

Mileage Builder Training Plan 2021/2022

Week #	Monday Dates for Houston Marathon and Half Marathon	Monday Dates for Cypress Half Marathon	Monday Dates for Vintage Park Half Marathon	Run #1 (Intervals)	Run #2 (Tempo)	Base Building Runs for Beginners (Runs #1 & #2)	Long Run - Marathon	Long Run - Half Marathon	Training Phase (goal for the specific segment of training)
1	8/2	5/31	11/1	4x400 meters w/2 minute RI	2 mile Tempo	Run #1: 2-3 miles and run #2 = run 2 miles w/o stopping	6 miles	4 miles	Racing Base
2	8/9	6/7	11/8	2x1200 meters w/3 minute RI	2 mile Tempo	Run #1: 2-3 miles and run #2 = run 2 miles w/o stopping	7 miles	5 miles	Racing Base
3	8/16	6/14	11/15	4x800 meters w/2 minute RI	2 mile Tempo	Run #1: 2-3 miles and run #2 = run 2 miles w/o stopping	8 miles	6 miles	Racing Base
4	8/23	6/21	11/22	2x1600 meters w/4 minute RI	2 mile Tempo	Run #1: 2-3 miles and run #2 = run 2 miles w/o stopping	6 miles	4 miles	Racing Base
5	8/30	6/28	11/29	6x400 meters w/2 minute RI	2 mile Tempo	Run #1: 3-4 miles and run #2 = run 2 miles w/o stopping	8 miles	6 miles	Racing Base
6	9/6	7/5	12/6	3x1200 meters w/3 minute RI	2 mile Tempo	Run #1: 3-4 miles and run #2 = run 2 miles w/o stopping	9 miles	7 miles	Racing Base
7	9/13	7/12	12/13	5x800 meters w/2 minute RI	2 mile Tempo	Run #1: 3-4 miles and run #2 = run 2 miles w/o stopping	10 miles	8 miles	Racing Base
8	9/20	7/19	12/20	3x1600 meters w/4 minute RI	2 mile Tempo	Run #1: 3-4 miles and run #2 = run 2 miles w/o stopping	6 miles	4 miles	Racing Base
9	9/27	7/26	12/27	8x400 meters w/90 second RI	3 mile Tempo	Meet with a coach to determine training readiness	10 miles	6 miles	Speed
10	10/4	8/2	1/3	4x1200 meters w/2 minute RI	3 mile Tempo		12miles	8 miles	Speed
11	10/11	8/9	1/10	6x800 meters w/90 second RI	3 mile Tempo		13 miles	9 miles	Speed
12	10/18	8/16	1/17	3x1600 meters w/3 minute RI	3 mile Tempo		10 miles	6 miles	Speed
13	10/25	8/23	1/24	10x400 meters w/90 second RI	4 mile Tempo		14 miles	10 miles	Speed
14	11/1	8/30	1/31	5x1200 meters w/2 minute RI	4 mile Tempo		15 miles	11 miles	Speed
15	11/8	9/6	2/7	7x800 meters w/90 second RI	4 mile Tempo		17 miles	12 miles	Speed
16	11/15	9/13	2/14	3x1600 meters w/3 minute RI	4 mile Tempo		13 miles	8 miles	Speed
17	11/22	9/20	2/21	12x400 meters w/90 second RI	5 mile Tempo		18 miles	10 miles	Endurance
18	11/29	9/27	2/28	5x1200 meters w/90 second RI	5 mile Tempo		15 miles	12 miles	Endurance
19	12/6	10/4	3/7	8x800 meters w/2 minute RI	3 mile Tempo		20 miles	8 miles	Endurance
20	12/13	10/11	3/14	3x1600 meters w/2 minute RI	5 mile Tempo		15 miles	10 miles	Endurance
21	12/20	10/18	3/21	12x400 meters w/1 minute RI	3 mile Tempo		20 miles	12 miles	Endurance
22	12/27	10/25	3/28	6x1200 meters w/2 minute RI	5 mile Tempo		15 miles	8 miles	Endurance
23	1/3	11/1	4/4	6x800 meters w/2 minute RI	4 mile Tempo		8-10 miles	4 miles	Taper
24	1/10	11/8	4/11	30 minutes easy	40 minutes easy		Race 26.2 miles	Race 13.1 miles	Race week

Notes: Begin this plan only if you already have a 3+ month running base of at least 3-5 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.

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 ¾ of a mile) at an appropriately fast pace, recover, and repeat three more times. The goal is to run each training repeat in approximately the same time. This holds for each recovery interval (RI) as well (these should also be approximately the same duration or distance) however it is important that you allow your HR to drop to near resting rate.

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.

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

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+ 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.

2021-22 CRC Supported Race Dates:

Cypress Half Marathon – 11/14/2021

Aramco Half Marathon – 1/16/2022

Chevron Full Marathon – 1/16/2022

Vintage Park Half Marathon – 4/17/2021 TBC

Training Start Dates

5/31/2021 with full Racing Base cycle

8/2/2021 with full Racing Base cycle

8/2/2021 with full Racing Base cycle

11/1/2021 with full Racing Base cycle