

Plan B is ideal for:

- (1) Runners with a solid running base, comfortable racing the half marathon distance, and just looking to fine tune or get back into race shape
- (2) Veteran half marathoners looking to set a significant PR

Recommended base prior to beginning Plan B:

- (1) Consistently running 4 or more days a week for several months, with total weekly mileage in the 15+ mile range
- (2) Comfortable with a long run of 6-8 miles
- (3) Comfortable running moderate hills

If in doubt, use Plan A. Both plans will get you to the finish line. Choosing Plan B if you don't have the required base and aren't ready for the level of intensity can lead to injury. Even when choosing Plan B, particularly on Tuesdays, you can always drop back and do the Plan A workout for that day on weeks you are feeling a bit spent.

Monday Strength and/or Cross Training

Do a 30-60 minute low impact cross training or strength training workout. Swimming, cycling, and/or yoga are good choices. A strength training workout at the gym that focuses on upper body, core, and hip strengthening is also a good choice. With strength training workouts, dial it back a little. A little soreness and fatigue the next day is okay, but you should not be so sore and tired that it significantly affects your run.

Tempo Tuesday

Get comfortable being uncomfortable. After a 1-2 mile warm-up at conversational pace, run tempo pace – a pace which is comfortably hard. You should be able to speak if necessary, but only 4-5 words at a time.

Bonus Wednesday Run

Choose one based on how you are feeling:

- (1) Run workout listed followed immediately by the BASIC 5 workout or a strength training workout in the gym
- (2) Skip the listed run workout, and do a strength training circuit workout that has a heavy cardio component instead
- (3) Separate the run workout and a strength training workout by at least 6 hours, doing one in the morning, one in the evening
- (4) On weeks you are feeling beat up and tired, skip the run and do cross training and/or strength training only

Thursday Fartleks, Hills, or 800m Intervals

This workout should be short and sweet. Start with a 1-1.5 mile warm-up. Then 10-20 minutes of one of the following (unless otherwise listed):

- (1) Fartleks – 30-60 second bursts of a pace that is hard, but not a sprint, recover with an easy jog, repeat.
- (2) Hills – Pick a hill route. Push the climbs. Relax on the downs and flats. Or...run repeats up the ramps of a parking deck. Or...pick a hill with a steady grade...do repeats of 1-2 minutes climb, easy down.
- (3) 800m Intervals – ½ mile at 1 mile race pace, ¼ mile recovery, repeat.

On weeks you are feeling particularly fatigued, this workout can be purely a conversational pace run instead.

Saturday Long Run

The Saturday long run is the key workout for the week. Take it slow enough that you aren't completely wiped out at the end of the run. You should feel tired, but not so tired that you just want to sit on the couch for the rest of the day.

Sunday Recovery Run

Get moving on Sunday to work out any stiffness or soreness from the Saturday long run.

Moving Days Around

Life happens. Sometimes you may need to move runs around. We recommend looking at your weekly schedule every Sunday evening, and planning into your week when you are going to do your runs. **Consistency is the key factor to success in running.** It is okay to move your weekday runs to other days within these rules:

- (1) Don't run more than three days in a row.

- (2) Keep a minimum of one day between a tempo or bonus run and a long run. (e.g. – bonus on Thursday, long on Sat)
- (3) If you absolutely must drop a run for a week, drop the Sunday mileage.
If you have further questions about what to do, please ask your coach.

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2/4/19				Informational Meeting 6:00 pm			
1 2/11/19	Strength, and/or Cross Training	4 Miles CP	3 miles CP + Strength	3-4 Miles CP	OFF	5 Miles CP	2-3 Miles RR
2 2/18/19	Strength, and/or Cross Training	4-5 Miles 20-25 min at Tempo	3 miles CP + Strength	3-4 Miles CP with 10 strides in last 2 miles	OFF	6 Miles CP or 0-2 miles CP if racing Sunday	2-3 Miles RR <i>*MD RRCA Club Challenge 10- Miler</i>
3 2/25/19	Strength, and/or Cross Training	4-5 Miles 20-25 min at Tempo	3 miles CP + Strength	3-4 Miles CP with 10 fartleks in last 2 miles	OFF	7 Miles CP	2-3 Miles RR
4 3/4/19 Recovery Week	Strength, and/or Cross Training	4 Miles CP	3 miles CP + Strength	3-4 Miles CP	OFF	4-5 mile CP or Forest of Needwood 5-Mile Race	OFF
5 3/11/19	Strength, and/or Cross Training	4-5 Miles CP	4 miles CP + Strength	3-4 Miles CP Fartleks, hills, or 800m intervals	OFF	8 Miles CP	3 Miles RR
6 3/18/19	Strength, and/or Cross Training	5-6 Miles 20-30 min at Tempo	4 miles CP + Strength	3-4 Miles CP	OFF	9 Miles CP or 0-2 miles CP if racing Sunday	3 Miles RR or Mission 10-Miler
7 3/25/19	Strength, and/or Cross Training	5-6 Miles 20-30 min at Tempo (or CP if M10M)	4 miles CP + Strength	3-4 Miles CP Fartleks, hills, or 800m intervals	OFF	10 Miles CP	3 Miles RR
8 4/1/19 Recovery Week	Strength, and/or Cross Training	5 Miles CP	4 miles CP + Strength	3-4 Miles CP	OFF	6 Miles CP	OFF
9 4/8/19	Strength, and/or Cross Training	5-6 Miles 20-30 min at Tempo	5 miles CP + Strength	3-4 Miles CP Fartleks, hills, or 800m intervals	OFF	11 Miles CP	3-4 Miles RR
10 4/15/19	Strength, and/or Cross Training	5-6 Miles 3-4 Miles at Tempo	5 miles CP + Strength	3-4 Miles CP Fartleks, hills, or 800m intervals	OFF	12 Miles CP Fred Run Fest 12- Mile Training Run	3-4 Miles RR
11 4/22/19	Strength, and/or Cross Training	4-5 Miles 3-4 Miles at RP	5 miles CP + Strength	3-4 Miles CP	OFF	8 Miles CP	3 Miles RR
12 4/29/19 Taper - Race Week	OFF	3 Miles 2 x 1 Miles at RP	OFF	4 Miles CP	OFF	0-2 Miles CP	5/5/2019 FREDERICK HALF MARATHON

HIGHLIGHTED=Group Run

HIGHLIGHTED=Training Race

HIGHLIGHTED=Goal Race

CP = Conversational Pace – you should be able to speak in full sentences

RR = Recovery Run – take your conversational pace and slow it down even more, walk hills if necessary

RP = Race Pace – goal race pace