

**Dashing Whippets 2019 Training
Plan for the NYC Half Marathon
(Advanced)**

This *advanced* 11-week plan helps runners prepare for the NYC Half Marathon. Runners should have logged at least 30 miles per week for at least a month before beginning this plan, with occasional speed sessions (tempo runs, hills, short speed intervals).

| Week | Wkly Min | Wkly Mid | Wkly Max | Monday Recovery Run | Tuesday Long interval workout | Wednesday Crosstrain, Yoga, rest or easy run | Thursday Short interval workout | Friday Crosstrain, Yoga, rest or easy run | Saturday Long run | Sunday Recovery Run & strength session |
|--------|----------|----------|----------|------------------------------------|---|--|---|--|--|--|
| 30-Dec | | | | 5 | 8.5 | 5 | 7.5 | 4 | 10 | 5 |
| 1 | 34 | 41 | 45 | 45-50 min easy w/ strides & drills | 2M w/u; 2M @ HMP (3:00 rest); 4x400 uphill (down rest); 2M c/d | Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills | 2M w/u; 5-6 x 1000m @ 10K pace (1:30 rest); 2M c/d | Cardio Crosstrain/ Yoga & Strength/ 0 to 35 min easy w/ strides & drills | 1:25 @ MP plus 45-60 sec / mile | 45-50 min easy w/ strides, drills & strength session |
| 6-Jan | | | | 5 | 8.5 | 5 | 8 | 4 | 11 | 5 |
| 2 | 35 | 43 | 47 | 45-50 min easy w/ strides & drills | 2M w/u; 8-10 x 400m uphill @ 10K pace (jog rest); 2M c/d | Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills | 2M w/u; 3-4 x Mile @ LT pace (1:30 rest); 2M c/d | Cardio Crosstrain/ Yoga & Strength/ 0 to 35 min easy w/ strides & drills | 1:30 to 1:35 @ MP plus 45-60 sec / mile | 45-50 min easy w/ strides, drills & strength session |
| 13-Jan | | | | 5 | 8.5 | 5 | 8 | 4 | 6 | 14.5 |
| 3 | 39 | 47 | 51 | 45-50 min easy w/ strides & drills | 2M w/u; 2 x 2M @ HMP (3:00 rest); 2M c/d | Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills | 2M w/u; 5-6 x 800m @ 5K pace (2:00 rest); 2M c/d | Cardio Crosstrain/ Yoga & Strength/ 0 to 35 min easy w/ strides & drills | 45-50 min easy w/ strides, drills & strength session | Fred Lebow Half Marathon (1.5M w/u) |
| 20-Jan | | | | 5 | 9 | 5 | 8 | 4 | 11 | 5 |
| 4 | 35 | 43 | 47 | 45-50 min easy w/ strides & drills | 2M w/u; 3M @ HMP, 3:00 rest, 4x400 @ 10K pace (1:30 rest); 2M c/d. If raced, 9-11 easy mile | Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills | 2M w/u; 4-6 x 1200m @ 10K pace (1:30 rest); 2M c/d | Cardio Crosstrain/ Yoga & Strength/ 0 to 35 min easy w/ strides & drills | 1:30 to 1:35 @ MP plus 45-60 sec / mile | 45-50 min easy w/ strides, drills & strength session |
| 27-Jan | | | | 5 | 11 | 5 | 7.5 | 4 | 13 | 5 |
| 5 | 39 | 47 | 51 | 45-50 min easy w/ strides & drills | 2M w/u; 3x15 min @ MP on hilly course (2:00 rest); 2M c/d | Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills | 2M w/u; 400m/ 800m/ 1200m/ 1200m/ 800m/ 400m @ 10K pace (1:30 rest); 2M c/d | Cardio Crosstrain/ Yoga & Strength/ 0 to 35 min easy w/ strides & drills | 1:45 @ MP plus 45-60 sec/ mile | 45-50 min easy w/ strides, drills & strength session |
| 3-Feb | | | | 5 | 11 | 5 | 9 | 4 | 15 | 5 |
| 6 | 41 | 50 | 54 | 45-50 min easy w/ strides & drills | 2M w/u; 2.5M @ MP, 2:00 rest, 4-6 x 400 @ 10K with 1:00 rest, 2.5M @ MP; 2M c/d | Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills | 2M w/u; 6-8 Canova Ks; 2M c/d | Cardio Crosstrain/ Yoga & Strength/ 0 to 35 min easy w/ strides & drills | 2:15 to 2:20 @ MP plus 45-60 sec / mile | 45-50 min easy w/ strides, drills & strength session |
| 10-Feb | | | | 5 | 9 | 5 | 11 | 4 | 11 | 5 |
| 7 | 35 | 46 | 50 | 45-50 min easy w/ strides & drills | 2M w/u; 4-5M @ HMP; 2M c/d | Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills | 2M w/u, 4x2K @ LT pace (2:00 rest), 2M c/d | Cardio Crosstrain/ Yoga & Strength/ 0 to 35 min easy w/ strides & drills | 1:30 to 1:35 @ MP plus 45-60 sec / mile | 45-50 min easy w/ strides, drills & strength session |
| 17-Feb | | | | 5 | 10.5 | 5 | 10.5 | 4 | 16 | 5 |
| 8 | 42 | 52 | 56 | 45-50 min easy w/ strides & drills | 2M w/u; 3 x 2M @ LT (3:00 rest); 2M c/d | Cardio Crosstrain/ Yoga & Strength/ 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 | Cardio Crosstrain/ Yoga & Strength/ 0 to 35 min easy w/ strides & drills | 15-17 mile @ MP plus 45-60 sec / mile | 45-50 min easy w/ strides, drills & strength session |
| 24-Feb | | | | 5 | 10 | 5 | 7 | 4 | 15 | 5 |
| 9 | 40 | 47 | 51 | 45-50 min easy w/ strides & drills | 2M w/u; 6-7M @ HMP; 2M c/d | Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills | 2M w/u; 400m/ 800m/ 1200m/ 800m/ 400m @ 10K pace (1:30 rest); 2M c/d | Cardio Crosstrain/ Yoga & Strength/ 0 to 35 min easy w/ strides & drills | 15 mile run: 5M easy, 4M @ MP, 3M easy, 2M @ HMP, 1M easy. If racing, run 13-14 easy | 45-50 min easy w/ strides, drills & strength session |
| 2-Mar | | | | 5 | 8.5 | 5 | 8.5 | 4 | 12 | 5 |
| 10 | 36 | 44 | 48 | 45-50 min easy w/ strides & drills | 2M w/u; 6-8 x 800m @ 5K pace (2:30 rest); 2M c/d | Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills | 2M w/u; 3xMile @ LT pace (1:30 rest), 4x200 @ 5K pace (1:30 rest); 2M c/d | Cardio Crosstrain/ Yoga & Strength/ 0 to 35 min easy w/ strides & drills | 12 miles easy with the last 2 miles @MP | 45-50 min easy w/ strides, drills & strength session |
| 9-Mar | | | | 5 | 7.5 | | 6 | 4 | 4 | 15 |
| 11 | 32 | 38 | 42 | 45-50 min easy w/ strides & drills | 2M w/u; 2M @ HMP (3:00 rest); 4x400 (1:30 rest); 2M c/d | REST | 50-60 min easy w/ strides & drills | REST or 32 min easy w/ strides & drills | REST or 32 min easy w/ strides & drills | NYC Half (1-2M w/u and 1-2M c/d) |

**Dashing Whippets 2019 Training
Plan for the NYC Half Marathon
(Intermediate)**

This *intermediate* 11-week plan helps runners prepare for the NYC Half Marathon. Intermediate runners should have logged at least 30 miles per week for at least a month before beginning this plan. This plan is designed for those who have completed a half marathon(s) in the past but may have done little-to-no speedwork in training for previous half marathons

| Week | Wkly Min | Wkly Mid | Wkly Max | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------|-------------|-------------|-------------|------------------------------------|---|--|------------------------------------|---|--|--|
| | | | | Recovery Run | Long interval workout | Crosstrain, Yoga, rest or easy run | Longer recovery run | REST | Long run | Recovery Run & strength session |
| 30-Dec | | | | 5 | 8.5 | 5 | 5 | | 10 | 5 |
| 1 | 29 | 34 | 39 | 45-50 min easy w/ strides & drills | 2M w/u; 2M @ HMP (3:00 rest); 4x400 uphill (down rest); 2M c/d | Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills | 45-50 min easy w/ strides & drills | REST | 1:25 @ MP plus 45-60 sec / mile | 45-50 min easy w/ strides, drills & strength session |
| 6-Jan | | | | 5 | 8.5 | 5 | 5 | | 11 | 5 |
| 2 | 30 | 35 | 40 | 45-50 min easy w/ strides & drills | 2M w/u; 8-10 x 400m uphill @ 10K pace (jog rest); 2M c/d | Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills | 45-50 min easy w/ strides & drills | REST | 1:30 to 1:35 @ MP plus 45-60 sec / mile | 45-50 min easy w/ strides, drills & strength session |
| 13-Jan | | | | 5 | 8.5 | 5 | 5 | | 6 | 14.5 |
| 3 | 25 | 39 | 44 | 45-50 min easy w/ strides & drills | 2M w/u; 2 x 2M @ HMP (3:00 rest); 2M c/d | Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills | 45-50 min easy w/ strides & drills | REST | 45-50 min easy w/ strides, drills & strength session | Fred Lebow Half Marathon (1.5M w/u) |
| 20-Jan | | | | 5 | 9 | 5 | 6 | | 11 | 5 |
| 4 | 31 | 36 | 41 | 45-50 min easy w/ strides & drills | 2M w/u; 3M @ HMP, 3:00 rest, 4x400 @ 10K pace (1:30 rest); 2M c/d. If raced, 9-11 easy mile | Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills | 50-55 min easy w/ strides & drills | REST | 1:30 to 1:35 @ MP plus 45-60 sec / mile | 45-50 min easy w/ strides, drills & strength session |
| 27-Jan | | | | 5 | 11 | 5 | 6 | | 13 | 5 |
| 5 | 35 | 40 | 45 | 45-50 min easy w/ strides & drills | 2M w/u; 3x15 min @ MP on hilly course (2:00 rest); 2M c/d | Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills | 50-55 min easy w/ strides & drills | REST | 1:45 @ MP plus 45-60 sec/ mile | 45-50 min easy w/ strides, drills & strength session |
| 3-Feb | | | | 5 | 11 | 5 | 6 | | 15 | 5 |
| 6 | 37 | 42 | 47 | 45-50 min easy w/ strides & drills | 2M w/u; 2.5M @ MP, 2:00 rest, 4-6 x 400 @ 10K with 1:00 rest, 2.5M @ MP; 2M c/d | Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills | 50-55 min easy w/ strides & drills | REST | 2:15 to 2:20 @ MP plus 45-60 sec / mile | 45-50 min easy w/ strides, drills & strength session |
| 10-Feb | | | | 5 | 9 | 5 | 7 | | 12 | 5 |
| 7 | 33 | 38 | 43 | 45-50 min easy w/ strides & drills | 2M w/u; 4-5M @ HMP; 2M c/d | Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills | 60-65 min easy w/ strides & drills | REST | 12 mile run: 9M easy, 2M @ MP, 1M @ HMP | 45-50 min easy w/ strides, drills & strength session |
| 17-Feb | | | | 5 | 10.5 | 5 | 7 | | 16 | 5 |
| 8 | 39 | 44 | 49 | 45-50 min easy w/ strides & drills | 2M w/u; 3 x 2M @ LT (3:00 rest); 2M c/d | Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills | 60-65 min easy w/ strides & drills | REST | 15-17 mile @ MP plus 45-60 sec / mile | 45-50 min easy w/ strides, drills & strength session |
| 24-Feb | | | | 5 | 10 | 5 | 7 | | 15 | 5 |
| 9 | 37 | 42 | 47 | 45-50 min easy w/ strides & drills | 2M w/u; 6-7M @ HMP; 2M c/d | Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills | 60-65 min easy w/ strides & drills | REST | 15 mile run: 5M easy, 4M @ MP, 3M easy, 2M @ HMP, 1M easy. If racing, run 13-14 easy | 45-50 min easy w/ strides, drills & strength session |
| 2-Mar | | | | 5 | 8.5 | 5 | 7 | | 12 | 5 |
| 10 | 33 | 38 | 43 | 45-50 min easy w/ strides & drills | 2M w/u; 6-8 x 800m @ 5K pace (2:30 rest); 2M c/d | Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills | 60-65 min easy w/ strides & drills | REST | 10 miles easy; last 2 miles @ MP | 45-50 min easy w/ strides, drills & strength session |
| 9-Mar | | | | 5 | 7.5 | | 6 | 4 | 4 | 15 |
| 11 | 34 | 38 | 38 | 45-50 min easy w/ strides & drills | 2M w/u; 2M @ HMP (3:00 rest); 4x400 (1:30 rest); 2M c/d | REST | 50-60 min easy w/ strides & drills | REST or 32 min easy w/ strides & drills | REST or 32 min easy w/ strides & drills | NYC Half (1-2M w/u and 1-2M c/d) |