



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
1	11/29/20	Rest	2 Miles Run/Walk	20 min Strength/Core	Rest	2 Miles Run/Walk	Rest	2 Miles LSD	6
2	12/6/20	Rest	2 Miles Run/Walk	20 min Strength/Core	Rest	3 Miles Run/Walk	Rest	3 Miles LSD	8
3	12/13/20	Rest	3 Miles Run/Walk	20 min Strength/Core	3 Miles Run/Walk	XT-20 mins or Rest	Rest/Massage	4 Miles LSD	10
4	12/20/20	Rest	3 Miles Hills	30 min Strength/Core	4 Miles Run/Walk	XT-20 mins or Rest	Rest	4 Miles LSD	11
5	12/27/20	Rest	3 Miles Run/Walk	30 min Strength/Core	5 Miles Run/Walk	XT-25 mins or Rest	Rest	5 Miles LSD	13
6	1/3/21	Rest	4 Miles Neg Splits	30 min Strength/Core	4 Miles Run/Walk	XT-30 mins or Rest	Rest/Massage	7 Miles LSD	15
7	1/10/21	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	14
8	1/17/21	Rest	Speedwork 6 x (5/2)	30 min Strength/Core	5 Miles Run/Walk	XT-30 mins or Rest	Rest	7 Miles LSD	16
9	1/24/21	Rest	4 Miles Neg Splits	30 min Strength/Core	5 Miles Run/Walk	XT-40 mins or Rest	Rest/Massage	8 Miles LSD	17
10	1/31/21	Rest	Speedwork 4 x (6/3)	30 min Strength/Core	5 Miles Run/Walk	XT-40 mins or Rest	Rest	10 Miles LSD	19
11	2/7/21	Rest	4 Miles Neg Splits	30 min Strength/Core	5 Miles Run/Walk	XT-40 mins or Rest	Rest	12 Miles LSD	21
12	2/14/21	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	17
13	2/21/21	Rest	4 Miles Hills	30 min Strength/Core	4 Miles Run/Walk	XT-50 mins or Rest	Rest/Massage	14 Miles LSD	22
14	2/28/21	Rest	Speedwork 4 x (2/2)	30 min Strength/Core	5 Miles Run/Walk	XT-60 mins or Rest	Rest	8 Miles LSD	17
15	3/7/21	Rest	3 Miles Run/Walk	30 min Strength/Core	4 Miles Run/Walk	XT-60 mins or Rest	Rest/Massage	6 Miles LSD	13
16	3/14/21	Rest	4 Miles Easy	Rest	6 Miles Run/Walk	Rest	Pick-up your race packet at the Expo on the Broadway Pier		10
Goal	3/21/21	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.