

STEEPLECHASERS HALF MARATHON TRAINING PLAN FALL 2017

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 7/3/17				3 Miles CP	Rest/Walk	1st GROUP RUN/ INTRODUCTION 5 Miles CP	2-3 Miles RR or Cross-Train
2 7/10/17		4 Miles CP	3-4 Miles CP	3-5 Miles CP	Rest/Walk	6 Miles CP or Sunday Run if Catoctin 50K Volunteering	6 MILES CP
3 7/17/17		4-5 Miles 2-3 @ Tempo	3-4 Miles CP	3-5 Miles w/ Fartleks	Rest/Walk	RUN FOR THE PIE 10K RACE FREE for Steeps, just bring a pie!	2-3 Miles RR or Cross-Train
4 7/24/17		4-5 Miles 2-3 @ Tempo	3-4 Miles CP	3-5 Miles w/ Fartleks	Rest/Walk	7 Miles CP	2-3 Miles RR or Cross-Train
5 7/31/17		4-5 Miles 2-3 @ Tempo	3-4 Miles CP	3-4 Miles w/ Fartleks	Rest/Walk	FSRC Women's Distance Festival	8 Miles CP, or recovery 2-4 miles if raced Saturday
6 8/7/17		5-6 Miles 3-4 @ Tempo	3-4 Miles CP	3-5 Miles w/ Fartleks or 800m intervals	Rest/Walk	7 Miles CP	2-3 Miles RR or Cross-Train
7 8/14/17		5-6 Miles 3-4 @ Tempo	3-4 Miles CP	3-5 Miles w/ Fartleks or 800 m intervals	Rest/Walk	9 MILES CP	2-3 Miles RR or Cross-Train
8 8/21/17		5-6 Miles 3-4 @ Tempo	3-4 Miles CP	3-5 Miles w/ Fartleks or 800 m intervals	Rest/Walk	10 Miles CP	2-3 Miles RR or Cross-Train
9 8/28/17		5-6 Miles 3-4 @ Tempo	3-4 Miles CP	3-5 Miles w/ Fartleks or 800 m intervals	Rest/Walk	8 Miles CP (Last 3 at Race Pace)	2-3 Miles RR or Cross-Train
10 9/4/17		5-6 Miles 3-4 @ Tempo	3-4 Miles CP	3-5 Miles w/ Fartleks or 800 m intervals	Rest/Walk	1 Mile Warmup + FSRC Market Street Mile	11 Miles CP (Last 3 @ RP)
11 9/11/17		5-6 Miles CP 3-4 @ RP	3-4 Miles CP	3-5 Miles w/ Fartleks or 800 m intervals	2-3 CP Miles or Cross-Train	Rest or 12 Miles CP if not running RICK's RUN	FSRC RICK's 5.22 Mile TRAIL RUN (Run 2 loops)
12 9/18/17		5-6 Miles CP 3-4 @ RP	3-4 Miles CP	3-4 Miles CP	Rest/Walk	8 Miles CP	REST/Walk
13 9/25/17 Taper/Race Week	REST/WALK	3 Miles CP	2 Miles CP	REST	REST	9/30/17 FREEDOM'S HALF MARATHON	

CP=Conversation Pace, MP= Marathon Pace, HMP=Half Marathon Pace, Tempo=1 hour max pace, RR=Recovery Run

HIGHLIGHTED=Group Run, HIGHLIGHTED=Training Race, HIGHLIGHTED=Goal Race

***You may run Intervals, Hill Repeats, or Fartleks on Thursdays. Beginners can run all runs at a CP pace. These paces will all be explained during training. You may also run the Steeps Decathlon Series on Wednesdays but add a 2 mile warmup run before the event. Don't run 2 "effort runs" in a row. "Effort Runs" are Intervals, Tempo, or "Long Run"**

Our 800m intervals are simple and you don't need a track.

-Run a 1.5-2 mile easy warmup first

-Then run 800m (1/2 mile on your GPS) at your 1 mile race pace

-Follow each with a slow 400m (1/4 mile on GPS) recovery jog

-Run 3-5 sets of the intervals followed by a nice post run stretching session

***You can flex the weekday runs to whichever days work for you. We do suggest resting the day before the Saturday long-run and not running two "effort runs" in a row.