

The Striders Long Run Group: Long Run Progression and Schedule

Long Run Progression

| Date | 10 Mile | Half | Full |
|------|------------------------|-------------------|--------------|
| 1/5 | 7 miles | 8 miles | 10 miles |
| 1/12 | 8 miles | 9 miles | 12 miles |
| 1/19 | 9 miles | 10 miles | 14 miles |
| 1/26 | 7 miles | 9 miles | 12 miles |
| 2/2 | 10 miles | 10 miles | 14 miles |
| 2/9 | 10 miles | 12 miles | 16 miles |
| 2/16 | 6 miles | 12 miles | 18 miles |
| 2/23 | RRCA 10 Mile Challenge | 10 miles | 15 miles |
| 3/2 | | 12 miles | 20 miles |
| 3/9 | | 14 miles | 18 miles |
| 3/16 | | 12 miles | 20 miles |
| 3/23 | | 8 miles | 12 miles |
| 3/30 | | B&A Half Marathon | B&A Marathon |

Training pattern

(assumes 4X-5X a week runs; runners can add more days of easier pace running if they usually run more often)

M no training (nt) or cross training (ct)

T intervals

W or T tempo, other day recovery run or ct

F nt or ct

S long run

S recovery run

Weekly mileage (approximate)

| Date | 10 Miles | Half | Full |
|------|----------|--------|--------|
| 1/5 | 20 | 24 | 28 |
| 1/12 | 21 | 25 | 30 |
| 1/19 | 22 | 26 | 33 |
| 1/26 | 20 | 25 | 30 |
| 2/2 | 23 | 26 | 35 |
| 2/9 | 25 | 28 | 37 |
| 2/16 | 20 | 29 | 42 |
| 2/23 | 5+race | 27 | 39 |
| 3/2 | | 29 | 45 |
| 3/9 | | 32 | 47 |
| 3/16 | | 32 | 50 |
| 3/23 | | 24 | 30 |
| 3/3 | | 8+race | 9+race |

Running opportunities: Times and places

Long run: Saturday's 6:30 am Jones Station.

Intervals: Tuesday's 6 pm Navy Stadium at bench at Glen Avenue

Tempo: Thursday's 6 pm with Naptown Running Buddies at Maryland Hall. May offer Wednesday opportunity to replace Annapolis Running Shop run

Recovery Run: Sunday's at 7:30 am from Grumps parking lot