

Intermediate ½ Marathon Training Plan

- Designed for individual running 15-35 miles per a week
 - 4-5 days per week of running
 - 1-2 run days could be cardio cross training
 - 1-2 days of strength training
 - Stretch: Roll daily
- Please call Joint Ventures 617-536-1161 for complementary injury screening

Information about plan below:

- Run 800's at a pace that is a few seconds faster than your average mile pace for a 5K race
- Vary pace on long runs – first mile easy – middle 3 at ½ race pace, last few a little slower than ½
- Tempo Run instructions: 10 min easy at the beginning – 20 min slight slower than 5K race pace – 20 min easy at the end

Please email John Furey at jfurey611@gmail.com for any training questions.

	<u>Monday</u> Strength Train	<u>Tuesday</u> Intervals	<u>Wednesday</u> Cross Train/ Strength Train	<u>Thursday</u> Tempo Run	<u>Friday</u> Off	<u>Saturday</u> Long Run	<u>Sunday</u>
Week 1: July 31	5 Easy	3x800	↑		Off	7	Day Off
Week 2: August 7	5 Easy	4x800			Off	8	Day Off
Week 3: August 14	6 Easy	5x800			Off	8	Day Off
Week 4: August 21	6 Easy	5x800			Off	9	Day Off
Week 5: August 28	7 Easy	6x800			Off	10	Day Off
Week 6: September 4	7 Easy	6x800			Off	11	Day Off
Week 7: September 11	7 Easy	7x800			Off	12	Day Off
Week 8: September 18	7 Easy	7x800			Off	12-14	Day Off
Week 9: September 25	7 Easy	8x800			Off	9-10	Day Off
Week 10: October 2	7 Easy	3x800	↓	OFF	3 Miles	2	RACE!