



## Working Professional PR Training Plan 3 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
<b>1</b>	11/24/19	Rest	2 Miles Run/Walk	20 min Strength/Core	Rest	2 Miles Run/Walk	Rest	2 Miles LSD	<b>6</b>
<b>2</b>	12/1/19	Rest	2 Miles Run/Walk	20 min Strength/Core	Rest	3 Miles Run/Walk	Rest	3 Miles LSD	<b>8</b>
<b>3</b>	12/8/19	Rest	3 Miles Run/Walk	20 min Strength/Core	3 Miles Run/Walk	XT-20 mins or Rest	Rest/Massage	4 Miles LSD	<b>10</b>
<b>4</b>	12/15/19	Rest	3 Miles Hills	30 min Strength/Core	4 Miles Run/Walk	XT-20 mins or Rest	Rest	4 Miles LSD	<b>11</b>
<b>5</b>	12/22/19	Rest	3 Miles Run/Walk	30 min Strength/Core	5 Miles Run/Walk	XT-25 mins or Rest	Rest	5 Miles LSD	<b>13</b>
<b>6</b>	12/29/19	Rest	4 Miles Neg Splits	30 min Strength/Core	4 Miles Run/Walk	XT-30 mins or Rest	Rest/Massage	7 Miles LSD	<b>15</b>
<b>7</b>	1/5/20	Rest	Speedwork 4 x (2/2)	30 min Strength/Core	5 Miles Run/Walk	XT-30 mins or Rest	Rest	Back-down: 5 Miles LSD	<b>14</b>
<b>8</b>	1/12/20	Rest	Speedwork 6 x (5/2)	30 min Strength/Core	5 Miles Run/Walk	XT-30 mins or Rest	Rest	7 Miles LSD	<b>16</b>
<b>9</b>	1/19/20	Rest	4 Miles Neg Splits	30 min Strength/Core	5 Miles Run/Walk	XT-40 mins or Rest	Rest/Massage	8 Miles LSD	<b>17</b>
<b>10</b>	1/26/20	Rest	Speedwork 4 x (6/3)	30 min Strength/Core	5 Miles Run/Walk	XT-40 mins or Rest	Rest	10 Miles LSD	<b>19</b>
<b>11</b>	2/2/20	Rest	4 Miles Neg Splits	30 min Strength/Core	5 Miles Run/Walk	XT-40 mins or Rest	Rest	12 Miles LSD	<b>21</b>
<b>12</b>	2/9/20	Rest	Speedwork 6 x (5/2)	30 min Strength/Core	5 Miles Run/Walk	XT-45 mins or Rest	Rest	Back-down: 8 Miles LSD	<b>17</b>
<b>13</b>	2/16/20	Rest	4 Miles Hills	30 min Strength/Core	4 Miles Run/Walk	XT-50 mins or Rest	Rest/Massage	14 Miles LSD	<b>22</b>
<b>14</b>	2/23/20	Rest	Speedwork 4 x (2/2)	30 min Strength/Core	5 Miles Run/Walk	XT-60 mins or Rest	Rest	8 Miles LSD	<b>17</b>
<b>15</b>	3/1/20	Rest	3 Miles Run/Walk	30 min Strength/Core	4 Miles Run/Walk	XT-60 mins or Rest	Rest/Massage	6 Miles LSD	<b>13</b>
<b>16</b>	3/8/20	Rest	4 Miles Easy	Rest	6 Miles Run/Walk	Rest	Pick-up your race packet at the <b>Expo</b> on the Broadway Pier		<b>10</b>
<b>Goal</b>	3/15/20	<b>San Diego Half Marathon</b>							<b>13.1</b>

### 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.