

Dashing Whippets Brooklyn Half 2015 Training Plan

For athletes who have run 5+ hours per week for at least 4 weeks.

Week of:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Est. Mileage
23-Mar 1	5 40-54 min easy run	8 48 minutes @ marathon pace	5 40 min easy or cross-train	9 6x1200 @ 10K pace (1:30 recovery)	4 REST or 32 minutes easy, 4x100m strides	14 110-120 minutes	5 40-54 min easy run	41 - 50
30-Mar 2	4 32-48 min easy run, 4x100m strides	8 3M @ HMP; 4x400 @ 5K (2:00 recovery)	5 40 min easy or cross-train	9 4xMile @ LT (2:00 recovery)	4 REST or 32 minutes easy, 4x100m strides	10 Scotland Run 10K	6 48-60 min easy run	37 - 46
6-Apr 3	5 40-54 min easy run, 4x100m strides	11 56 minutes @ marathon pace	5 40 min easy or cross-train	8.5 5xK @ 5K pace (2:00 recovery)	4 REST or 32 minutes easy, 4x100m strides	15 120-130 minutes	6 48-60 min easy run	46 - 55
13-Apr 4	5 40-54 min easy run, 4x100m strides	10 2 x 3M @ HMP (3:00 recovery)	5 40 min easy or cross-train	9 4xMile @ 10K pace (2:00 recovery)	4 REST or 32 minutes easy, 4x100m strides	16 130-135 minutes	6 48-60 min easy run	46 - 55
20-Apr 5	6 48-60 min easy run, 4x100m strides	9.5 8-10x400 uphill @ faster than 10K pace (1:30 recovery)	6 48 min easy or cross-train	12.5 10-14 Canova Ks	4 REST or 32 minutes easy, 4x100m strides	16 130-140 minutes	6 48-60 min easy run	50 - 60
27-Apr 6	6 48-60 min easy run, 4x100m strides	9 5-7 miles @ HMP	6 48 min easy or cross-train	9 4xK @10K; 4x400 @ 5K (2:00/ 1:30 recovery); 64 minutes if racing	4 REST or 32 minutes easy, 4x100m strides	15 120-130 minute progression run	5 40-54 min easy run	44 - 54
4-May 7	6 48-60 min easy run, 4x100m strides	11 4x2K @ 15K (2:00 recovery)	6 48 min easy or cross-train	8.5 2x1200 @ 10K; 3x800 @ 5K; 4x400 @ >5K (2:30/ 2:00/ 1:30)	4 REST or 32 minutes easy, 4x100m strides	15 120-130 minutes	5 40-54 min easy run	46 - 56
11-May 8	5 40-54 min easy run, 4x100m strides	7 1.5-miles @ HMP; K @ 10K; 4x200 @ 5K (2:00/ 2:00/ 1:00)	5 40 min easy or cross-train, or rest	8 48 min easy; 6x100m strides	0 Rest	17 Brooklyn Half Marathon	0 Rest	37 - 42

Notes: This plan is for runners who have done 5+ hours of training per week for at least 4 weeks, including occasional speedwork and long runs.

All specified paces (e.g. 10K pace, half marathon pace) should be run at your estimated CURRENT ability, not your goal or PR pace.

Tuesday and Thursday workouts should be preceded and followed by 1-2 miles of easy jogging to warm up and cool down.

Times or distances in (parentheses) reflect active recovery after each hard interval.

HMP = Half Marathon Pace. LT = Lactate Threshold (around 15K pace). Canova Ks: switch every 1000m between marathon pace and HMP, no rest.