

INTERMEDIATE PLAN

Note: This program is created for those looking to improve their time, who has a run a 1/2 before. The focus is to create workouts will get the biggest bang for our buck. Please read below for more detailed information.

Active Recovery This may include easy swimming, restorative yoga, foam rolling and/or mobility exercises to help with recovery

Warm UP: Before Speed, Strength and Tempo Runs [1 mile run PLUS 4 x 24 step bursts building speed every 8 steps, Res

Cooldown: Post Speed, Strength and Tempo Runs complete a 1/2-1 Mile EZ jog

Speed Workouts: Be as consistent as possible completing the efforts within seconds of each other. Be patient as this takes time to nail down. These are NOT an all out effort! These should feel strong yet doable.

Main Set: Refer to the Chart above Run these at a 5k pace

Rest Between Sets: Should equal 50-100% of your interval time

Example: Franny Fasty Pants runs her 5k at an 8 min/mile pace. She would then complete her 400's in 2 min

Her Day 1 Splits - 1:58, 2:01, 2:00, 2:01, 2:02, 1:59, 2:01, 1:58

She took 2 min off in between her 400's

Strength Runs: These runs help train your muscles to work through the discomfort of lactic acid accumulation. In addition, these workouts teach your exercising muscles to get better at removing lactic acid, as well as improving running economy meaning using less oxygen at same effort. In my eyes, a game changer.

Main Set: Refer to the chart above Run these at 10 sec/mile faster than 1/2 Marathon goal pace

Rest Between Sets: 400 EZ jog in between intervals

Example: Maddy's goal pace for the 1/2 marathon is 8 min/mile so she will run these at 7:50/mile

Tempo Runs: The goal here is to learn control - internalize your race pace. These are dress rehearsals for race day You are to run these at your 1/2 marathon intended goal pace.

Main Set: Is the mileage listed above in chart on Fridays

Long Runs: Run these 1-2 minutes slower than your goal pace. Make sure you don't run these too hard.

EXTRA CREDIT These activities have been shown to help with your training.

*Incorporating rolling out bottom of feet with golf, tennis or lacrosse ball. 5 min a day will really help

http://running.competitor.com/2015/06/injury-prevention/how-to-loosen-your-feet-with-a-golf-ball_

*Including a short mobility routine before you head out doors

<http://blog.mapmyrun.com/6-hip-mobility-exercises-for-your-pre-run-warm-up/>

*Complete these Bobby McGee running drills to build proper mechanics. I do these on easy run days or use as part of my warm

<https://www.youtube.com/watch?v=5ZKA2-Sb0Tk>

*Complete Self-Myofascial Release to aid in recovery. Check out this great 30 min routine.