

Mileage Builder Training Plan – Cypress Half Marathon

Weeks To Go	Dates	Tuesday	Thursday	Saturday
24	5/31-6/6	4x400 meters w/2 minute RI (Beginner: 2-3 miles w/2 minute RI)	2 mile Tempo (Beginner: run 2 miles w/o stopping)	4 miles
23	6/7-6/13	2x1200 meters w/3 minute RI (Beginner: 2-3 miles w/2 minute RI)	2 mile Tempo (Beginner: run 2 miles w/o stopping)	5 miles
22	6/14-6/20	4x800 meters w/2 minute RI (Beginner: 2-3 miles w/2 minute RI)	2 mile Tempo (Beginner: run 2 miles w/o stopping)	6 miles
21	6/21-6/27	2x1600 meters w/4 minute RI (Beginner: 2-3 miles w/2 minute RI)	2 mile Tempo (Beginner: run 2 miles w/o stopping)	4 miles
20	6/28-7/4	6x400 meters w/2 minute RI (Beginner: 3-4 miles with 1 minute RI)	2 mile Tempo (Beginner: run 3 miles w/o stopping)	6 miles
19	7/5-7/11	3x1200 meters w/3 minute RI (Beginner: 3-4 miles with 1 minute RI)	2 mile Tempo (Beginner: run 3 miles w/o stopping)	7 miles
18	7/12-7/18	5x800 meters w/2 minute RI (Beginner: 3-4 miles with 1 minute RI)	2 mile Tempo (Beginner: run 3 miles w/o stopping)	8 miles

Weeks To Go	Dates	Tuesday	Thursday	Saturday
17	7/19-7/25	3x1600 meters w/4 minute RI (Beginner: 3-4 miles with 1 minute RI)	2 mile Tempo (Beginner: run 3 miles w/o stopping)	4 miles
16	7/26-8/1	8x400 meters w/90 second RI	3 mile Tempo	6 miles/7 for CHM
15	8/2-8/8	4x1200 meters w/2 minute RI	3 mile Tempo	8 miles/9 for CHM
14	8/9-8/15	6x800 meters w/90 second RI	3 mile Tempo	9 miles/10 for CHM
13	8/16-8/22	3x1600 meters w/3 minute RI	3 mile Tempo	6 miles/7 for CHM
12	8/23-8/29	10x400 meters w/90 second RI	4 mile Tempo	10 miles/9 for CHM
11	8/30-9/5	5x1200 meters w/2 minute RI	4 mile Tempo	11 miles or race 13.1 CHM
10	9/6-9/12	7x800 meters w/90 second RI	4 mile Tempo	12 miles
9	9/13-9/19	3x1600 meters w/3 minute RI	4 mile Tempo	8 miles
8	9/20-9/26	12x400 meters w/90 second RI	5 mile Tempo	10 miles

Weeks To Go	Dates	Tuesday	Thursday	Saturday
7	9/27-10/3	5x1200 meters w/90 second RI	5 mile Tempo	12 miles
6	10/4-10/10	8x800 meters w/2 minute RI	3 mile Tempo	8 miles
5	10/11-10/17	3x1600 meters w/2 minute RI	5 mile Tempo	10 miles
4	10/18-10/24	12x400 meters w/1 minute RI	3 mile Tempo	12 miles
3	10/25-10/31	6x1200 meters w/2 minute RI	5 mile Tempo	8 miles
2	11/1-11/7	6x800 meters w/2 minute RI	4 mile Tempo	4 miles
1	11/8-11/14	30 minutes easy	40 minutes easy	RACE DAY

Notes: Begin this plan only if you already have a 3-6 month running base of at least 4-6 miles per run.

If you are brand new to running, please review this (or any other) training plan and racing goals with your coaches.

Do not run on consecutive days. If you miss a run, shift all for that week or skip it.

Runs #1 and #2 are the same for both full and half marathon training.

For your long run, follow the plan for your goal race. If you will be doing (for example), the Cypress half as part of your Chevron Marathon training, use the marathon LR distances.

Intervals workouts are prescribed in terms of the number of repetitions and the distance (in miles or meters). One mile is roughly 1,600 meters, and a typical track is 400 meters long. A workout that states “4 x 1200” means that you run three laps (or $\frac{3}{4}$ of a mile) at an appropriately fast pace, recover, and repeat three more times.

The “recovery intervals” allow your heart rate and breathing to return to a reasonable level. Feel free to lengthen these if it helps you complete the work-out at your goal times.

If you are running with the group in Cole's Crossing, glow sticks will be placed as specific distances to help with your interval runs.

For Tempo runs, add a warm-up and cooldown to the planned distance. If a 3 mile Tempo is scheduled, a one mile warm-up, followed by the 3 mile tempo (continuous 3 mile run at tempo pace), then a one mile cooldown is appropriate. Total distance for that work-out would be five miles.

The “right” pace for the Tempo Runs and Intervals is the fastest pace that allows you to complete all repetitions in nearly the same time. If you find that your times are increasing as the workout progresses, then this indicates that you started too fast.

If you are not comfortable setting your own pace for the interval or tempo runs, your coaches will be happy to help you with this.

Lastly, recognize that training for a full or a half marathon is hard. That is why we strongly suggest that runners have at least a 3-6 month base built up before undertaking either of these race distance goals. Please work with your coaching staff if you have any questions, doubts or concerns.

Disclaimer: Consult a qualified medical professional before beginning any exercise program; information presented above is not intended to be a substitute for professional medical advice or treatment. When you choose to follow this or any training plan, you do so entirely at your own risk.

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