

EAST NASTY

2012 Country Music Half Marathon TRAINING PLAN

EastNastyForLife.com

Week	Long Runs (Sunday Mornings)					Speed Workouts (Thurs at 6pm 11th & Holly)			
	Date	Location	Advanced	Intermediate	Novice	Date	Advanced	Intermediate	Novice
1	Jan 8	Shelby	70 min E*	60 min E*	50 min E*	Jan 12	6x Short Hill	4x Short Hill	4x Short Hill
2	Jan 15	Shelby	80 min E*	70 min E*	60 min E*	Jan 19	8x Short Hill	6x Short Hill	4x Short Hill
3	Jan 22	Shelby	TT 3 miles	TT 3 miles	TT 3 miles	Jan 26	8x Short Hill	8x Short Hill	6x Short Hill
4	Jan 29	Shelby	Tempo Run 1	Tempo Run 1	Tempo Run 1	Feb 2	10x Short Hill	8x Short Hill	6x Short Hill
5	Feb 5	Percy	100 min E	80 min E	70 min E	Feb 9	3x (10 min T / 2 min rest)	2x (10 min T / 2 min rest)	5x (5min T / 5 min rest)
6	Feb 12	Percy	120 min E	90 min E	80 min E	Feb 16	25 min T	20 min T	20 min T
7	Feb 19	Percy	120 min E	90 min E	80 min E	Feb 23	30 min T	25 min T	20 min T
8	Feb 26	Shelby	Tempo Run 2	Tempo Run 2	Tempo Run 2	Mar 1	6x Long Hill	6x Long Hill	6x Long Hill
9	Mar 4	Shelby	Tempo Run 3	Tempo Run 3	Tempo Run 3	Mar 8	6x Long Hill	6x Long Hill	6x Long Hill
10	Mar 11	Cent.	14 miles E	10 miles E	9 miles E	Mar 15	35 min T	25 min T	20 min T
11	Mar 18	Cent.	14 miles E+FF	11 miles E+FF	10 miles E	Mar 22	2x (20 min T / 5 min rest)	3x (10 min T / 2 min rest)	20 min T
12	Mar 25	Cent.	16 miles E	13 miles E	11 miles E	Mar 29	6x (1 mile T / 1 min rest)	5x (1 mile T / 1 min rest)	5x (5 min fast / 5 min slow)
13	Apr 1	Shelby	8 miles goal pace	7 miles goal pace	6 miles goal pace	Apr 5	8x (400m F / 400m jog)	8x (2 min fast / 2 min slow)	8x (2 min fast / 2 min slow)
14	Apr 8	Bongo	16 - 18 miles E	14 - 16 miles E	12 miles E	Apr 12	5x (1000m I / 3 min rest)	5x (5 min fast / 5 min slow)	5x (5 min fast / 5 min slow)
15	Apr 15	Bongo	Tempo Run 4	Tempo Run 4	Tempo Run 4	Apr 19	3x (1 mile I / 3 min rest)	3x (1 mile I / 4 min rest)	3x (1 mile I / 5 min rest)
16	Apr 22	Shelby	60 min E	60 min E	60 min E	Apr 26	3x (1 mile goal pace / 2 min rest)	3x (1 mile goal pace / 2 min rest)	3x (1 mile goal pace / 2 min rest)

PACE LEGEND

I pace	3 mile time trial pace (HR 95+% max)
E pace	1:30-2:30 per mile slower than I pace (HR: under 75% max)
T pace	:25-:40 per mile slower than I pace slower for longer tempos, faster for tempo intervals (HR 90% for shorter, 85% for longer)
F pace	Fast (HR doesn't matter)
FF	Fast Finish (last 3 miles)

WORKOUT LEGEND

*	For the last 3 miles, add 30 step strides every ¼ mile mark
TT	3 mile time trial (determines your I Pace)
Tempo Run 1	20 min E + 5x (5 min T / 1 min rest) + 20-45 min E
Tempo Run 2	15 min E + 5x (5 min T / 1 min rest) + 15-35 min E + 15 min T + 10 min E
Tempo Run 3	20 min E + 6-8x (1 mile T / 1 min rest) + 20 min E
Tempo Run 4	2x (20-30 min E + 15 min T) + 20 min E

GUIDELINES

Everyone should::

- 1) Perform some sort of physical activity 6 days a week.
- 2) Get good shoes and run on soft surfaces as much as possible.
- 3) Come to East Nasty Wednesday night runs.
- 4) Run a race (5-10K) sometime in late February/early March.

Advanced Runners:

- 1) The distance itself is not an issue – in fact they could probably run 13 miles tomorrow.
- 2) Have the ability/desire to max out at 45-50 + miles per week.
- 3) Will run 5+ run of over 13 miles, including 2 of 16+.
- 4) 6 days of physical activity with 4 to 6 days dedicated to running.
- 5) Run 45-75 minutes on off days.

Intermediate Runners:

- 1) Can already run 8+ miles.
- 2) Will complete 2 runs over 13 miles.
- 3) Have the ability/desire to run up to 35 - 40 miles per week.
- 4) 6 days of physical activity, 4 or 5 dedicated to running.
- 5) Should run 30-45 minutes on off days.

Novice Runners:

- 1) Have been running for at least 6-month injury free, and can run 5 miles without stopping.
- 2) More interested in completing the half than setting a PR.
- 3) When I run 13.1 miles I'll be crossing a finish line!
- 4) 6 days of physical activity with 3 or 4 dedicated to running.
- 5) Should run 30-45 minutes on off days.

MILEAGE RECORD

Week of	Mon	Tues	Wed	Thu	Fri	Sat	Sun	Mileage / Notes
Jan 2							Shelby	
Jan 9							Shelby	
Jan 16							Shelby	
Jan 23							Shelby	
Jan 30							Percy	
Feb 6							Percy	
Feb 13							Percy	
Feb 20							Shelby	
Feb 27							Shelby	
Mar 5							Centennial	
Mar 12							Centennial	
Mar 19							Centennial	
Mar 26							Shelby	
Apr 2							Bongo	
Apr 9							Bongo	
Apr 16							Shelby	
Apr 23						RACE		