Mileage Builder Training Plan 2022/2023

Week #	Monday Dates for Cypress Half Marathon	Monday Dates for Houston Marathon and Half Marathon	Run #1: Speed Work / Intervals *Include 1/2 mile wu & 1/2 mile cd	Run #2: Tempo Run *Include 1/2 mile wu & 1/2 mile cd	Long Run: Half Marathon	Long Run: Marathon
24	5/30	8/1	6 x 400 meters w/2 minute RI;	Base Tempo: 1 + 1 + 1 w/ 1min RI	4	6
23	6/6	8/8	8 x 400 meters w/90 second RI;	Goal Tempo: 1 + 1 + 1 w/ 1 min RI	5	7
22	6/13	8/15	10 x 400 meters w/90 second RI;	Stretch Tempo: 1 + 1 + 1 w/ 1 min RI	5	7
21	6/20	8/22	Easy 3 miles	Easy 4 miles	4	6
20	6/27	8/29	8 x 400 meters w/90 second RI;	Base Tempo: 1.5 + 1.5 w/ 1 min RI	6	8
19	7/4	9/5	10 x 400 meters w/90 second RI;	Goal Tempo: 1.5 + 1.5 w/ 1 min RI	7	9
18	7/11	9/12	12 x 400 meters w/1 minute RI;	Stretch Tempo: 1.5 + 1.5 w/1 min RI	8	10
17	7/18	9/19	Easy 3 miles	Easy 4 miles	4	6
16	7/25	9/26	4 x 800 meters w/90 second RI;	Base Tempo: 1.5 + 1.5 + 1 w/ 90 sec RI	6	10
15	8/1	10/3	6 x 800 meters w/90 second RI;	Goal Tempo: 1.5 + 1.5 + 1 w/ 90 sec RI	8	12
14	8/8	10/10	8 x 800 meters w/90 second RI;	Goal Tempo: 1.5 + 1.5 + 1 w/ 90 sec RI	9	13
13	8/15	10/17	Easy 4 mile run	Easy 5 mile run	6	10
12	8/22	10/24	3 x 1200 meters w/2 minute RI;	Base Tempo: 2 + 2 w/ 90 sec RI	10	14
11	8/29	10/31	4 x 1200 meters w/2 minute RI;	Goal Tempo: 2 + 2 w/ 90 sec RI	11	15
10	9/5	11/7	5 x 1200 meters w/2 minute RI	Stretch Tempo: 2 + 2 w/ 90 sec RI	12	17
9	9/12	11/14	Easy 4 mile run	Easy 5 mile run	8	13
8	9/19	11/21	3 x 1600 meters w/4 minute RI	Base Tempo: 1 + 3 w/ 1 min RI	10	18
7	9/26	11/28	3 x 1600 meters w/3 minute RI	Goal Tempo: 1 + 3 w/ 1 min RI	12	15
6	10/3	12/5	4 x 1600 meters w/2 minute RI	Stretch Tempo: 1 + 3 w/ 1 min RI	8	20
5	10/10	12/12	Easy 4 mile run	Easy 5 mile run	10	15
4	10/17	12/19	Flat Pyramid: **200, 400, 800, 1200, 1200, 800, 400, 200 - with 60 second RI**	Base Tempo: 4	12	20
3	10/24	12/26	Full Pyramid: **400, 800, 1200, 1600, 1200, 800, 400, - with 60 second RI**	Goal Tempo: 4	8	15
2	10/31	1/2	Invesre Pyramid: **1200, 800, 400, 800, 1200 - 60 second RI**	Stretch Tempo: 4	6	8
1	11/7	1/9	3 mile easy run	40 minutes conversational pace	13.1	26.2
	Cypress Half Marathon on 11/13/22 - Great opportunity to race prep for Aramco/Chevron			Aramco Half & Chevron Full Race day!!		

Mileage Builder Training Plan 2022/2023

Week #	Monday Dates for Vintage Park Half Marathon	Run #1: Speed Work / Intervals *Include 1/2 mile wu & 1/2 mile cd	Run #2: Tempo Run *Include 1/2 mile wu & 1/2 mile cd	Long Run: *Half Marathon*
24	10/24	**6 x 400 meters w/2 minute RI;**	**Base Tempo: 1 + 1 + 1 w/ 1min RI**	4
23	10/31	**8 x 400 meters w/90 second RI;**	**Goal Tempo: 1 + 1 + 1 w/ 1 min RI**	5
22	11/7	**10 x 400 meters w/90 second RI;**	**Stretch Tempo: 1 + 1 + 1 w/ 1 min RI**	5
21	11/14	Easy 3 miles	Easy 4 miles	4
20	11/21	**8 x 400 meters w/90 second RI;**	**Base Tempo: 1.5 + 1.5 w/ 1 min RI**	6
19	11/28	**10 x 400 meters w/90 second RI;**	**Goal Tempo: 1.5 + 1.5 w/ 1 min RI**	7
18	12/5	**12 x 400 meters w/1 minute RI;**	**Stretch Tempo: 1.5 + 1.5 w/1 min RI**	8
17	12/12	Easy 3 miles	Easy 4 miles	4
16	12/19	**4 x 800 meters w/90 second RI;**	**Base Tempo: 1.5 + 1.5 + 1 w/ 90 sec RI**	6
15	12/26	**6 x 800 meters w/90 second RI;**	**Goal Tempo: 1.5 + 1.5 + 1 w/ 90 sec RI**	8
14	1/2	**8 x 800 meters w/90 second RI;**	**Goal Tempo: 1.5 + 1.5 + 1 w/ 90 sec RI**	9
13	1/9	Easy 4 mile run	Easy 5 mile run	6
12	1/16	**3 x 1200 meters w/2 minute RI;**	**Base Tempo: 2 + 2 w/ 90 sec RI**	10
11	1/23	**4 x 1200 meters w/2 minute RI;**	**Goal Tempo: 2 + 2 w/ 90 sec RI**	11
10	1/30	**5 x 1200 meters w/2 minute RI**	**Stretch Tempo: 2 + 2 w/ 90 sec RI**	12
9	2/6	Easy 4 mile run	Easy 5 mile run	8
8	2/13	**3 x 1600 meters w/4 minute RI**	**Base Tempo: 1 + 3 w/ 1 min RI**	10
7	2/20	**3 x 1600 meters w/3 minute RI**	**Goal Tempo: 1 + 3 w/ 1 min RI**	12
6	2/27	**4 x 1600 meters w/2 minute RI**	**Stretch Tempo: 1 + 3 w/ 1 min RI**	8
5	3/6	Easy 4 mile run	Easy 5 mile run	10
4	3/13	Flat Pyramid: **200, 400, 800, 1200, 1200, 800, 400, 200 - with 60 second RI**	**Base Tempo: 4**	12
3	3/20	Full Pyramid: **400, 800, 1200, 1600, 1200, 800, 400, - with 60 second RI**	**Goal Tempo: 4**	8
2	3/27	Invesre Pyramid: **1200, 800, 400, 800, 1200 - 60 second RI**	**Stretch Tempo: 4**	6
1	4/3	3 mile easy run	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

Notes: Begin this plan only if you already have a 3+ 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 the run you missed.

Speed work and Tempo plans are the same for both full and half marathon training plans.

Speed/Interval 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 or at the same level of effort. 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. A Pace Table has been provided for you based on your desired race goal.

The "recovery intervals" (RI) 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.

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.

2022-23 CRC
Cypress Half Marathon - 11/13/2022
Aramco Half Marathon – 1/15/2023
Chevron Full Marathon – 1/15/2023
Vintage Park Half Marathon – 4/9/2023