

TRAINING BLOCK 1

WEEKS 3-5

WARM UP

WORKOUT DESCRIPTION

COOL DOWN

MONDAY

Off day or easy cross training @ 60-70% of max HR (heart rate)

TUESDAY

1-2 miles (2-3km),
5min active stretching

4 x 200-meter hill sprint w/ jog-walk back down to start for recovery, 3-4min rest or jog to flat terrain, 4-6 x 800 meters @ half marathon to 10k pace (or 85-90% of max HR) w/ 60-90sec rest, jog back to hill, 4 x 200-meter hill sprint w/ jog-walk back down to start for recovery

1-2 miles (2-3km),
5min stretching

WEDNESDAY

Easy run or cross training @ 65-70% of max HR (heart rate)
30-50 minutes or off day

THURSDAY

Easy run or cross training @ 70% of max HR (heart rate) - 30-50 minutes

FRIDAY

1-2 miles (2-3km),
5min active stretching

4-6 x 100-meter sprints @ 90-95% effort w/ 30-45 seconds rest, then 3 minutes rest, 3-5 miles (5-8k) tempo run @ marathon to half marathon pace (80-85% of max HR)

**Start easy enough so that you can maintain or slightly increase the pace each mile down to goal race pace*

1-2 miles (2-3km),
5min stretching

SATURDAY

Easy run or cross training @ 65-70% of max HR (heart rate) - 30-50 minutes

SUNDAY

Long run: 6 to 9 miles. Run the first 3-4 miles @ 65-70% of max HR, then increase the pace every 2-3 miles by 10-15 seconds per mile up to a max of 80% max HR

10min stretching