

Dashing Whippets Brooklyn Half Training Plan (2016)

Week Starting				Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	NYC Notes	Extra
	Wkly Min	Wkly Mid	Wkly Max	Recovery Run	Long interval workout	REST, easy run, or cross train	Short interval workout	REST, easy run, or cross train	Long run	Recovery Run		
28-Mar 1	38	47	57	40-54 min easy run	2M w/u; 6-8x400 uphill @ faster than 10K pace (1:30 rest); 2M c/d	40 min easy or cross-train	2M w/u; 6x1200 @ 10K pace (1:30 rest); 2M c/d if not racing Scotland	REST or 32 minutes easy, 4x100m strides	Scotland Run 10K	48-60 min easy run		10
4-Apr 2	39	48	54	32-48 min easy run, 4x100m strides	2M w/u; 3M @ HMP; 4x400 @ 5K (2:00 rest); 2M c/d	40 min easy or cross-train	2M w/u; 6-8 Canova Ks; 2M c/d	REST or 32 minutes easy, 4x100m strides	13-15 miles	48-60 min easy run		6
11-Apr 3	51	55	67	40-54 min easy run, 4x100m strides	2M w/u; 56 minutes @ MP; 2M c/d	40 min easy or cross-train	2M w/u; 5xK @ 5K pace (2:00 rest); 2M c/d	REST or 32 minutes easy, 4x100m strides	120-130 minutes	48-60 min easy run		12
18-Apr 4	46	55	63	40-54 min easy run, 4x100m strides	2M w/u; 2 x 3M @ HMP (3:00 rest); 2M c/d	40 min easy or cross-train	2M w/u; 4xMile @ 10K pace (2:00 rest); 2M c/d	REST or 32 minutes easy, 4x100m strides	130-135 minutes	48-60 min easy run		8
25-Apr 5	55	59	71	48-60 min easy run, 4x100m strides	2M w/u; 8-10x400 uphill @ faster than 10K pace (1:30 rest); 2M c/d	48 min easy or cross-train	2M w/u; 10-12 Canova Ks; 2M c/d	REST or 32 minutes easy, 4x100m strides	120-130 minute progression run	48-60 min easy run	Whippet Track Meet on Sat 4/30; highest mileage week	12
2-May 6	52	56	65	48-60 min easy run, 4x100m strides	2M w/u; 5-7 miles @ HMP; 2M c/d	48 min easy or cross-train	2M w/u; 4xK @10K; 4x400 @ 5K (2:00/ 1:30 rest)	REST or 32 minutes easy, 4x100m strides	135-140 minutes	40-54 min easy run		9
9-May 7	41	51	56	48-60 min easy run, 4x100m strides	2M w/u; 4x2K @ 15K (2:00 rest); 2M c/d	48 min easy or cross-train	2M w/u; 2x1200 @ 10K; 3x800 @ 5K; 4x400 @ >5K (2:30/ 2:00/ 1:30 rest); 2M c/d	REST or 32 minutes easy, 4x100m strides	80-96 minutes	40-54 min easy run		5
16-May 8	35	44	44	40-54 min easy run, 4x100m strides	2M w/u; 1.5-miles @ HMP; 800 @ 10K; 4x200 @ 5K (2:00/ 2:00/ 1:00 rest); 2M c/d	40 min easy or cross-train	48 min easy; 6x100m strides	REST or 32 minutes easy, 4x100m strides	Brooklyn Half Marathon			