

2019 WINTER HALF MARATHON TRAINING PLAN

Monday Date	Wk	Mon	Actual	Tue	Actual	Wed	Actual	Thu	Actual	Fri	Actual	Saturday Date	Sat	Actual	Sun	Actual	Comment	Wk ToT	MonToT
7-Jan-19	1	CT/RD		Rest		2		2		Rest		12-Jan-19	6		3			0.00	0.00
14-Jan-19	2	CT/RD		3		2		3		Rest		19-Jan-19	6		4			0.00	0.00
21-Jan-19	3	CT/RD		4		2		3		Rest		26-Jan-19	8		3			0.00	0.00
28-Jan-19	4	CT/RD		4		2		4		Rest		2-Feb-19	8		4			0.00	0.00
4-Feb-19	5	CT/RD		4		2		4		Rest		9-Feb-19	10		4			0.00	0.00
11-Feb-19	6	CT/RD		5		3		4		Rest		16-Feb-19	10		4			0.00	0.00
18-Feb-19	7	CT/RD		4		2		4		Rest		23-Feb-19	12		3			0.00	0.00
25-Feb-19	8	CT/RD		5		3		4		Rest		2-Mar-19	12		3-4			0.00	0.00
4-Mar-19	9	CT/RD		3		2		3		Rest		9-Mar-19	8		4			0.00	0.00
11-Mar-19	10	CT/RD		3		2		3		Rest		16-Mar-19	14		Rest			0.00	0.00
18-Mar-19	11	CT/RD		3		2		4		Rest		23-Mar-19	8-10		4			0.00	0.00
25-Mar-19	12	CT/RD		3		Rest		2		Rest		30-Mar-19	Rest		13.1		B&A Trail Marathon & Half (Sunday 31 Mar, 2018)	0.00	0.00

RD	Rest Day	Heart Rate Training Zone 0 - 1	Rest or Recovery. A Recovery Run is a brisk walk or just breaking into a run, less than 45 minutes
CT	Cross Train	Heart Rate Training Zone 1 - 2	A workout to develop strength and flexibility in muscles not used in running; Yoga, Weights, Resistance Bands, Swimming, etc.
CP	Coveration Pace	Heart Rate Training Zone 3	Aerobic Heart Rate Zone You can speak in complete, not choppy sentences...no gasping for air. Target Heart Rate. Most effective for overall cardiovascular fitness.
TR	Tempo Run	Heart Rate Training Zone 4	Anaerobic Heart Rate Zone Comfortably hard. A pace you can sustain, but you're pushing. Lactate Threshold; You're producing lactic acid faster than you can remove it.
FL	Fartlek	Heart Rate Training Zone 3 + 4 or 5	Aerobic plus Anaerobic or VO2 Max Speed Play: Sprint between every 4th-5th Telephone pole, or Zone 4 or 5 for 1-3 minutes, Zone 2-3 for 6-8...repeat (Zone 5 only if you are very fit)

Potential Saturday Training Locations:

On most Saturdays we will start at Severna Park High School; but, we may take a "field trip" or relocate if mother nature makes a mess on the B&A Trail, our bread and butter training venue. Assume a high school start most of the time. We will confirm each week on the Half Marathon FaceBook Page by THURSDAY if the forecast is particularly ugly; but could cancel the group run at the last minute FRIDAY night or SATURDAY morning if things looked good and went south overnight.	
Kinder Farm Park	1001 Kinder Farm Park Rd, Millersville, MD 21108
B&A Trail behind Naval Bagel at Arnold Station	1460 Ritchie Hwy #112, Arnold, MD 21012
Bates Middle School	1 Carraway Ln, Annapolis, MD 21401 Parking Lot for Bates Middle School (701 Chase St, Annapolis, MD 21401)
Annapolis City Dock	Dock St, Annapolis, MD 21401
World War II Memorial	1920 Governor Ritchie Hwy, Annapolis, MD 21409
BWI Trail - T. A. Dixon Jr. Observation Area	1911 Dorsey Rd, Glen Burnie, MD 21061
BWI Trail - Lindale Middle School	415 Andover Rd, Linthicum Heights, MD 21090
Quiet Waters Park	600 Quiet Waters Park Rd, Annapolis, MD 21403 Parking in Grumps Parking Lot
B&A Trail - Marley Station Mall	Marley Station Mall Parking Lot behind Rube Tuesday, 7900 Governor Ritchie Hwy, Glen Burnie, MD 21061
B&A Trail - Severna Park High School	60 Robinson Rd, Severna Park, MD 21146
Brigade Sports Complex to Greenbury Point	64 Greenbury Point Rd, Annapolis, MD 21402