

Half de Paris TX - March 4, 2017 - Half Marathon Intermediate Training Plan

WEEK	Week	Recovery	No Warm Up	Threshold	Begin with a 1 mile Warm Up, then 5 min recovery	Peak	Begin with a 1 mile Warm Up, then 5 min recovery	Long	Warm up on the 1st mile	
	Begins W/				Finish with a 1 mile Cool Down		Finish with a 1 mile Cool Down			
		Day	Monday		Tuesday		Thursday		Saturday	Total
		Miles		Miles		Miles		Miles		Miles
1	12/31/2016	4	RPE 4 or Below	5.6	3x1 milc @ RPE 6, 0.20 milc @ RPE 3	4.5	10 x 300m @ RPE 7+, 100m walk @ RPE 2	9	8 mile @ RPE 4, 1 mile @ RPE 6	23
2	1/7/2017	5	RPE 4 or Below	6.6	4x1 mile @ RPE 6, 0.15 mile @ RPE 3	5	12 x 300m @ RPE 7+, 100m walk @ RPE 2	10	9 mile @ RPE 4, 1 mile @ RPE 6	27
3	1/14/2017	4	RPE 4 or Below	5.75	3x1 mile @ RPE 6, 0.25 mile @ RPE 3	4	8 x 300m @ RPE 7+, 100m walk @ RPE 2	7	6 mile @ RPE 4, 1 mile @ RPE 6	21
4	1/21/2017	5	RPE 4 or Below	6.5	2x2 mile @ RPE 6, 0.25 mile @ RPE 3	4.2	6 x 500m @ RPE 7+, 100m walk @ RPE 2	10	2 x 4 mile @ RPE 4, 1 mile @ RPE 6	26
5	1/28/2017	5	RPE 4 or Below	6.4	2x2 mile @ RPE 6, 0.20 mile @ RPE 3	5	8 x 500m @ RPE 7+, 100m walk @ RPE 2	12	2 x 4.5 mile @ RPE 4, 1.5 mile @ RPE 6	28
6	2/4/2017	5	RPE 4 or Below	6.3	2x2 mile @ RPE 6, 0.15 mile @ RPE 3	5.6	10 x 500m @ RPE 7+, 100m walk @ RPE 2	9	3 x 2 mile @ RPE 4, 1 mile @ RPE 6	26
7	2/11/2017	4	RPE 4 or Below	5.75	3x1 milc @ RPE 6, 0.25 milc @ RPE 3	5	6 x 700m @ RPE 7+, 100m walk @ RPE 2	13	2 x 4.5 mile @ RPE 4, 2.0 mile @ RPE 6	28
8	2/18/2017	5	RPE 4 or Below	5.25	1x3 milc @ RPE 6, 0.25 milc @ RPE 3	6	8 x 700m @ RPE 7+, 100m walk @ RPE 2	14	3 x 3 mile @ RPE 4, 1.5 mile @ RPE 6	30
9	2/25/2017	5	RPE 4 or Below	5.25	1x3 mile @ RPE 6, 0.25 mile @ RPE 3	5.5	7 x 700m @ RPE 7+, 100m walk @ RPE 2	7	6 mile @ RPE 4, 1 mile @ RPE 6	23
10	3/4/2017	4	RPE 4 or Below	4.3	2x1 mile @ RPE 6, 0.15 mile @ RPE 3		OFF	13.1	Race Day	21

If you have questions about the plan, are interested in completing a VO2 assessment, or would like to work directly with Coach Donnie Campbell, he can be reached via email at dcampbell3@lifetimefitness.com