

Dashing Whippets 2018 Training Plan for the NYC Half Marathon					Overview:		This 11-week plan helps runners prepare for the NYC Half Marathon. Runner runners should have logged at least 35 miles per week for at least a month before beginning this plan and feel comfortable with completing two workouts per week throughout the cycle. Ideally, runners have been somewhat following either the Boston or NJ Marathon training plans				
Sample	Purpose	Wkly Min	Wkly Mid	Wkly Max	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					Recovery Run	Long interval workout	Crosstrain, Yoga, rest or easy run	Short interval workout	Crosstrain, rest or easy run	Long run	Recovery Run
1-Jan					5	8	5	7.5	4	14	5
1	Aerobic conditioning & neuromuscular fitness	39.5	44.5	48.5	40-55 min easy w/ strides & drills	2M w/u; 4M @ MP; 2M c/d	Crosstrain/ Yoga/ 0 to 40 min easy w/ strides & drills	2M w/u; 5-6 x K @ 10K pace (1:30 rest); 2M c/d	Crosstrain/ 0 to 32 min easy w/ strides & drills	1:50 to 2:00 easy run (MP + 45-60 sec / mile)	40-55 min easy w/ strides & drills
8-Jan					5	7	5	8	4	15	5
2	Aerobic conditioning & neuromuscular fitness	40	45	49	40-55 min easy w/ strides & drills	2M w/u; 8-10 x 400m uphill @ 10K pace (downhill rest); 2M c/d	Crosstrain/ Yoga/ 0 to 40 min easy w/ strides & drills	2M w/u; 3-4 x Mile @ 15K pace (1:30 rest); 2M c/d	Crosstrain/ 0 to 32 min easy w/ strides & drills	2:00 to 2:15 easy run (MP + 45-60 sec / mile)	40-55 min easy w/ strides & drills
15-Jan					5	8.5	5	8.5	4	6	16
3	Specific endurance & lactate clearance	44	49	53	40-45 min easy w/ strides & drills	2M w/u; 2-3 x 2M @ HMP (3:00 rest); 2M c/d	Crosstrain/ Yoga/ 0 to 30 min easy w/ strides & drills	2M w/u; 6-8 x 800m @ 5K pace (2:30 rest); 2M c/d	Crosstrain/ 0 to 32 min easy w/ strides & drills	50 min easy w/ strides & drills	Fred Lebow Half Marathon (3M w/u)
22-Jan					5	8	5	8	4	13	5
4	Specific endurance & lactate clearance	39	44	48	40-45 min easy w/ strides & drills	2M w/u; 4M @ HMP; 2M c/d	Crosstrain/ Yoga/ 0 to 30 min easy w/ strides & drills	2M w/u; 4-6 x 1200m @ 10K pace (1:30 rest); 2M c/d	Crosstrain/ 0 to 32 min easy w/ strides & drills	13-14 miles @ MP plus 45/60	40-55 min easy w/ strides & drills
29-Jan					5	11	5	8	5	13	5
5	Specific endurance	42	47	52	40-45 min easy w/ strides & drills	2M w/u; 3x15 min @ MP on hilly course (2:00 rest) ; 2M c/d	Crosstrain/ Yoga/ 0 to 30 min easy w/ strides & drills	2M w/u; 6-8 Canova Ks; 2M c/d	Crosstrain/ 0 to 40 min easy w/ strides & drills	14-15 miles @ MP plus 45/60	40-55 min easy w/ strides & drills
5-Feb					5	11	5	7	5	15	5
6	Specific endurance	43	48	53	40-45 min easy w/ strides & drills	2M w/u; 4-6M continuous run alt pace; 2M c/d	Crosstrain/ Yoga/ 0 to 30 min easy w/ strides & drills	2M w/u, 4x2K @ LT pace (2:00 rest), 2M c/d	Crosstrain/ 0 to 40 min easy w/ strides & drills	15 miles @ MP plus 45/60	40-55 min easy w/ strides & drills
12-Feb					5	9	5	9	5	16	5
7	Specific endurance	44	49	54	45-60 min easy w/ strides & drills	2M w/u; 4-5M @ HMP; 2M c/d	Crosstrain/ Yoga/ 0 to 40 min easy w/ strides & drills	2M w/u; 8-10 Canova Ks; 2M c/d	Crosstrain/ 0 to 40 min easy w/ strides & drills	15-17 miles @ MP plus 45/60	40-55 min easy w/ strides & drills
19-Feb					6	10.5	5	10.5	5	15	5
8	Specific endurance	47	52	57	45-60 min easy w/ strides & drills	2M w/u; 3 x 2M @ LT (3:00 rest); 2M c/d	Crosstrain/ Yoga/ 0 to 40 min easy w/ strides & drills	2M w/u; 2x1200 @ 10K; 3x800 @ 5K; 4x400 @ >5K (2:30/ 2:00/ 1:30 rest); 2M c/d	Crosstrain/ 0 to 40 min easy w/ strides & drills	15-16 mile Progression Run	40-55 min easy w/ strides & drills
26-Feb					6	9	6	9	5	16	7
9	Specific endurance	47	53	58	45-60 min easy w/ strides & drills	2M w/u; 6-7M @ HMP; 2M c/d	Crosstrain/ Yoga/ 0 to 40 min easy w/ strides & drills	2M w/u; 3x1M @ LT pace, 2x800 @ 10K pace (1:30 rest); 2M c/d	Crosstrain/ 0 to 40 min easy w/ strides & drills	15-18 miles @ MP plus 45/60	Washington Heights 5K (2M w/u and 2M c/d)
5-Mar					7	11	6	8.5	6	12	5
10	Specific endurance & lactate clearance	43.5	49.5	55.5	45-60 min easy w/ strides & drills	2M w/u; 4x2K @ 15K (2:00 rest); 2M c/d	Crosstrain/ Yoga/ 0 to 40 min easy w/ strides & drills	2M w/u; 2x1200 @ 10K; 3x800 @ 5K; 4x400 @ >5K (2:30/ 2:00/ 1:30 rest); 2M c/d	Crosstrain/ 0 to 50 min easy w/ strides & drills	12 miles easy with the last 2 miles @MP	40-55 min easy w/ strides & drills
12-Mar					5	7	5	6	5	4	17
11	Specific endurance & lactate clearance	39	44	49	40-50 min easy w/ strides & drills	2M w/u; 1.5-miles @ HMP; 800 @ 10K; 4x200 @ 5K (2:00/ 2:00/ 1:00 rest; 2M c/d	Crosstrain/ Yoga/ 0-50 min easy w/ strides & drills	50-60 min easy w/ strides & drills	REST or up to 32 min easy w/ strides & drills	REST or 32 min easy w/ strides & drills	NYC Half (2M w/u and 2M c/d)