



## 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
<b>1</b>	11/29/20	Rest	2 Miles Run/Walk	20 min Strength/Core	Rest	2 Miles Run/Walk	Rest	2 Miles LSD	<b>6</b>
<b>2</b>	12/6/20	Rest	3 Miles Run/Walk	20 min Strength/Core	Rest	3 Miles Run/Walk	Rest	3 Miles LSD	<b>9</b>
<b>3</b>	12/13/20	Rest	2 Miles Hills	20 min Strength/Core	3 Miles Run/Walk	XT-20 mins or Rest	3 Miles	4 Miles LSD	<b>12</b>
<b>4</b>	12/20/20	Rest	3 Miles Hills	30 min Strength/Core	4 Miles Run/Walk	XT-20 mins or Rest	3 Miles Tempo	4 Miles LSD	<b>14</b>
<b>5</b>	12/27/20	Rest	Track 4 x 400m	30 min Strength/Core	5 Miles Run/Walk	XT-25 mins or Rest	4 Miles	6 Miles LSD	<b>15+</b>
<b>6</b>	1/3/21	Rest	Track 3 x 800m	30 min Strength/Core	4 Miles Run/Walk	XT-30 mins or Rest	Rest/Massage	10 Miles LSD	<b>15+</b>
<b>7</b>	1/10/21	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	<b>17+</b>
<b>8</b>	1/17/21	Rest	Track 4 x 400m, 4 x 400m	40 min Strength/Core	Rest	Rest/Massage	5 Miles	Back-down: 8 Miles LSD	<b>13+</b>
<b>9</b>	1/24/21	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	<b>21+</b>
<b>10</b>	1/31/21	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	<b>23+</b>
<b>11</b>	2/7/21	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	<b>25+</b>
<b>12</b>	2/14/21	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	<b>18+</b>
<b>13</b>	2/21/21	Rest	Track 8 x 400m	60 min Strength/Core	4 Miles Run/Walk	XT-45 mins or Rest	5 Miles	15 Miles LSD	<b>24+</b>
<b>14</b>	2/28/21	Rest	Track 5 x 400m	60 min Strength/Core	5 Miles Run/Walk	XT-50 mins or Rest	5 Miles	10 Miles LSD	<b>20+</b>
<b>15</b>	3/7/21	Rest	Track 6 x 200m	60 min Strength/Core	4 Miles Run/Walk	XT-60 mins or Rest/Massage	4 Miles	8 Miles LSD	<b>16+</b>
<b>16</b>	3/14/21	Rest	6 Miles Easy	Rest	Rest	4 Miles Easy	Pick-up your race packet at the Expo on the Broadway Pier		<b>10</b>
<b>Goal</b>	3/21/21	<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.

**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).