

## 2014 Moderate Training Schedule - 19 October 2014 Half Marathon

	Long Run	Tempo Run	Hill Run or Med paced Run
26-May-14	6-9 miles	4-6 miles	5-6 mile hilly run
2-Jun-14	6-9 miles	4-6 miles	5-6 mile hilly run
9-Jun-14	6-9 miles	4-6 miles	5-6 mile hilly run
16-Jun-14	5-6 miles	3 miles @strong pace	45 min run
23-Jun-14	5-6 miles	3 miles @strong pace	45 min run
30-Jun-14	5-6 miles	3 miles @strong pace	45 min run
7-Jul-14	5-6 miles	3 miles @strong pace	45 min run
14-Jul-14	5-6 miles	3 miles @strong pace	45 min run
21-Jul-14	5-6 miles	3 miles @strong pace	45 min run
28-Jul-14	5-6 miles	3 miles @strong pace	45 min run
4-Aug-14	6 miles	4 miles @strong pace	60 min run
11-Aug-14	6 miles	4 miles @strong pace	60 min run
18-Aug-14	7 miles	4 miles @strong pace	60 min run
25-Aug-14	7 miles	5 miles @strong pace	5 mile hilly run
1-Sep-14	7 miles	5 miles @strong pace	5-6 mile hilly run
8-Sep-14	7-8 miles	5 miles @strong pace	5-6 mile hilly run
15-Sep-14	8 miles	5 miles @strong pace	5-6 mile hilly run
22-Sep-14	9 miles	5-6 miles @strong pace	5-6 mile hilly run
29-Sep-14	8 miles	5-6 miles @strong pace	5-6 mile hilly run
6-Oct-14	10 miles	6 miles @strong pace	6 mile hilly run
13-Oct-14	6 miles	4-5 miles easy	3-4 miles easy

Boxes in yellow are  
ASL holiday periods

Until the summer, run three times per week. One should be a long run (5-9 miles) at a comfortable pace. The other two runs should be 5-6 miles (one with hills and one w/out hills). Keep these runs enjoyable. The goal is to keep running on a regular basis. Pace isn't important. Keep it fun! If you run only twice a week, drop one of the 5-6 mile runs (not the long run.)

Over the summer, try to run 3 times a week but don't fret if that's not possible. The long run should be 5-6 miles during June and July then increase to 7 miles by mid-August. One run should be a 3 mile run done at a fast pace. The first week you do it, make note of how long 3 miles takes you. See if you can increase your speed over the summer. The run can be lengthened to 4 miles in August. The third run should be 45 minutes during June and July. Don't worry about how far you go in 45 minutes. Just put in the time. If you can only run once or twice in a week, run for 45-60 mins and don't worry about your pace. If you completely miss a week or two, no worries. You'll be fine. Just jump back into the routine whenever you can.

It's important to run enough over the summer to be prepared to jump into an 8 mile run in early September. If you haven't run over the summer, don't go out for an 8 mile run. You could hurt yourself. Adjust your race plans, focus on the spring half marathon or find a half marathon at a later date. If you've kept up your running over the summer, congratulations! Get in the following long runs and you're ready to race: 8, 9, 8, 10 miles. Start running hills (particularly if you've run flat in the summer) and extend your strong pace run to 5 and then 6 miles.