

STEEPLECHASERS BEGINNER HALF MARATHON TRAINING PLAN SPRING 2016

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 2/8/16				Initial Informational Meeting 6:30pm	Rest/Walk	5 Miles CP Meet & Greet	Cross-Train
2 2/15/16	3 Miles CP	4 Miles CP	Cross-Train	3 Miles CP	Rest/Walk	6 Miles CP	Cross-Train
3 2/22/16	3 Miles CP	4 Miles 2 @ Tempo	Cross-Train	3 Miles w/ Fartleks	Rest/Walk	7 Miles CP or REST if Racing Sunday	Maryland RRCA Club Challenge 10 Mile Race (GO STEEPS!)
4 2/29/16	3 Miles CP	4 Miles 2 @ Tempo	Cross-Train	3 Miles w/ Fartleks	Rest/Walk	8 Miles CP	Cross-Train
5 3/7/16	3 Miles CP	4 Miles 2 @ Tempo	Cross-Train	3 Miles CP	Rest/Walk	Forest of Needwood 5 Mile Race	8 Miles CP, or recovery 2-3 miles if raced Saturday
6 3/14/16	3 Miles CP	4 Miles 2 @ Tempo	Cross-Train	3 Miles w/ Fartleks	Rest/Walk	9 Miles CP w/Frederick Running Festival	Cross-Train
7 3/21/16	3 Miles CP	5 Miles 3 @ Tempo	Cross-Train	3 Miles w/ Fartleks	Rest/Walk	10 Miles CP	Cross-Train
8 3/28/16	3 Miles CP	5 Miles 3 @ Tempo	Cross-Train	3 Miles w/ Fartleks	Rest/Walk	Rest	Mission 10 Miler or Cherry Blossom 10 Race
9 4/4/16	3 Miles CP	5 Miles 3 @ Tempo	Cross-Train	3 Miles w/ Fartleks	Rest/Walk	9 Miles CP (Last 3 at Race Pace)	Cross-Train
10 4/11/16	3 Miles CP	5 Miles 3 @ Tempo	Cross-Train	3 Miles w/ Fartleks	Rest/Walk	11 Miles CP (Last 3 @ RP)	Cross-Train
11 4/18/16	3 Miles CP	5 Miles CP 3 @ RP	Cross-Train	3 Miles w/ Fartleks	Rest/Walk	12 Miles CP w/ Frederick Running Festival	REST/Walk
12 4/25/16	3 Miles CP	5 Miles CP 3 @ RP	Cross-Train or Rest	3 Miles CP		8 Miles CP	REST/Walk
13 5/2/16 Taper/Race Week	REST/WALK	3 Miles CP	Cross-Train or Rest	2 Miles CP	REST	REST	FREDERICK HALF MARATHON

CP=Conversation Pace Tempo=Pace you can race for 1 hour RP=Half Marathon Race Pace RR=Recovery Run

You may run Intervals or Hill Repeats in place of the Thursday Fartleks.