

Mileage Builder Training Plan 2022/2023

Week #	Monday Dates for Cypress Half Marathon	Run #1: Speed Work / Intervals		Run #2: Tempo Run		Long Run: Half Marathon
24	5/30	1/2 mile warm up; 6x400 meters w/2 minute RI; 1/2 - 1 mile cool down	1.5 +1	1/4 mile warm up; Base Tempo: 1 + 1 + 1; 1/4 cool down	3.5	4
23	6/6	1/2 mile warm up; 8x400 meters w/90 second RI; 1/2 - 1 mile cool down	2 +1	1/4 mile warm up; Goal Tempo: 1 + 1 + 1; 1/4 cool down	3.5	5
22	6/13	1/2 mile warm up; 10x400 meters w/90 second RI; 1/2 - 1 mile cool down	2.5 +1	1/4 mile warm up; Stretch Tempo: 1 + 1 + 1; 1/4 cool down	3.5	5
21	6/20	Easy 3 miles	3	Easy 4 miles	4	4
20	6/27	1/2 mile warm up; 8x400 meters w/90 second RI; 1/2 - 1 mile cool down	2 +1	1/4 mile warm up; Base Tempo: 1.5 + 1.5; 1/4 cool down	3.5	6
19	7/4	1/2 mile warm up; 10x400 meters w/90 second RI; 1/2 - 1 mile cool down	2.5 +1	1/4 mile warm up; Goal Tempo: 1.5 + 1.5; 1/4 cool down	3.5	7
18	7/11	1/2 mile warm up; 12x400 meters w/1 minute RI; 1/2 - 1 mile cool down	3 +1	1/4 mile warm up; Stretch Tempo: 1.5 + 1.5; 1/4 cool down	3.5	8
17	7/18	Easy 3 miles	3	Easy 4 miles	4	4
16	7/25	1/2 mile warm up; 4x800 meters w/90 second RI; 1/2 - 1 mile cool down	2 +1	1/4 mile warm up; Base Tempo: 1.5 + 1.5 + 1; 1/4 mile cool down	4.5	6
15	8/1	1/2 mile warm up; 6x800 meters w/90 second RI; 1/2 - 1 mile cool down	3 +1	1/4 mile warm up; Goal Tempo: 1.5 + 1.5 + 1; 1/4 mile cool down	4.5	8
14	8/8	1/2 mile warm up; 8x800 meters w/90 second RI; 1/2 - 1 mile cool down	4 +1	1/4 mile warm up; Goal Tempo: 1.5 + 1.5 + 1; 1/4 mile cool down	4.5	9
13	8/15	Easy 4 mile run	4	Easy 5 mile run	5	6
12	8/22	1/2 mile warm up; 3x1200 meters w/2 minute RI; 1/2 - 1 mile cool down	2.25 +1	1/2 mile warm up; Base Tempo: 2 + 2; 1/2 mile cool down	4.5	10
11	8/29	1/2 mile warm up; 4x1200 meters w/2 minute RI; 1/2 - 1 mile cool down	3 +1	1/2 mile warm up; Goal Tempo: 2 + 2; 1/2 mile cool down	4.5	11

10	9/5	1/2 mile warm up; 5x1200 meters w/2 minute RI; 1/2 -1 mile cool down	3.75 + 1	1/2 mile warm up; Stretch Tempo: 2 + 2; 1/2 mile cool down	4.5	12
9	9/12	Easy 4 mile run	4	Easy 5 mile run	5	8
8	9/19	1/2 mile warm up; 3x1600 meters w/4 minute RI; 1/2 -1 mile cool down	3 + 1	1/2 mile warm up; Base Tempo: 1 + 3; 1/2 mile cool down	4.5	10
7	9/26	1/2 mile warm up; 3x1600 meters w/3 minute RI; 1/2 -1 mile cool down	3 + 1	1/2 mile warm up; Goal Tempo: 1 + 3; 1/2 mile cool down	4.5	12
6	10/3	1/2 mile warm up; 4x1600 meters w/2 minute RI; 1/2 -1 mile cool down	4 + 1	1/2 mile warm up; Stretch Tempo: 1 + 3; 1/2 mile cool down	4.5	8
5	10/10	Easy 4 mile run	4	Easy 5 mile run	5	10
4	10/17	Flat Pyramid: 1/2 mile warm up; 200, 400, 800, 1200, 1200, 800, 400, 200 - with 60 second RI; 1/2 mile cool down	3.25 + 1	1/2 mile warm up; Base Tempo: 4; 1/2 mile cool down	4.5	12
3	10/24	Full Pyramid: 1/2 mile warm up; 400, 800, 1200, 1600, 1200, 800, 400, - with 60 second RI; 1/2 mile cool down	4 + 1	1/2 mile warm up; Goal Tempo: 4; 1/2 mile cool down	4.5	8
2	10/31	Invesre Pyramid: 1/2 mile warm up; 1200, 800, 400, 800, 1200 - 60 second RI; 1/2 mile cool down	2.75 + 1	1/2 mile warm up; Stretch Tempo: 4; 1/2 mile cool down	4.5	6
1	11/7	3 mile easy run	3	40 minutes conversational pace		13.1

Conversational	Interval/Speed		Tempo Training			Race Projections					
	>800m	<=800m	Base	Goal	Stretch	Marathon		½ Marathon		10K	
14:00	11:30	11:15	12:30	12:15	12:00	13:45	06:00	12:30	02:44	12:00	01:14
13:45	11:15	11:00	12:15	12:00	11:45	13:30	05:54	12:15	02:40	11:45	01:13
13:30	11:00	10:45	12:00	11:45	11:30	13:15	05:47	12:00	02:37	11:30	01:11
13:15	10:45	10:30	11:45	11:30	11:15	13:00	05:41	11:45	02:34	11:15	01:10
13:00	10:30	10:15	11:30	11:15	11:00	12:45	05:34	11:30	02:31	11:00	01:08
12:45	10:15	10:00	11:15	11:00	10:45	12:30	05:28	11:15	02:27	10:45	01:07
12:30	10:00	09:45	11:00	10:45	10:30	12:15	05:21	11:00	02:24	10:30	01:05
12:15	09:45	09:30	10:45	10:30	10:15	12:00	05:14	10:45	02:21	10:15	01:04
12:00	09:30	09:15	10:30	10:15	10:00	11:45	05:08	10:30	02:18	10:00	01:02
11:45	09:15	09:00	10:15	10:00	09:45	11:30	05:01	10:15	02:14	09:45	01:00
11:30	09:00	08:45	10:00	09:45	09:30	11:15	04:55	10:00	02:11	09:30	00:59
11:15	08:45	08:30	09:45	09:30	09:15	11:00	04:48	09:45	02:08	09:15	00:57
11:00	08:30	08:15	09:30	09:15	09:00	10:45	04:42	09:30	02:04	09:00	00:56
10:45	08:15	08:00	09:15	09:00	08:45	10:30	04:35	09:15	02:01	08:45	00:54
10:30	08:00	07:45	09:00	08:45	08:30	10:15	04:29	09:00	01:58	08:30	00:53