

Dashing Whippets Bronx Ten-Miler or Staten Island Half Marathon Plan (Late Summer 2016)

(Plan is recommended for runners who want to peak at one race or the other, but not both.)

	Weekly Mileage...			Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes/ Totals
	Min	Avg	Max	Recovery Run	Long interval workout	Easy	Short interval workout	Easy	Long run	Recovery Run	
1-Aug 1	39	50	56	5 40-56 min easy with 5x100m strides	9 2M w/u; 2x75m, 2x100m uphill sprints; 3-4 x 12min @ faster than MP (3:00 rest); 2M c/d	5 REST or 40-56 min easy with 4x100m strides	9 2M w/u; 8x800 @ 10K pace (1:30 rest); 2M c/d	6 REST or 48 min easy with 5x100m strides	11 1:30-1:35 @ MP plus 45-60	5 40-56 min easy with 4x100m strides	50
8-Aug 2	40.5	51.5	57.5	6 48-64 min easy with 5x100m strides	10 2M w/u; 6 Miles @ MP; 2M c/d	5 REST or 40-56 min easy with 4x100m strides	7.5 2M w/u; 5-6 x K @ 10K pace (2:00 rest); 2M c/d	6 REST or 48 min easy with 5x100m strides	12 1:40 to 1:50 @ MP plus 45-60	5 REST or 40-56 min easy with 4x100m strides	Note: DWRT 5K is Saturday 8/13; NYRR Long Training Run #2 is Sunday 8/14 51.5
15-Aug 3	38	49	57	6 48-64 min easy with 5x100m strides	8 2M w/u; 4 Miles @ HMP; 2M c/d	5 REST or 40-56 min easy with 4x100m strides	6 6-8 miles with middle 4 miles @ MP	6 REST or 48 min easy with 5x100m strides	13 1:50 to 2:00 @ MP plus 45-60	5 REST or 40-56 min easy with 4x100m strides	49
22-Aug 4	44.5	56.5	63.5	6 48-64 min easy with 5x100m strides	12 2M w/u; 56 minutes on hilly course @ MP; 2M c/d	6 REST or 48-64 min easy with 4x100m strides	7.5 2M w/u; 6-8 Canova Ks; 2M c/d	6 REST or 48 min easy with 5x100m strides	14 1:55 to 2:05 @ MP plus 45-60	5 REST or 40-56 min easy with 4x100m strides	56.5
29-Aug 5	41.5	53.5	59.5	6 48-64 min easy with 5x100m strides	8.5 2M w/u; 3M @ HMP; 4x400 @ 5K (2:00/ 1:30 rest); 2M c/d	6 REST or 48-64 min easy with 4x100m strides	6 48-64 min with middle 24 minutes @ MP	6 REST or 48 min easy with 5x100m strides	16 2:10 to 2:15 @ MP plus 45-60	5 REST or 40-56 min easy with 4x100m strides	5th Avenue Mile is Saturday 9/3 53.5
5-Sep 6	46	58	65	6 48-64 min easy with 5x100m strides	11 2M w/u; 7 Miles @ MP; 2M c/d	6 REST or 48-64 min easy with 4x100m strides	9 2M w/u; 8-10 Canova Ks; 2M c/d	6 REST or 48 min easy with 5x100m strides	15 2:00-2:10 progression run	5 REST or 40-56 min easy with 4x100m strides	58
12-Sep 7	48.5	60.5	66.5	6 48-64 min easy with 5x100m strides	11 2M warmup / 2M cooldown SI Half runners: 2M 3 x 2M @ HMP on hilly course (3:00 rest) Bronx 10M runners: 3 x 2M @ 10-mile pace (3:00 rest)	6 REST or 48-64 min easy with 4x100m strides	8.5 2M warmup / 2M cooldown SI Half runners: 4 x Mile @ LT pace (1:30 rest) Bronx 10M runners: 6x800m @ 10K pace (1:30 rest)	6 REST or 48 min easy with 5x100m strides	18 2:25 to 2:30 @ MP plus 45-60	5 REST or 40-56 min easy with 4x100m strides	Marathon Tune-Up on Sunday 9/18 65.5
19-Sep 8	47.5	59.5	65.5	6 48-64 min easy with 5x100m strides	11 2M warmup / 2M cooldown SI Half runners: 7-8 miles @ HMP Bronx 10M runners: 2M @ HMP, 4x400 @ 5K pace (2:00/ 1:30 rest)	6 REST or 48-64 min easy with 4x100m strides	7.5 SI Half runners: 2M w/u; 6x800 @ 10K pace (1:30 rest); 2M c/d Bronx runners: 60 min easy	6 REST or 48 min easy with 5x100m strides	18 SI Half runners: 18 miles @ MP plus 45-60; other day is rest or 40-56 min easy Bronx 10-miler runners: Rest or 20 min easy	5 Marathoners and SI Half folks: Bronx 10-miler is Sunday 9/25. If running, run 10M @ MP with 2-3M w/u and c/d 59.5	
26-Sep 9	46.5	52.5	59.5	6 48-64 min easy with 5x100m strides	9 If you raced Bronx: 60-70min easy If you didn't race Bronx: 2M w/u; 4x2K @ LT pace (2:00 rest); 2M c/d	6 REST or 48-64 min easy with 4x100m strides	8.5 2M w/u; 2x1200 @ 10K; 3x800 @ 5K; 4x400 @ >5K (2:30/ 2:00/ 1:30 rest); 2M c/d	6 REST or 48 min easy with 5x100m strides	12 12 miles easy with last 2 miles @ MP	5 REST or 40-56 min easy with 4x100m strides	52.5
3-Oct 10	41	47	55	5 40-56 min easy with 5x100m strides	7.5 2M w/u; 2M @ HMP, 4x400 @ 5K pace (2:00/ 1:30 rest); 2M c/d	6 REST or 48-64 min easy with 4x100m strides	7.5 60 minutes easy	4 REST or 32 min easy with 4x100m strides	4 REST or 32 min easy with 4x100m strides	17 Staten Island Half (Club Points)	51