



Personal Best PR Training Plan - includes Track workouts! 4 days/week for 16 weeks

Prepare for your training by building on your base level of fitness: First, buy great-fitting running shoes. Then, start walking, jogging, or running 20-60 minutes at least 3 days per week. Next, find ways you can cross-train (see Legend below for examples). The best way to 'stick with it' is to find a partner, running club, or a team of 10 to train with! Warm up before your run with dynamic exercises and be sure to stretch afterwards.

Happy Training - and have a great race!

Week	Week Starting	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Weekly Miles
1	11/24/19	Rest	2 Miles Run/Walk	20 min Strength/Core	Rest	2 Miles Run/Walk	Rest	2 Miles LSD	6
2	12/1/19	Rest	3 Miles Run/Walk	20 min Strength/Core	Rest	3 Miles Run/Walk	Rest	3 Miles LSD	9
3	12/8/19	Rest	2 Miles Hills	20 min Strength/Core	3 Miles Run/Walk	XT-20 mins or Rest	3 Miles	4 Miles LSD	12
4	12/15/19	Rest	3 Miles Hills	30 min Strength/Core	4 Miles Run/Walk	XT-20 mins or Rest	3 Miles Tempo	4 Miles LSD	14
5	12/22/19	Rest	Track 4 x 400m	30 min Strength/Core	5 Miles Run/Walk	XT-25 mins or Rest	4 Miles	6 Miles LSD	15+
6	12/29/19	Rest	Track 3 x 800m	30 min Strength/Core	4 Miles Run/Walk	XT-30 mins or Rest	Rest/Massage	10 Miles LSD	15+
7	1/5/20	Rest	Track 2 x 800m, 4 x 400m	30 min Strength/Core	3 Miles Run/Walk	XT-30 mins or Rest	2 Miles	12 Miles LSD	17+
8	1/12/20	Rest	Track 4 x 400m, 4 x 400m	40 min Strength/Core	Rest	Rest/Massage	5 Miles	Back-down: 8 Miles LSD	13+
9	1/19/20	Rest	Track 1600m, 800m, 2 x 400m	40 min Strength/Core	5 Miles Run/Walk	XT-30 mins or Rest	4 Miles Tempo	12 Miles LSD	21+
10	1/26/20	Rest	Track 3 x (2 x 800m)	45 min Strength/Core	5 Miles Run/Walk	XT-40 mins or Rest	3 Miles	15 Miles LSD	23+
11	2/2/20	Rest	Track 1600m, 2 x 400m	45 min Strength/Core	5 Miles Run/Walk	XT-45 mins or Rest	4 Miles Tempo	16 Miles LSD	25+
12	2/9/20	Rest	Track 10 x 200m	50 min Strength/Core	5 Miles Run/Walk	XT-45 mins or Rest/Massage	3 Miles	Back-down: 10 Miles LSD	18+
13	2/16/20	Rest	Track 8 x 400m	60 min Strength/Core	4 Miles Run/Walk	XT-45 mins or Rest	5 Miles	15 Miles LSD	24+
14	2/23/20	Rest	Track 5 x 400m	60 min Strength/Core	5 Miles Run/Walk	XT-50 mins or Rest	5 Miles	10 Miles LSD	20+
15	3/1/20	Rest	Track 6 x 200m	60 min Strength/Core	4 Miles Run/Walk	XT-60 mins or Rest/Massage	4 Miles	8 Miles LSD	16+
16	3/8/20	Rest	6 Miles Easy	Rest	Rest	4 Miles Easy	Pick-up your race packet at the Expo on the Broadway Pier		10
Goal	3/15/20	San Diego Half Marathon							13.1

Legend

Run/Walk Whether you run or walk, emphasize good form and accomplishment of the distance, as pace is not as important on these days.

XT Cross-training can be biking, elliptical, rowing, swimming, stairs, yoga, pilates classes, plyometrics - anything EXCEPT running.

Strength Variable resistance machines, free or fixed weights, resistance bands, dumbbells, Bosu balls, etc.

Core Exercises designed to work the abdominal and lower back muscles like sit-ups, planks, yoga or pilates.

Tempo Run 30-45 seconds faster per mile than your race pace goal.

Neg Splits Run the 2nd half of the mileage faster than the first half to improve strength, edurance and speed for your final kick.

Massage Full head-to-toe massage.

LSD Long Slow Distance: the goal of LSD runs are to log time on your feet. Go slow and take walk breaks, as needed.

Back-down Mileage sometimes decreases from the previous week to allow time for adequate recovery.

Hills Choose a route that has some hills to increase your stamina and speed.

Speedwork Alternate fast & slow paces within a training run, i.e., "6 x (5/2)" means run for 5 mins fast followed by a 2 min jog/walk. Repeat 6x.

Track Speedwork using a standard 400m track. "3 x (2 x 800m)" means race twice around the track, rest 30 seconds. Repeat.

Rest until recovered, then repeat 3 times. Precede and follow each track workout with a 1 mile easy run/walk (4 x 400m).