



## 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>    | 12/5/21        | Rest                           | 2 Miles<br>Run/Walk    | 20 min<br>Strength/Core | Rest                | 2 Miles<br>Run/Walk   | Rest  | 2 Miles<br>LSD            | <b>6</b>     |
| <b>2</b>    | 12/12/21       | Rest                           | 2 Miles<br>Run/Walk    | 20 min<br>Strength/Core | Rest                | 3 Miles<br>Run/Walk   | Rest  | 3 Miles<br>LSD            | <b>8</b>     |
| <b>3</b>    | 12/19/21       | Rest                           | 3 Miles<br>Run/Walk    | 20 min<br>Strength/Core | 3 Miles<br>Run/Walk | XT-20 mins<br>or Rest | Rest/Massage  | 4 Miles<br>LSD            | <b>10</b>    |
| <b>4</b>    | 12/26/21       | Rest                           | 3 Miles<br>Hills       | 30 min<br>Strength/Core | 4 Miles<br>Run/Walk | XT-20 mins<br>or Rest | Rest  | 4 Miles<br>LSD            | <b>11</b>    |
| <b>5</b>    | 1/2/22         | Rest                           | 3 Miles<br>Run/Walk    | 30 min<br>Strength/Core | 5 Miles<br>Run/Walk | XT-25 mins<br>or Rest | Rest  | 5 Miles<br>LSD            | <b>13</b>    |
| <b>6</b>    | 1/9/22         | Rest                           | 4 Miles Neg<br>Splits  | 30 min<br>Strength/Core | 4 Miles<br>Run/Walk | XT-30 mins<br>or Rest | Rest/Massage  | 7 Miles<br>LSD            | <b>15</b>    |
| <b>7</b>    | 1/16/22        | Rest                           | Speedwork<br>4 x (2/2) | 30 min<br>Strength/Core | 5 Miles<br>Run/Walk | XT-30 mins<br>or Rest | Rest  | Back-down:<br>5 Miles LSD | <b>14</b>    |
| <b>8</b>    | 1/23/22        | Rest                           | Speedwork<br>6 x (5/2) | 30 min<br>Strength/Core | 5 Miles<br>Run/Walk | XT-30 mins<br>or Rest | Rest  | 7 Miles<br>LSD            | <b>16</b>    |
| <b>9</b>    | 1/30/22        | Rest                           | 4 Miles<br>Neg Splits  | 30 min<br>Strength/Core | 5 Miles<br>Run/Walk | XT-40 mins<br>or Rest | Rest/Massage  | 8 Miles<br>LSD            | <b>17</b>    |
| <b>10</b>   | 2/6/22         | Rest                           | Speedwork<br>4 x (6/3) | 30 min<br>Strength/Core | 5 Miles<br>Run/Walk | XT-40 mins<br>or Rest | Rest  | 10 Miles<br>LSD           | <b>19</b>    |
| <b>11</b>   | 2/13/22        | Rest                           | 4 Miles<br>Neg Splits  | 30 min<br>Strength/Core | 5 Miles<br>Run/Walk | XT-40 mins<br>or Rest | Rest  | 12 Miles<br>LSD           | <b>21</b>    |
| <b>12</b>   | 2/20/22        | Rest                           | Speedwork<br>6 x (5/2) | 30 min<br>Strength/Core | 5 Miles<br>Run/Walk | XT-45 mins<br>or Rest | Rest  | Back-down:<br>8 Miles LSD | <b>17</b>    |
| <b>13</b>   | 2/27/22        | Rest                           | 4 Miles<br>Hills       | 30 min<br>Strength/Core | 4 Miles<br>Run/Walk | XT-50 mins<br>or Rest | Rest/Massage  | 14 Miles<br>LSD           | <b>22</b>    |
| <b>14</b>   | 3/6/22         | Rest                           | Speedwork<br>4 x (2/2) | 30 min<br>Strength/Core | 5 Miles<br>Run/Walk | XT-60 mins<br>or Rest | Rest  | 8 Miles<br>LSD            | <b>17</b>    |
| <b>15</b>   | 3/13/22        | Rest                           | 3 Miles<br>Run/Walk    | 30 min<br>Strength/Core | 4 Miles<br>Run/Walk | XT-60 mins<br>or Rest | Rest/Massage  | 6 Miles<br>LSD            | <b>13</b>    |
| <b>16</b>   | 3/20/22        | Rest                           | 4 Miles<br>Easy        | Rest                    | 6 Miles<br>Run/Walk | Rest                  | Pick-up your race packet at the<br><b>Expo</b> in the Gaslamp |                           | <b>10</b>    |
| <b>Goal</b> | <b>3/27/22</b> | <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.