

Bronx Ten-Miler / Staten Island Half Training Plan (2017)

Week	Weekly Miles...			Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes/ Totals
	Min	Mid	Max	REST, easy run, or cross train	Long interval workout	REST, easy run, or cross train	Short interval workout	REST, easy run, or cross train	Long run	Recovery Run	
7-Aug				6	10	5	8.5	6	12	5	52.5
1	36	42	53	50-60 min easy with strides/ drills	2M w/u; 4-6 Miles @ MP; 2M c/d	REST or 45-55 min easy with strides/ drills	2M w/u; 4-6x1K @ 10K pace (2:00 rest); 2M c/d	REST or up to 50 min easy with strides/ drills	1:40 to 1:50 @ MP plus 45-60	REST or 45-55 min easy with strides/ drills	Note: NYRR Long Training Run #2 is Sunday 8/13
14-Aug				6	9	5	6	6	13	5	50
2	33	39	50	50-60 min easy with strides/ drills	2M w/u; 3-5 Miles @ HMP; 2M c/d	REST or 45-55 min easy with strides/ drills	6-8 miles with middle 4 miles @ MP	REST or up to 50 min easy with strides/ drills	1:50 to 2:00 @ MP plus 45-60	REST or 45-55 min easy with strides/ drills	
21-Aug				6	12	6	9	6	14	5	58
3	40	46	58	50-60 min easy with strides/ drills	2M w/u; 56 minutes on hilly course @ MP; 2M c/d	REST or 50-60 min easy with strides/ drills	2M w/u; 8-10 Canova Ks; 2M c/d	REST or up to 50 min easy with strides/ drills	1:55 to 2:05 @ MP plus 45-60	REST or 45-55 min easy with strides/ drills	
28-Aug				6	8.5	6	6	6	16	5	53.5
4	36	42	54	50-60 min easy with strides/ drills	2M w/u; 3M @ HMP; 4x400 @ 5K (2:00/ 1:30 rest); 2M c/d	REST or 50-60 min easy with strides/ drills	48-64 min with middle 24 minutes @ MP	REST or up to 50 min easy with strides/ drills	2:10 to 2:15 @ MP plus 45-60	REST or 45-55 min easy with strides/ drills	
4-Sep				6	11	6	10	6	15	5	59
5	41	47	59	50-60 min easy with strides/ drills	2M w/u; 7 Miles @ MP; 2M c/d	REST or 50-60 min easy with strides/ drills	2M w/u; 10-14 Canova Ks; 2M c/d	REST or up to 50 min easy with strides/ drills	2:00-2:10 progression run	REST or 45-55 min easy with strides/ drills	5th Avenue Mile is Saturday 9/10
11-Sep				6	11	8	9.5	6	18	6	65.5
6	45	51	65	50-60 min easy with strides/ drills	SI Half runners: 2M w/u; 3x2M @ HMP on hilly course (3:00 rest); 2M c/d	70-90 min easy with strides/ drills	2M w/u; 5-6x1M @ LT pace (1:30 rest); 2M c/d	REST or up to 50 min easy with strides/ drills	2:25 to 2:30 @ MP plus 45-60	NYRR Marathon Tune-up or 50-60 min easy	Whippet Run on Saturday or NYRR Marathon Tune-Up on Sunday
					Bronx runners: 2M w/u; 3 x 2M @ 10-mile pace (3:00 rest); 2M c/d		Bronx runners: 2M w/u; 6x800 @ 10K pace (1:30 rest); 2M c/d				
18-Sep				6	13	6	11	6	18	5	65
7	47	53	65	50-60 min easy with strides/ drills	SI Half runners: 2M w/u; 64-72 minutes @ MP; 2M c/d	REST or 50-60 min easy with strides/ drills	2M w/u, 4x2K @ LT pace (2:00 rest), 2M c/d (Williamsburg Bridge)	REST or up to 50 min easy with strides/ drills	18 miles @ MP plus 45-60	REST or 45-55 min easy with strides/ drills	Marathoners and SI Half folks: Bronx 10-miler is Sunday 9/25. If running, run 10M @ MP with 2-3M w/u and c/d
					Bronx runners: 2M w/u; 2M @ HMP, 4x400 @ 5K pace (2:00/ 1:30 rest); 2M c/d		Bronx runners: 60 min easy			Bronx 10-miler (Club Points)	
25-Sep				6	10	8	9	6	12	5	56
8	36	42	56	50-60 min easy with strides/ drills	80-90 min easy with strides/ drills	70-90 min easy with strides/ drills	2M w/u, 5x1200m @ LT pace (200m rest); 2M c/d	REST or up to 50 min easy with strides/ drills	12 miles easy with last 2 miles @ MP	45-55 min easy with strides/ drills	

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2-Oct					If you ran Bronx as a race or tempo workout, 60-70 min easy						
9	43	48	60	5 45-55 min easy with strides/ drills	14 2M w/u; 72 minutes on hilly course @ MP; 2M c/d	6 REST or 50-60 min easy with strides/ drills	7.5 2M w/u; 3-5xMile @ LT pace (1:30 rest); 2M c/d	6 REST or up to 50 min easy with strides/ drills	4 REST or 32 min easy with 4x100m strides	17 Staten Island Half (Club Points)	59.5