Thursday 1/28/21: **Workout** fartlek

- 5 X 2 min. On (pace should be 5K race pace), 1.5 min. Off (Easy run pace, NOT a jog).

Friday 1/29/21: **Easy/Distance run** 5 miles

Saturday 1/30/21: **easy run** (<4 miles) or off

Sunday 1/31/21: **Long run** 6-8 miles

Monday 2/1/21: **Distance run** 5 miles

Tuesday 2/2/21: **3-4 mile progression run** (starting a little faster than your easy run pace and working gradually down to around half marathon pace or slightly faster)

- Use indoor track or treadmill, or cleared pavement

Wednesday 2/3/21: **Easy run** 4 miles

Thursday 2/4/21: **Indoor track workout**

- Set One: 6x1000 meters Men pace: 3:18-3:25 Women pace: 3:45-4:10

- (2.5 min. Rest between 1000's)
- 5 min. rest
- Set Two: 3x200 Men pace: 34 sec. Women pace: 43 sec. (40 sec. Rest between 200's)

Friday 2/5/21: **Easy run** 3 miles

Saturday 2/6/21: **Easy Day** 3-4 miles

Sunday 2/7/21: **Long run** 6-7 miles

Monday 2/8/21: **Easy Run** 5 miles

Tuesday 2/9/21: **Indoor track workout**

Set One

- 4x400 m repeats on 90 s rest (Men pace 72-77 Women pace: 85-95)

5 mins rest, then Set Two

- 4x400 m repeats on 90 s rest (Men pace 72-77 Women pace: 85-95)

5 mins rest, then Set Three

- 2x200 m (Men pace: 30-35 Women pace: 40-45)

Outdoor Option:

- 4 x 1 minute hard effort w/90s rest

5 mins rest, then Set Two

- 4 x 1 minute hard effort w/90s rest

5 mins rest, then Set Three

- 2 x 30s very hard effort (90-95%)

Wednesday 2/10/21: **Easy Run** 4 miles

Thursday 2/11/21: **Indoor track workout** 4x1 mile repeats

- Men pace: 5:05 to 5:45
- Women pace: 6:15 to 7:00

3 min. rest between miles, 5 min. rest after miles, then 1x200 (Men pace 32-35 sec or the best you can do; Women pace 42-45 sec or the best you can do)

Friday 2/12/21: **Easy Run** 3-4 miles

Saturday 2/13/21: **Distance Run** 2-3 miles

Sunday 2/14/21: **Long run** 8-9 miles

Monday 2/15/21: **Distance Run** 5-7 miles

Tuesday 2/16/21: **Workout** 3 sets -- Can be done on indoor track or on cleared pavement

- Set one: 2x200 Men pace: 34-38 Women pace: 44-48 40 sec. rest between 200's
- 2 min. rest
- Set two: 4x400
 - 60 sec. rest between 400's
 - Men pace on the first two 400's 74-78 s, second two 400's 68-75
 - Women pace: 86-98 on the first two 400's, 82-93 on the 2nd two 400's
- 3 min rest
- Set Three: 2x800
 - 2 min. rest between 800's
 - Men pace: 2:20-2:52 on the first 800, 2:15-2:45 on the second 800
 - Women pace: 2:52-3:17 on the first 2:45-3:10 on the second 800

Wednesday 2/17/21: **Easy** 4 miles

Thursday 2/18/21: **Indoor Track Workout** (8x200 m repeats **Men:** 25-30 s pace, **Women:** 42-48 s pace, 40 sec. rest between 200's)

Friday 2/19/21: **Easy Distance** 2-4 miles

Saturday 2/20/21: **Easy day** 2-3 miles

Sunday 2/21/21: **Long run** 7-8 miles

Monday 2/22/21: **Easy Distance** 3-4 miles

Tuesday 2/23/21: **3-4 mile progression run** (starting a little faster than your easy run pace and working gradually down to around half marathon pace or slightly faster)

- Outdoors, or use indoor track (starting @ 6 pm) or treadmill

Wednesday 2/24/21: **Long run** 7-8 miles

Thursday 2/25/21: **Indoor Track Workout**

- 8 x 200 m repeats on 40 s rest
 - Men: 32 s or the best you can do
 - Women: 42 s or the best you can do

Friday 2/26/21: **Easy distance** 5-6 miles

Saturday 2/27/21: **Off day** or **Light shakeout distance (2-3 miles)**

Sunday 2/28/21: **Distance: Easy 3-5 miles**

Monday 3/1/21: **Workout** Tempo run

- 4-6 miles as close to goal race pace as you can hold for the duration of the distance
- Location options:
 - Outdoors along East/West River Parkways
 - Indoors on treadmill or on Fieldhouse track

Tuesday 3/2/21: **Distance Run** 7 miles

Wednesday 3/3/21: **Easy Distance Run** 5-6 miles

Thursday 3/4/21: **Workout** 12x400 m in two sets.

- Set one: 6x400 Men pace 68-76 Women pace 82-90
- Set two: 6x400 Men pace 65-72 Women pace 80-87
- 1.5 min. rest between 400's & 4 min. rest between sets

Friday 3/5/21: **Easy Distance** 4 miles

Saturday 3/6/21: **Long Run** 8-12 miles (moderate or based on how you feel)

Sunday 3/7/21: **Easy Distance** 6 miles

Monday 3/8/21: **Workout—distance track intervals**

- Set one: 6-8 x 1000m (Men pace: 3:18-3:25 Women pace: 3:45-4:10) with 2.5 mins rest between reps
- 5 mins rest
- Set two:
 - 4 x 200 (men 32-35 s, women 40-45 s) on 40 s rest

Tuesday 3/9/21: **Easy Distance run** 5 miles

Wednesday 3/10/21: **Distance Run** 6-7 miles

Thursday 3/11/21: **Indoor Track Workout**

- 2 sets
- Set One: 2x1 mile Men pace: 4:50-5:20 ; Women Pace: 6:00-7:00
- 10 minute rest between miles
- ****8 minute rest****
- Set two: 6x150 at 90% effort (fast) ; 30 sec. rest between 150's

Friday 3/12/21: **Easy Distance** 4 miles

Saturday 3/13/21: **Long Run** 8-12 miles (moderate or based on how you feel. Ideally have some miles at race pace)

Sunday 3/14/21: **Easy Distance** 5-6 miles

Monday 3/15/21: **Workout -- Franklin Hill Repeats (or other hill if not on campus)**

- 15-20 (each 40-45 secs, fast up, jog down)

Tuesday 3/16/21: **Easy Distance Run** 5-8 miles

Wednesday 3/17/21: **Distance Run** 6 miles

Thursday 3/18/21: **Workout -- Tempo**

- 5-6 mile tempo (as close to goal race pace as you can hold for the duration of the distance)

Friday 3/19/21: **Easy Distance Run** 4-6 miles

Saturday 3/20/21: **Long Run** 8-12 miles (Moderate pace and possibly ending around race pace)

Sunday 3/21/21: **Easy Distance** 4-8 miles

Monday 3/22/21: **Indoor Track Workout**

- threshold intervals: 2-3 x 2 mile (80% effort compared to race pace, 3 minutes rest between intervals)

Tuesday 3/23/21: **Easy Distance** 4 miles

Wednesday 3/24/21: **Easy Distance** 5-6 miles

Thursday 3/25/21: **Indoor Track Workout**

- Two sets
- Set one: 4x800 on 2 mins rest (Men pace: 2:25-2:40 // Women Pace: 3:00-3:10)
- 5 mins rest
- Set two: 4x200 on 40 secs rest (Men pace: 30-35 or faster // Women pace: 38-45 or faster)

Friday 3/26/21: **Easy Distance** 4 miles

Saturday 3/27/21: **Long Run** 10-12 miles (moderate or based on how you feel)

Sunday 3/28/21: **Easy Distance** 4-5 miles

Monday 3/29/21: **Extended Hill workout @ Franklin Ave Hill**

- 10 repeats (steady fast up, jog down)

Tuesday 3/30/21: **Easy distance** 4 miles

Wednesday 3/31/21: **Distance** 6-7 miles

Thursday 4/1/21: **Workout along West River Parkway**

- threshold intervals: 1-2 x 3 mile (80-85% effort compared to race pace, 4 minutes rest between intervals)

Friday 4/2/21: **Easy Distance** 4 miles

Saturday 4/3/21: **Long Run** 8-12 miles

Sunday 4/4/21: **OFF** or **Cross-train**

RACE WEEK: Date TBD

Monday: **Outdoor Workout** along West River Parkway

- 3-4 mile fartlek run (2 min hard, 2 mins easy, 2 min hard, 2 min easy, etc etc)

Tuesday: **Easy distance** 3 miles

Wednesday: **Distance** 4 miles

Thursday: **workout indoors (treadmill or Fieldhouse track)**

- Set 1
 - 1 mile @ goal race pace ~ full rest ~ 1 x 800 m @ goal race pace ~ full rest ~ 2 x 400 m @ goal race pace ~ full rest ~ 2 x 200 m @ goal race pace ~ full rest
- Set 2
 - 4 x 100 m wind sprints on 20 s rest

Friday: **easy day!** 3-4 miles

Saturday: **pre-race day easy run** 2-3 miles + 6 x 100 m wind sprints (on full rest)

Sunday: **Race Day!!**

Workout Options:

- Here are some workout options if you want to opt in for a different workout than scheduled or cannot access a track!
 - For weekly mileage, compared to what you did last week maintain (or increase by %5-%10).
 - Your choice of workouts that can be completed without a track:
 - Fartlek: 15-20 X 1 min. On (pace should be 5K race pace), 1 min. Off (Easy run pace, NOT a jog)

- Fartlek Pyramid: ascending then descending “on” periods of 1, 2, 4, and 6 mins (each “on” followed by 1 min “off” of easy run pace)
- 10-15 Hill repeats (each of at least 40-45 secs) (fast up, jog down)
- 5-6 mile progression run (starting a little faster than your easy run pace and working gradually down to around half marathon pace or slightly faster)
- 5-6 mile tempo run (as close to goal race pace as you can hold for the duration of the distance)