

Striders Half Marathon Training Program

Schedule: 1/2/2023 - 3/26/2023

Weeks to goal race week	Day	Date	PLAN										ACTUAL	
			WORKOUTS		LONG RUN PACE 12:00 / MILE	LONG RUN PACE 10:30 / MILE	LONG RUN PACE 9:00 / MILE	CROSS-TRAIN	DAY AND WEEK TOTALS			Dist.	Time	
			Run	Dist. in miles	Time in hrs: mins:sec	Time in hrs: mins:sec	Time in hrs: mins:sec	Time in hrs: mins:sec	Time for 12:00 runner	Time for 10:30 runner	Time for 9:00 runner			
11	Mon	1/2/2023	Cross train (CT)					0:30:00	0.00	0:30:00	0:30:00	0:30:00		
	Tues	1/3/2023	Run with pickups/changes of pace (intervals, f+ or g)	2.00	0:23:00	0:20:00	0:17:00		2.00	0:23:00	0:20:00	0:17:00		
	Wed	1/4/2023	Optional midweek normal pace (f) run	4.00	0:47:00	0:41:00	0:35:00		4.00	0:47:00	0:41:00	0:35:00		
	Thur	1/5/2023	Run ar faster than normal pace but controlled (tempo pace, f+)	2.00	0:23:00	0:20:00	0:17:00		2.00	0:23:00	0:20:00	0:17:00		
	Fri	1/6/2023	No training (NT)						0.00	0:00:00	0:00:00	0:00:00		
	Sat	1/7/2023	Long run	6.00	1:12:00	1:03:00	0:54:00		6.00	1:12:00	1:03:00	0:54:00		
	Sun	1/8/2023	NT						0.00	0:00:00	0:00:00	0:00:00		
<b>Week</b>				<b>14.00</b>	<b>2:45:00</b>	<b>2:24:00</b>	<b>2:03:00</b>	<b>0:30:00</b>	<b>14.00</b>	<b>3:15:00</b>	<b>2:54:00</b>	<b>2:33:00</b>		
10	Mon	1/9/2023	CT					0:30:00	0.00	0:30:00	0:30:00	0:30:00		
	Tues	1/10/2023	Run with pickups/changes of pace (intervals, f+ or g)	2.00	0:23:00	0:20:00	0:17:00		2.00	0:23:00	0:20:00	0:17:00		
	Wed	1/11/2023	Optional midweek normal pace (f) run	4.00	0:47:00	0:42:00	0:35:00		4.00	0:47:00	0:42:00	0:35:00		
	Thur	1/12/2023	Run, slightly faster than normal (f) pace, but controlled (tempo pace, f+)	3.00	0:34:30	0:30:00	0:25:30		3.00	0:34:30	0:30:00	0:25:30		
	Fri	1/13/2023	NT						0.00	0:00:00	0:00:00	0:00:00		
	Sat	1/14/2023	Long run	8.00	1:36:00	1:24:00	1:12:00		8.00	1:36:00	1:24:00	1:12:00		
	Sun	1/15/2023	NT						0.00	0:00:00	0:00:00	0:00:00		
<b>Week</b>				<b>17.00</b>	<b>3:20:30</b>	<b>2:56:00</b>	<b>2:29:30</b>	<b>0:30:00</b>	<b>17.00</b>	<b>3:50:30</b>	<b>3:26:00</b>	<b>2:59:30</b>		
9	Mon	1/16/2023	CT					0:30:00	0.00	0:30:00	0:30:00	0:30:00		
	Tues	1/17/2023	Run with pickups/changes of pace (intervals, f+ or g)	3.00	0:34:30	0:30:00	0:25:30		3.00	0:34:30	0:30:00	0:25:30		
	Wed	1/18/2023	Optional midweek normal pace (f) run	4.00	0:47:00	0:42:00	0:35:00		4.00	0:47:00	0:42:00	0:35:00		
	Thur	1/19/2023	Run, slightly faster than normal (f) pace, but controlled (tempo pace, f+)	3.00	0:34:30	0:30:00	0:25:30		3.00	0:34:30	0:30:00	0:25:30		
	Fri	1/20/2023	NT						0.00	0:00:00	0:00:00	0:00:00		
	Sat	1/21/2023	Long run	10.00	2:00:00	1:45:00	1:30:00		10.00	2:00:00	1:45:00	1:30:00		
	Sun	1/22/2023	NT						0.00	0:00:00	0:00:00	0:00:00		
<b>Week</b>				<b>20.00</b>	<b>3:56:00</b>	<b>3:27:00</b>	<b>2:56:00</b>	<b>0:30:00</b>	<b>20.00</b>	<b>4:26:00</b>	<b>3:57:00</b>	<b>3:26:00</b>		
8	Mon	1/23/2023	CT					0:30:00	0.00	0:30:00	0:30:00	0:30:00		
Recovery week	Tues	1/24/2023	Run with pickups/changes of pace (intervals, f+ or g)	3.00	0:34:30	0:30:00	0:25:30		3.00	0:34:30	0:30:00	0:25:30		
	Wed	1/25/2023	Optional midweek normal pace (f) run	4.00	0:47:00	0:42:00	0:35:00		4.00	0:47:00	0:42:00	0:35:00		
	Thur	1/26/2023	Run, slightly faster than normal (f) pace, but controlled (tempo pace, f+)	3.00	0:34:30	0:30:00	0:25:30		3.00	0:34:30	0:30:00	0:25:30		
	Fri	1/27/2023	NT						0.00	0:00:00	0:00:00	0:00:00		
	Sat	1/28/2023	Long run	8.00	1:36:00	1:24:00	1:12:00		8.00	1:36:00	1:24:00	1:12:00		
	Sun	1/29/2023	NT						0.00	0:00:00	0:00:00	0:00:00		
<b>Week</b>				<b>18.00</b>	<b>3:32:00</b>	<b>3:06:00</b>	<b>2:38:00</b>	<b>0:30:00</b>	<b>18.00</b>	<b>4:02:00</b>	<b>3:36:00</b>	<b>3:08:00</b>		
7	Mon	1/30/2023	CT					0:30:00	0.00	0:30:00	0:30:00	0:30:00		
	Tues	1/31/2023	Run with pickups/changes of pace (intervals, f+ or g)	3.00	0:34:30	0:30:00	0:25:30		3.00	0:34:30	0:30:00	0:25:30		
	Wed	2/1/2023	Optional midweek normal pace (f) run	5.00	0:58:45	0:51:15	0:43:45		5.00	0:58:45	0:51:15	0:43:45		

	Thur	2/2/2023	Run, slightly faster than normal (f) pace, but controlled (tempo pace, f+)	4.00	0:46:00	0:40:00	0:34:00		4.00	0:46:00	0:40:00	0:34:00		
	Fri	2/3/2023	NT						0.00	0:00:00	0:00:00	0:00:00		
	Sat	2/4/2023	Long run	10.00	2:00:00	1:45:00	1:30:00		10.00	2:00:00	1:45:00	1:30:00		
	Sun	2/5/2023	NT						0.00	0:00:00	0:00:00	0:00:00		
<b>Week</b>				<b>22.00</b>	<b>4:19:15</b>	<b>3:46:15</b>	<b>3:13:15</b>	<b>0:30:00</b>	<b>22.00</b>	<b>4:49:15</b>	<b>4:16:15</b>	<b>3:43:15</b>		
6	Mon	2/6/2023	CT					0:30:00	0.00	0:30:00	0:30:00	0:30:00		
	Tues	2/7/2023	Run with pickups/changes of pace (intervals, f+ or g)	4.00	0:46:00	0:40:00	0:34:00		4.00	0:46:00	0:40:00	0:34:00		
	Wed	2/8/2023	Optional midweek normal pace (f) run	5.00	0:58:45	0:51:15	0:43:45		5.00	0:58:45	0:51:15	0:43:45		
	Thur	2/9/2023	Run, slightly faster than normal (f) pace, but controlled (tempo pace, f+)	4.00	0:46:00	0:40:00	0:34:00		4.00	0:46:00	0:40:00	0:34:00		
	Fri	2/10/2023	NT						0.00	0:00:00	0:00:00	0:00:00		
	Sat	2/11/2023	Long run	12.00	2:24:00	2:06:00	1:48:00		12.00	2:24:00	2:06:00	1:48:00		
	Sun	2/12/2023	NT						0.00	0:00:00	0:00:00	0:00:00		
<b>Week</b>				<b>25.00</b>	<b>4:54:45</b>	<b>4:17:15</b>	<b>3:39:45</b>	<b>0:30:00</b>	<b>25.00</b>	<b>5:24:45</b>	<b>4:47:15</b>	<b>4:09:45</b>		
5	Mon	2/13/2023	CT					0:30:00	0.00	0:30:00	0:30:00	0:30:00		
	Tues	2/14/2023	Run with pickups/changes of pace (intervals, f+ or g)	4.00	0:46:00	0:40:00	0:34:00		4.00	0:46:00	0:40:00	0:34:00		
	Wed	2/15/2023	Optional midweek normal pace (f) run	6.00	1:10:30	1:01:30	0:52:30		6.00	1:10:30	1:01:30	0:52:30		
	Thur	2/16/2023	Run, slightly faster than normal (f) pace, but controlled (tempo pace, f+)	4.00	0:46:00	0:40:00	0:34:00		4.00	0:46:00	0:40:00	0:34:00		
	Fri	2/17/2023	NT						0.00	0:00:00	0:00:00	0:00:00		
	Sat	2/18/2023	Long run	14.00	2:48:00	2:27:00	2:06:00		14.00	2:48:00	2:27:00	2:06:00		
	Sun	2/19/2023	NT						0.00	0:00:00	0:00:00	0:00:00		
<b>Week</b>				<b>28.00</b>	<b>5:30:30</b>	<b>4:48:30</b>	<b>4:06:30</b>	<b>0:30:00</b>	<b>28.00</b>	<b>6:00:30</b>	<b>5:18:30</b>	<b>4:36:30</b>		
4	Mon	2/20/2023	CT					0:30:00	0.00	0:30:00	0:30:00	0:30:00		
Recovery week	Tues	2/21/2023	Run with pickups/changes of pace (intervals, f+ or g)	4.00	0:45:00	0:39:00	0:33:00		4.00	0:45:00	0:39:00	0:33:00		
	Wed	2/22/2023	Optional midweek normal pace (f) run	6.00	1:08:30	1:00:00	0:50:00		6.00	1:08:30	1:00:00	0:50:00		
	Thur	2/23/2023	Run, slightly faster than normal (f) pace, but controlled (tempo pace, f+)	4.00	0:45:00	0:39:00	0:33:00		4.00	0:45:00	0:39:00	0:33:00		
	Fri	2/24/2023	NT						0.00	0:00:00	0:00:00	0:00:00		
	Sat	2/25/2023	Long run, pick up last two miles	12.00	2:22:00	2:04:00	1:46:00		12.00	2:22:00	2:04:00	1:46:00		
	Sun	2/26/2023	NT						0.00	0:00:00	0:00:00	0:00:00		
<b>Week</b>				<b>26.00</b>	<b>5:00:30</b>	<b>4:22:00</b>	<b>3:42:00</b>	<b>0:30:00</b>	<b>26.00</b>	<b>5:30:30</b>	<b>4:52:00</b>	<b>4:12:00</b>		
3	Mon	2/27/2023	CT					0:30:00	0.00	0:30:00	0:30:00	0:30:00		
	Tues	2/28/2023	Run with pickups/changes of pace (intervals, f+ or g)	4.00	0:45:00	0:39:00	0:33:00		4.00	0:45:00	0:39:00	0:33:00		
	Wed	3/1/2023	Optional midweek normal pace (f) run	6.00	1:08:30	1:00:00	0:50:00		6.00	1:08:30	1:00:00	0:50:00		
	Thur	3/2/2023	Run, slightly faster than normal (f) pace, but controlled (tempo pace, f+)	5.00	0:56:30	0:49:00	0:41:30		5.00	0:56:30	0:49:00	0:41:30		
	Fri	3/3/2023	NT						0.00	0:00:00	0:00:00	0:00:00		
	Sat	3/4/2023	Long run	14.00	2:46:00	2:25:00	2:04:00		14.00	2:46:00	2:25:00	2:04:00		
	Sun	3/5/2023	NT						0.00	0:00:00	0:00:00	0:00:00		
<b>Week</b>				<b>29.00</b>	<b>5:36:00</b>	<b>4:53:00</b>	<b>4:08:30</b>	<b>0:30:00</b>	<b>29.00</b>	<b>6:06:00</b>	<b>5:23:00</b>	<b>4:38:30</b>		
2	Mon	3/6/2023	CT					0:30:00	0.00	0:30:00	0:30:00	0:30:00		
Begin taper	Tues	3/7/2023	Run with pickups/changes of pace (intervals, f+ or g)	4.00	0:45:00	0:39:00	0:33:00		4.00	0:45:00	0:39:00	0:33:00		
	Wed	3/8/2023	Optional midweek normal pace (f) run	6.00	1:08:30	1:00:00	0:50:00		6.00	1:08:30	1:00:00	0:50:00		

	Thur	3/9/2023	Run, slightly faster than normal (f) pace, but controlled (tempo pace, f+)	4.00	0:45:00	0:39:00	0:33:00		4.00	0:45:00	0:39:00	0:33:00	
	Fri	3/10/2023	NT						0.00	0:00:00	0:00:00	0:00:00	
	Sat	3/11/2023	Long run, pick up last 2 miles	12.00	2:22:00	2:04:00	1:46:00		12.00	2:22:00	2:04:00	1:46:00	
	Sun	3/12/2023	NT						0.00	0:00:00	0:00:00	0:00:00	
<b>Week</b>				<b>26.00</b>	<b>5:00:30</b>	<b>4:22:00</b>	<b>3:42:00</b>	<b>0:30:00</b>	<b>26.00</b>	<b>5:30:30</b>	<b>4:52:00</b>	<b>4:12:00</b>	
1	Mon	3/13/2023	CT					0:30:00	0.00	0:30:00	0:30:00	0:30:00	
Taper	Tues	3/14/2023	Run with pickups/changes of pace (intervals, f+ or g)	2.00	0:23:00	0:20:00	0:17:00		2.00	0:23:00	0:20:00	0:17:00	
	Wed	3/15/2023	Optional midweek normal pace (f) run	4.00	0:47:00	0:42:00	0:35:00		4.00	0:47:00	0:42:00	0:35:00	
	Thur	3/16/2023	Run, slightly faster than normal (f) pace, but controlled (tempo pace, f+)	3.00	0:34:00	0:29:00	0:24:30		3.00	0:34:00	0:29:00	0:24:30	
	Fri	3/17/2023	NT						0.00	0:00:00	0:00:00	0:00:00	
	Sat	3/18/2023	Long run, pick up last two miles	8.00	1:34:00	1:22:00	1:10:00		8.00	1:34:00	1:22:00	1:10:00	
	Sun	3/19/2023	NT						0.00	0:00:00	0:00:00	0:00:00	
<b>Week</b>				<b>17.00</b>	<b>3:18:00</b>	<b>2:53:00</b>	<b>2:26:30</b>	<b>0:30:00</b>	<b>17.00</b>	<b>3:48:00</b>	<b>3:23:00</b>	<b>2:56:30</b>	
Race week	Mon	3/20/2023	CT					0:30:00	0.00	0:30:00	0:30:00	0:30:00	
	Tues	3/21/2023	Run with pickups/changes of pace (intervals, f+ or g)	3.00	0:34:00	0:29:00	0:24:30		3.00	0:34:00	0:29:00	0:24:30	
	Wed	3/22/2023	Half marathon rehearsal run, run at half marathon race	3.00	0:34:00	0:29:30	0:25:00		3.00	0:34:00	0:29:30	0:25:00	
	Thur	3/23/2023	NT						0.00	0:00:00	0:00:00	0:00:00	
	Fri	3/24/2023	Easy run	2.00	0:24:00	0:21:00	0:18:00		2.00	0:24:00	0:21:00	0:18:00	
	Sat	3/25/2023	NT						0.00	0:00:00	0:00:00	0:00:00	
	Sun	3/26/2023	<b>B&amp;A Half Marathon</b> (plus a 2 mile warmup with some accelerations at the end)	13.10	2:29:00	2:09:00	1:50:00		13.10	2:29:00	2:09:00	1:50:00	
<b>Week</b>				<b>21.10</b>	<b>4:01:00</b>	<b>3:28:30</b>	<b>2:57:30</b>	<b>0:30:00</b>	<b>21.10</b>	<b>4:31:00</b>	<b>3:58:30</b>	<b>3:27:30</b>	

**RUNNING KEY Basics:** s:=stretching time m=minutes of activity :40=40 seconds of activity 800=800 meters 7x=7 times the distance 4-6X=4 to 6 times the distance wu=warm-up wd=warm-down nt=no training ct=cross train **Paces:** vf=very fresh, wu/wd/recovery, to 65% effort f=fresh, 65-75%, normal/conversational pace f+=fresh plus, 75-80%, 10K race pace, lactate threshold g=good, 80-90%, 5K race pace h=hard, 95-100%, but not all-out! rs=racing strides, 100 meters g, 5 sec rest in between bu=build-up, start f, by end run near h **Intervals:** (XX)=recovery distance/minutes between intervals [XX] recovery distance/minutes between sets {XX}=total time of workout **Training:** Straights and curves=run the track vf on curves, g on straights Telephone pole sprints=strides on the road, hard between 2 poles, easy to next pole, repeat VO2 MAX repeats=shorter g (at 5K race pace) pace intervals, longer vf in between "Cruise" or tempo intervals=longer lactate threshold (10K to 10 mile race) pace intervals, shorter vf to f in between Tempo=steady state run for the time or distance at lactate threshold (10K to 10 mile race) pace Fartlek=unstructured pickups ("speed play" in Swedish)