FLEET FEET Sports TRAINING™

Shamrock'n

Half Marathon

Wed/Sat

BROOKS

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1/2-1/8	Cross Training or 4 miles easy	4 miles easy	Easy 3 miles **Kickoff**	Rest	3 miles easy	**5 miles easy**	Rest or Cross Training
1/9-1/15	Cross Training or 4 miles easy	4 miles easy w/ 5x strides	**1 WU, 2 mile assessment, 1 CD**	Rest	3 miles easy	**2 miles easy 2 miles GHMP 2 miles easy**	Rest or Cross Training
1/16-1/22	Cross Training or 4 miles easy	5 miles easy	**5-8x 1/4 mile repeats @ T pace w/ 1:00 rec.**	Rest	3 miles easy	**7 miles easy**	Rest or Cross Training
1/23-1/29	Cross Training or 4 miles easy	5 miles easy w/ 5x strides	**3-6x 1/2 mile hill repeats**	Rest	3 miles easy	**2 miles easy 4 miles GHMP 2 miles easy**	Rest or Cross Training
1/30-2/5	Cross Training or 4 miles easy	6 miles easy	**3-6x 1/2 mile repeats @ T pace w/ 1:30 rec.**	Rest	3 miles easy	**9 miles easy**	Rest or Cross Training
2/6-2/12	Cross Training or 4 miles easy	6 miles easy w/ 5x strides	**2-4x 1 mile repeats @ T pace w/ 2 min rec.**	Rest	3 miles easy	**2 miles easy 6 miles GHMP 2 miles easy**	Rest or Cross Training
2/13-2/19	Cross Training or 4 miles easy	5 miles easy	**4-7x 1/2 mile hill repeats**	Rest	3 miles easy	**11 miles easy**	Rest or Cross Training
2/20-2/26	Cross Training or 4 miles easy	5 miles easy w/ 5x strides	**30 min fartlek- 2:2 @T pace**	Rest	3 miles easy	**2 miles easy 8 miles GHMP 2 miles easy**	Rest or Cross Training
2/27-3/5	Cross Training or 4 miles easy	4 miles easy	**1 WU, 2 mile assessment, 1 CD**	Rest	3 miles easy	**8 miles easy**	Rest or Cross Training
3/6-3/12	Cross Training or 4 miles easy	3 miles easy **Early PPU Party!**	**3 miles speed play**	Rest	20 min easy	Rest	**Shamrock'n 1/2!**

Easy: Low intensity, conversational pace.

Assessment: 2 mile pace assessment to determine GHMP and T Pace. 1 mile warmup and cooldown.

Goal Half Marathon Pace (GHMP): The pace you are aiming to sustain for the half-marathon. 6-7 RPE

Threshold (T Pace): These repeats should be performanced at ~ 10k race pace or a rate of ~ 8 RPE

Recovery Interval: Easy pace between repeats.

Strides: Smooth and relaxed accelerations lasting about 60-80 yards. Reach a speed of about 80% max.

Cross Training or Easy: This is optional mileage. Utilize cross training if you don't feel up for it.

Rest or Cross Training: Low intensity easy training used to help recover. Biking, yoga, swimming

fleetfeetsacramento.com