

NORFOLK HARBOR HALF MARATHON TRAINING



PRESENTED BY Bon Secours

INTERMEDIATE/ADVANCED

WEEK OF	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 SEPT 9	6 miles easy and 4x30 second strides + mobility	Fartlek: 2 miles warmup, then 12 sets of 1 min and 1 min off, cooldown easy to hit 7 + strength training	5 miles easy recovery & foam roll	4 miles easy & 30 mins cross train your choice	6 miles: 2 mile warmup, 2 mile steady state, 2 miles easy + strength training	9 miles easy	Off/Walk
2 SEPT 16	6 miles easy and 4x30 second strides + mobility	7 miles easy/how you feel	Fartlek: 2 miles warmup, then 3 sets 4x30 seconds, 3x1 min, 2x2 min, 1x3 min with equal rest. Cooldown to hit 8-9 + strength training	4 miles easy & 30 mins cross train your choice	6 miles easy and 4x30 second strides	12 miles progressive, warmup 4 miles, cut down 5-10 sec per mile from 5-10, cooldown 2 miles - take fluids every 4 miles	Off/Foam Roll
3 SEPT 23	6 miles easy and 4x30 second strides + mobility	Fartlek: 2 miles warmup, then 2 x (90sec on, 90 sec off) 4 x (30 sec on, 30 sec off) 4 x (15 sec on, 15 sec off) 1-2 mile easy cooldown jog, cooldown to hit 9 miles (stay controlled)	6 miles easy recovery + foam roll & strength training	4 miles easy & 30 mins cross train your choice + strength training	9 miles with K repeats. Warmup 2 miles and then 6x1K @ 10K/tempo effort with 2 mins recovery. Cooldown to hit 9 + foam roll & mobility	10 miles very easy	Off/Foam Roll/ Mobility
4 SEPT 30	6 miles easy and 4x30 second strides + mobility	7 miles easy/how you feel	Fartlek: 2 miles warmup, then 4 sets 4x30 seconds, 3x1 min, 2x2 min, 1x3 min with equal rest. Cooldown to hit 9-10 + strength training	5 miles easy & 30 mins cross train your choice + strength training	6 miles easy and 4x20 second strides + mobility	12 miles easy	Off/Foam Roll/ Mobility
5 OCT 7	7 miles and 4x30 second strides + mobility	Track workout: 2 miles warmup, 14x400 @ 5K-10K effort with 60-75 sec easy recovery jog. Cooldown to hit 9 + strength	6 miles easy Recovery	5 miles easy & 30 mins cross train your choice + strength training	6 miles easy and 4x20 second strides + mobility	14 miles progressive	Off/Foam Roll/ Mobility
6 OCT 14	Down week. 6 miles easy and 4x20 second strides	8 miles: 2 mile warmup, 4 miles @ steady state pace, 2 miles cooldown + strength training	6 miles easy recovery	5 miles easy + 30 mins cross train your choice	9 miles with 2 mile warmup, then 4xmile @ goal HM pace and 2 mins recovery. Cooldown to hit 9 + mobility	11 miles easy	Off/Foam Roll/ Mobility
7 OCT 21	7 miles easy and 6x20 second strides	8 miles how you feel/relaxed	Fartlek: 2 miles warmup, then 2 sets of: 4 mins "on" 2 mins "off", 3 mins "on" and 2 mins "off", 1 min "on" and 1 min "off" 2 miles cooldown to hit 9 + strength training	5 miles easy recovery + 30 mins cross train your choice	7 miles easy + mobility	12 miles with miles 5-10 @ goal HM pace	Off/Foam Roll/ Mobility
8 OCT 28	7 miles easy and 6x20 second strides	Track workout: 3 miles warmup, 16x400 @ 5K-10K effort with 60 sec easy recovery jog. Cooldown to hit 10 + strength training	6 miles easy recovery	5 miles easy + 30 mins cross train your choice	9 miles with broken tempo. Warmup 2 miles easy, then 3x9min tempo sets broken up as 3mins @ 20 sec slower than tempo effort, 3 mins @ tempo effort, 3 mins 10 sec faster than tempo, take 3-4 mins easy jog in between sets. Cooldown to hit 9 + mobility	10 miles easy	Off/Foam Roll/ Mobility
9 NOV 4	7 miles easy and 6x20 second strides	8 miles how you feel/relaxed	Fartlek: 2 miles warmup, then 4 sets 4x30 seconds, 3x1 min, 2x2 min, 1x3 min with equal rest. Cooldown to hit 9-10 + strength training	5 miles easy + 30 mins cross train your choice	7 miles easy + mobility	15 miles progressive... easy the first 6, then cut down 5-10 sec per mile until you hit HM pace. Save one mile easy to cooldown	Off/Foam Roll/ Mobility
10 NOV 11	6 miles easy and 6x20 second strides	Fartlek: 2 miles warmup, then 15x1 min "on" and 1 min "off" cooldown to hit 8 + strength training	6 miles easy recovery	5 miles easy + 30 mins cross train your choice	Last big workout! 9 miles with 2 mile warmup, then 4xmile @ goal HM pace and 2 mins recovery. Cooldown to hit 9 + mobility	8 miles easy	Off/Foam Roll/ Mobility
11 NOV 18	5 miles easy and 6x20 second strides	5 miles easy + mobility	Track workout: 2 miles warmup, 8x400 @ 5K-10K effort with 60 sec easy recovery jog. Cooldown to hit 6	3 miles easy + 20 mins cross train your choice	4 miles easy	3 miles shakeout and 4x30 second strides	RACE 13.1

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1. The 11 week training plan begins on September 9th.
2. For the intermediate/advanced plan, you should already be used to running 40-60 miles a week and be comfortable with doing workouts 1-2x per week.
3. This training plan is still customizable to your schedule! If you are not ready for this intensity, try adding one of the Tuesday/Wednesday workouts into your training or you can always do a few less reps...any amount of harder effort training can go a long way!
4. Move days around as needed, but the general rule is to make sure you have 1-2 easy days between any harder efforts. A good way to monitor your progress is with a heart rate monitor so you can gauge what is a hard effort and what pace you should be keeping easy days.
5. You'll notice this schedule has 3 up weeks and then 1 down week cycle...keep the down week easy!
6. You'll notice strides are listed once per week for most of the schedule. So what is a stride? To run faster, we have to practice running faster! Strides are a simple way to build some speed and reinforce good form by doing just that. After your run, stop and take a few moments to breathe, walk, do some simple form drills. Then you'll "stride out" (i.e. run fast) for 20 seconds. These are not all-out sprints, but close to that, just more controlled. For strides, get up to 80-90% of how fast you would run a sprint. After the stride, stop and recover by walking around for 30-60 seconds before beginning the next one.
7. Strength training and mobility are important for runners. There are tons of YouTube videos with both strength and mobility routines that you can follow that are free and easy to do at home if you do not have access to a gym!
8. Change days of the week that you run on to work what's best for you. Just try to maintain the same general sequence of events. If you miss a day or two—don't panic. There is a great deal of flexibility in the schedule.
9. The weekend of October 25th is our Wicked 10K. This is a great option to break up some of the long runs and get used to racing! Just make sure to get in 2-3 miles warmup and a few miles cooldown before you head to the after party.
10. Have FUN and see you in 11 weeks!