

2021-22 Gradual Training Schedule

Week of	Long Run	Mid-distance or Tempo Run	Hill Run	Total miles this week	Training Goals and Comments
1/9/2021	--	4 miles	4 mile hilly run	9	
06/09/21	5 miles	4 miles	5 mile hilly run	15	<p>← This is the 'ease back into running' phase. If you ran a lot over the summer, feel free to start with more mileage. If you did not run much over the summer, be sure to keep your pace easy these first few weeks. We offer routes with flexible mileage options for the first several weeks, so groups can run together even if they are doing different distances, but be careful not to get swept into a pace that is too fast for your fitness level as you begin the year!</p>
13/09/21	6 miles	4 miles	5 mile hilly run	17	
20/09/21	6-7 miles	4 miles	6 mile hilly run	18-19	
21/09/21	6-7 miles	4 miles	6 mile hilly run	18-19	
04/10/21	6 miles	6 miles	6 mile hilly run	18-19	
11/10/21	6-7 miles	5-6 miles	6 mile hilly run	17-19	
18/10/21	6-7 miles	6 miles	6-7 mile hilly run	18-20	<p>← During October and early November there is plenty of flexibility on mileage. If you're feeling good, throw in a longer route from time-to-time. If you're still re-finding your running legs, stick with the shorter distances and take your time rebuilding. Think about building yoga, pilates, and/or cross-training into your routine. Consider having an assessment done by a physio to make sure you are well set to begin doing longer runs. Some runners with time goals may want to begin doing tempo workouts on Wednesdays.</p>
25/10/21	7-8 miles	5-6 miles	6-7 mile hilly run	18-21	
01/11/21	6-7 miles	5-6 miles	6-7 mile hilly run	17-20	
08/11/21	8 miles	5-6 miles	6-7 mile hilly run	19-21	
15/11/21	6-9 miles	6 miles	6-7 mile hilly run	18-22	
22/11/21	7 miles	6 miles	6 mile hilly run	19-21	
29/11/21	7-8 miles	Speed work or tempo 6 miles	6-7 mile hilly run	19-21	
06/12/21	8 miles	6 miles	6-7 mile hilly run	20-21	
13/12/21	7 miles	Speed work or tempo 6 miles	6-7 mile hilly run	19-21	
20/12/21	For up to two weeks of the holiday season, you can maintain fitness by running 2-3 times each week with each run being 30-60 minutes long.				
27/12/21					<p>← It's okay to take it a little easy for at least a couple of weeks during break. But try to fit in at least 2-3 runs that last week, so we can hit the ground running in January!</p>
03/01/22	6-7 miles	4 miles	6 mile hilly run	16-17	
10/01/22	7 miles	Interval or Tempo 5-6 miles	6-7 mile hilly run	18-20	<p>← This is mileage building time! The long, slow, distance run (Mondays, on our schedule) is the most important thing during this period. If you are struggling with aches and pains, consider doing less mileage on your mid-distance/tempo or hill workouts. Also, notice that we are building mileage but we throw in an easier 'cutback' week once every few weeks. Be sure to do this! Even if you don't follow this precise plan, do not continually build mileage without giving your body intermittent recovery weeks with less mileage.</p>
17/01/22	8 miles	Interval or Tempo 5-6 miles	6-8 mile hilly run	19-22	
24/01/22	9 miles	Interval or Tempo 5-6 miles	6-8 mile hilly run	20-23	
31/01/22	8-9 miles	Interval or Tempo 5-6 miles	6-8 mile hilly run	19-23	
07/02/22	8 miles	Interval or Tempo 5-6 miles	6-8 mile hilly run	19-22	
14/02/22	9-10 miles	Interval or Tempo 5-6 miles	6-8 mile hilly run	20-24	
21/02/22	6 miles	4 miles	6 mile hilly run	16	
28/02/22	8.5 miles	Interval or Tempo 5-6 miles	6-8 mile hilly run	19.5-22.5	
07/03/22	10 miles	Interval or Tempo 5-6 miles	6-8 mile hilly run	21-24	
14/03/22	9 miles	6 miles	6-8 mile hilly run	21-23	
21/03/22	11 miles	6 miles	6-8 mile hilly run	23-25	<p>← On these last few long runs, fine tune your fueling for the race. Most runners use a gel or sports drink in a half marathon. Whatever your fuel of choice, practice taking it before race day to make sure you don't react badly to it! Also make sure to run with anything you plan to wear or use during the race. Remember: <i>nothing new on race day!</i></p>
28/03/22	7 miles	3-5 miles	Rest or easy 3 miles	10-15	
03/04/22	RACE DAY!				
04/04/22	Recover	3-4 mile shake-out			<p>← Wahoo! Well done! Celebrate, and then take it nice and easy the next week back! We have lots of fun runs planned for the spring!</p>

*ASL School breaks are highlighted in yellow