

Dashing Whippets 2018 Training Plan for the New Bedford Half Marathon

Overview:

This 11-week plan helps runners prepare for the New Bedford Half Marathon. Runners should have logged at least 35 miles per week for at least a month before beginning this plan and feel comfortable with completing two workouts per week throughout the cycle. Ideally, runners have been somewhat following the Boston Marathon training plan

Sample	Purpose	Wkly Min	Wkly Mid	Wkly Max	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					Recovery Run	Long interval workout	Crosstrain, Yoga, rest or easy run	Short interval workout	Crosstrain, rest or easy run	Long run	Recovery Run
1-Jan					5	8	5	7.5	4	14	5
1	Aerobic conditioning & neuromuscular fitness	39.5	44.5	48.5	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 easy run (MP + 45-60 sec / mile)	40-55 min easy w/ strides & drills
8-Jan					5	7	5	8	4	15	5
2	Aerobic conditioning & neuromuscular fitness	40	45	49	40-55 min easy w/ strides & drills	2M w/u; 8-10 x 400m uphill @ 10K pace (downhill rest); 2M c/d	Crosstrain/ Yoga/ 0 to 40 min easy w/ strides & drills	2M w/u; 3-4 x Mile @ 15K pace (1:30 rest); 2M c/d	Crosstrain/ 0 to 32 min easy w/ strides & drills	2:00 to 2:15 easy run (MP + 45-60 sec / mile)	40-55 min easy w/ strides & drills
15-Jan					5	8.5	5	8.5	4	14	5
3	Specific endurance & lactate clearance	41	46	50	40-45 min easy w/ strides & drills	2M w/u; 2-3 x 2M @ HMP (3:00 rest); 2M c/d	Crosstrain/ Yoga/ 0 to 30 min easy w/ strides & drills	2M w/u; 6-8 x 800m @ 5K pace (2:30 rest); 2M c/d	Crosstrain/ 0 to 32 min easy w/ strides & drills	1:50 to 2:00 easy run (MP + 45-60 sec / mile)	40-55 min easy w/ strides & drills
22-Jan					5	8	5	8	4	13	5
4	Specific endurance & lactate clearance	39	44	48	40-45 min easy w/ strides & drills	2M w/u; 4M @ HMP; 2M c/d	Crosstrain/ Yoga/ 0 to 30 min easy w/ strides & drills	2M w/u; 4-6 x 1200m @ 10K pace (1:30 rest); 2M c/d	Crosstrain/ 0 to 32 min easy w/ strides & drills	13-14 mile easy run (MP + 45-60 sec / mile)	40-55 min easy w/ strides & drills
29-Jan					5	11	5	8	5	13	5
5	Specific endurance	42	47	52	40-45 min easy w/ strides & drills	2M w/u; 3x15 min @ MP on hilly course (2:00 rest) ; 2M c/d	Crosstrain/ Yoga/ 0 to 30 min easy w/ strides & drills	2M w/u; 6-8 Canova Ks; 2M c/d	Crosstrain/ 0 to 40 min easy w/ strides & drills	14-15 mile easy run (MP + 45-60 sec / mile)	40-55 min easy w/ strides & drills
5-Feb					5	11	5	7	5	15	5
6	Specific endurance	43	48	53	40-45 min easy w/ strides & drills	2M w/u; 4-6M continuous run alt pace; 2M c/d	Crosstrain/ Yoga/ 0 to 30 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 mile easy run (MP + 45-60 sec / mile)	40-55 min easy w/ strides & drills
12-Feb					5	9	5	9	5	16	5
7	Specific endurance	44	49	54	45-60 min easy w/ strides & drills	2M w/u; 4-5M @ HMP; 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	15-17 mile easy run (MP + 45-60 sec / mile)	40-55 min easy w/ strides & drills
19-Feb					6	10.5	5	10.5	5	15	5
8	Specific endurance	47	52	57	45-60 min easy w/ strides & drills	2M w/u; 3 x 2M @ LT (3:00 rest); 2M c/d	Crosstrain/ Yoga/ 0 to 40 min easy w/ strides & drills	2M w/u; 2x1200 @ 10K; 3x800 @ 5K; 4x400 @ >5K (2:30/ 2:00/ 1:30 rest); 2M c/d	Crosstrain/ 0 to 40 min easy w/ strides & drills	15-16 mile Progression Run	40-55 min easy w/ strides & drills
26-Feb					6	9	6	9	5	16	5
9	Specific endurance	45	51	56	45-60 min easy w/ strides & drills	2M w/u; 6-7M @ HMP; 2M c/d	Crosstrain/ Yoga/ 0 to 40 min easy w/ strides & drills	2M w/u; 3x1M @ LT pace, 2x800 @ 10K pace (1:30 rest); 2M c/d	Crosstrain/ 0 to 40 min easy w/ strides & drills	15-18 mile easy run (MP + 45-60 sec / mile)	40-55 min easy w/ strides & drills
5-Mar					7	11	6	8.5	6	12	5
10	Specific endurance & lactate clearance	43.5	49.5	55.5	45-60 min easy w/ strides & drills	2M w/u; 4x2K @ 15K (2:00 rest); 2M c/d	Crosstrain/ Yoga/ 0 to 40 min easy w/ strides & drills	2M w/u; 2x1200 @ 10K; 3x800 @ 5K; 4x400 @ >5K (2:30/ 2:00/ 1:30 rest); 2M c/d	Crosstrain/ 0 to 50 min easy w/ strides & drills	12 miles easy with the last 2 miles @MP	40-55 min easy w/ strides & drills
12-Mar					5	7	5	6	5	4	17
11	Specific endurance & lactate clearance	39	44	49	40-50 min easy w/ strides & drills	2M w/u; 1.5-miles @ HMP; 800 @ 10K; 4x200 @ 5K (2:00/ 2:00/ 1:00 rest); 2M c/d	Crosstrain/ Yoga/ 0-50 min easy w/ strides & drills	50-60 min easy w/ strides & drills	REST or up to 32 min easy w/ strides & drills	REST or 32 min easy w/ strides & drills	New Bedford Half (2M w/u and 2M c/d)