

DWRT New Bedford H				Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sample	Wkly Min	Wkly Mid	Wkly Max	Recovery Run	Long interval workout	Crosstrain, Yoga, rest or easy run	Short interval workout	Crosstrain, rest or easy run	Long run	Recovery Run
26-Dec				5	8.5	5	8	4	13	5
1	39.5	44.5	51.5	40-55 min easy w/ strides & drills	2M w/u; 2M @ HMP (3:00 rest), 4x400 uphill (down rest); 2M c/d	Crosstrain/ Yoga/ 0 to 40 min easy w/ strides & drills	2M w/u; 2 x 2M @ LT (3:00 rest); 2M c/d	Crosstrain/ 0 to 32 min easy w/ strides & drills	1:45 easy run (MP + 45-60 sec / mile)	40-55 min easy w/ strides & drills
2-Jan				5	8	5	7.5	4	12	5
2	37.5	42.5	49.5	40-55 min easy w/ strides & drills	2M w/u; 4M @ MP; 2M c/d	Crosstrain/ Yoga/ 0 to 40 min easy w/ strides & drills	2M w/u; 5-6 x K @ 10K pace (1:30 rest); 2M c/d	Crosstrain/ 0 to 32 min easy w/ strides & drills	1:50 to 2:00 @ MP plus 45-60	40-55 min easy w/ strides & drills
9-Jan				5	7	5	8	4	13	5
3	38	43	50	40-55 min easy w/ strides & drills	2M w/u; 6-9 x 400m uphill @ 5K pace (downhill rest); 2M c/d	Crosstrain/ Yoga/ 0 to 40 min easy w/ strides & drills	2M w/u; 8-12 x 400m @ 5K pace (1:30 rest); 2M c/d	Crosstrain/ 0 to 32 min easy w/ strides & drills	2:00 to 2:10 @ MP plus 45-60	40-55 min easy w/ strides & drills
16-Jan				5	8.5	5	8.5	5	5	15
4	42	47	55	40-55 min easy w/ strides & drills	2M w/u; 2 x 2M @ HMP (3:00 rest); 2M c/d	Crosstrain/ Yoga/ 0 to 40 min easy w/ strides & drills	2M w/u; 6-8 x 800m @ 5K pace (2:30 rest); 2M c/d	Crosstrain/ 0 to 40 min easy w/ strides & drills	2:00 to 2:10 @ MP plus 45-60	40-55 min easy w/ strides & drills
23-Jan				5	9	5	8	5	14	5
5	41	46	54	40-55 min easy w/ strides & drills	2M w/u; 5M @ HMP; 2M c/d	Crosstrain/ Yoga/ 0 to 40 min easy w/ strides & drills	2M w/u; 4-6 x 1200m @ 10K pace (1:30 rest); 2M c/d	Crosstrain/ 0 to 40 min easy w/ strides & drills	2:10 to 2:20 @ MP plus 45-60	40-55 min easy w/ strides & drills
30-Jan				6	11	5	9	5	14	5
6	45	50	58	50-60 min easy w/ strides & drills	2M w/u; 3x15 min @ MP on hilly course (2:00 rest) ; 2M c/d	Crosstrain/ Yoga/ 0 to 40 min easy w/ strides & drills	2M w/u; 8-10 Canova Ks; 2M c/d	Crosstrain/ 0 to 40 min easy w/ strides & drills	14 mile Progression Run	40-55 min easy w/ strides & drills
6-Feb				6	8	5	11	5	15	5
7	45	50	58	50-60 min easy w/ strides & drills	2M w/u; 4-6M continuous run alt pace; 2M c/d	Crosstrain/ Yoga/ 0 to 40 min easy w/ strides & drills	2M w/u; 4x2K @ LT pace (2:00 rest), 2M c/d	Crosstrain/ 0 to 40 min easy w/ strides & drills	15-16 miles @ MP plus 45-60	40-55 min easy w/ strides & drills
13-Feb				6	9	6	10	5	16	5
8	46	52	60	50-60 min easy w/ strides & drills	2M w/u; 4-5M @ HMP; 2M c/d	Crosstrain/ Yoga/ 0 to 50 min easy w/ strides & drills	2M w/u; 8-10 Canova Ks; 2M c/d	Crosstrain/ 0 to 40 min easy w/ strides & drills	16-17 miles @ MP plus 45-60	40-55 min easy w/ strides & drills
20-Feb				6	10.5	6	8.5	6	16	5

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9	46	52	61	50-60 min easy w/ strides & drills	2M w/u; 3 x 2M @ HMP (3:00 rest); 2M c/d	Crosstrain/ Yoga/ 0 to 50 min easy w/ strides & drills	2M w/u; 2M @ HMP, 3x800 @ 10K(2:30/ 1:30 rest); 2M c/d	Crosstrain/ 0 to 50 min easy w/ strides & drills	16 mile Progression Run	40-55 min easy w/ strides & drills
27-Feb				6	11	6	7.5	6	18	5
10	47.5	53.5	62.5	50-60 min easy w/ strides & drills	2M w/u; 6-7 miles @ HMP; 2M c/d	50-60 min easy w/ strides & drills	2M w/u; 6x800 @ 10K pace (1:30 rest); 2M c/d	REST or up to 48 min easy w/ strides & drills	17-18 miles @ MP plus 45-60	REST or up to 50 min easy w/ strides & drills
6-Mar				6	9	6	8.5	6	12	5
11	40.5	46.5	55.5	50-60 min easy w/ strides & drills	2M w/u; 4x2K @ LT pace (2:00 rest); 2M c/d	50-60 min easy w/ strides & drills	2M w/u; 2x1200 @ 10K; 3x800 @ 5K; 4x400 @ >5K (2:30/ 2:00/ 1:30 rest); 2M c/d	REST or up to 48 min easy w/ strides & drills	12 miles easy with last 2 miles @ MP	REST or up to 50 min easy w/ strides & drills
13-Mar				5	7.5	6	7.5	4	4	17
12	41	47	54	50-60 min easy w/ strides & drills	2M w/u; 2M @ HMP, 4x400 @ 5K pace (2:00/ 1:30 rest); 2M c/d	50-60 min easy w/ strides & drills	60 minutes easy	REST or up to 32 min easy w/ strides & drills	REST or up to 32 min easy w/ strides & drills	New Bedford Half Marathon