

CRC “Aramco Houston Half-Marathon” Training Plan

| Weeks to Go | Week Mon. – Sun. | Midweek Easy Runs | Wednesday Workout (plus warmup & cooldown²) | Weekend Workout |
|--------------------|-------------------------|--|---|--|
| 18 | 9/9 – 9/15 | — | — | 4+ |
| 17 | 9/16 – 9/22 | 30 minutes (x 2) ¹ | 45 minutes | 5 |
| 16 | 9/23 – 9/29 | 30 minutes (x 2) | 30 min. plus strides | 5 |
| 15 | 9/30 – 10/6 | 30 minutes (x 2) | 30 min. plus strides | 6 |
| 14 | 10/7 – 10/13 | 30 minutes (x 2) | 45 min. plus strides | 6 |
| 13 | 10/14 – 10/20 | 45 minutes & 30 min. plus strides | Fartlek | 7 |
| 12 | 10/21 – 10/27 | 45 minutes & 30 min. plus strides | Fartlek | 7 |
| 11 | 10/28 – 11/3 | 45 minutes & 30 min. plus strides | Fartlek | 8 |
| 10 | 11/4 – 11/10 | 45 minutes & 45 min. plus strides | Fartlek | 8 |
| 9 | 11/11 – 11/17 | 45 minutes & 45 min. plus strides | Lactate Threshold (LT) 2 x 1.5 miles | 9 |
| 8 | 11/18 – 11/24 | 45 minutes & 45 min. plus strides | Lactate Threshold (LT) 2 x 1.5 miles | 10 (or 10 for Texas) |
| 7 | 11/25 – 12/1 | 60 minutes & 45 min. plus strides | Lactate Threshold (LT) 3 miles | 8 |
| 6 | 12/2 – 12/8 | 60 minutes & 45 min. plus strides | Lactate Threshold (LT) 3 miles | 11 |
| 5 | 12/9 – 12/15 | 60 minutes & 45 min. plus strides | VO₂ Max Intervals 4 x 1 km. | 12 |
| 4 | 12/16 – 12/22 | 60 minutes & 45 min. plus strides | VO₂ Max Intervals 5 x 1 km. | 10 |
| 3 | 12/23 – 12/29 | 60 minutes & Fartlek | VO₂ Max Intervals 4 x 1200 m. | 12 |
| 2 | 12/30 – 1/5 | 45 minutes & Fartlek | VO₂ Max Intervals 5 x 1200 m. | 10 |
| 1 | 1/6 – 1/12 | 45 minutes (x 2) | Fartlek | 8 |
| 0 | 1/13 - 19 | 30 minutes (x 2) | Fartlek | <i>Aramco Houston Half-Marathon</i> |

¹ **(x 2)** indicates that you should do the same workout two times in the week, e.g. on Monday and Friday mornings.

² Fartlek, Lactate Threshold (LT), and VO₂ Max Interval workouts should be a minimum of five miles. Include at least one mile of warm-up and one mile of cool-down.

Pace Notes

Strides are 6-10 short bursts of swift running, up to 150 meters on the track (3/8 of a lap, starting at the apex of the turn or the middle of the straightaway) or .10 miles on the road. In the first 40 meters, accelerate from conversational pace to near-sprint pace, spend 80 meters at near-sprint, then decelerate back to conversational pace. Allow full recovery: strides are for working on your coordination, not anaerobic fitness. Fartlek workouts will be posted on Facebook each week in September; some examples are on the CRC website, at the "Milestone Training Programs" page.

The Lactate Threshold and VO₂ Max Interval workouts are prescribed in terms of the number of repetitions and the distance (in miles, kilometers, 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 "recovery intervals" allow your heart rate and breathing to return to a reasonable level. Typically, your recovery interval will be as long as you spent running, up to a maximum of five minutes.

The "right" pace for the Lactate Threshold and VO₂ Max Intervals is the fastest pace that allows you to complete all repetitions in nearly the same time. If you find that your times are increasing as the workout progresses, then this indicates that you started too fast.

The best way to determine appropriate training paces is to run a race or time-trial. A pace calculator, such as Greg McMillan's (<http://www.mcmillanrunning.com/>), will give you a range of recommended paces based on a recent race. Or, the "pace wheel" is available as an iPhone or Android app. Consider the following examples, using a 2-Mile time trial to test your current fitness level:

| <u>2-Mile Time Trial Time:</u> | <u>15:00</u> | <u>17:30</u> | <u>20:00</u> |
|--------------------------------|-----------------|-----------------|-----------------|
| Aerobic Base | 10:43 per mile | 12:30 per mile | 14:17 per mile |
| Marathon Race Pace | 8:56 " " | 10:25 " " | 11:54 " " |
| Lactate Threshold (LT) | 8:31 " " | 9:57 " " | 11:22 " " |
| VO ₂ Max Intervals | 1:54 per ¼-Mile | 2:13 per ¼-Mile | 2:32 per ¼-Mile |
| <u>Fartleks and Strides</u> | <u>1:38 " "</u> | <u>1:55 " "</u> | <u>2:10 " "</u> |
| Projected Marathon Finish | 3 hrs., 54 min. | 4 hrs., 33 min. | 5 hrs., 11 min. |

When the heat index rises, safety might dictate using a slower pace than indicated. In conditions of extreme heat and/or humidity, it may be advisable to walk recovery intervals rather than jog them. Whenever running, it is always advisable to drink plenty of fluids, particularly one that contains sodium to combat electrolyte losses from sweating.



Gatorade Endurance Formula is the official and exclusive sports nutritional beverage of Cypress Running Club.

Disclaimer: Consult a qualified medical professional before beginning any exercise program; information presented above is not intended to be a substitute for professional medical advice or treatment. When you choose to follow this or any training plan, you do so entirely at your own risk.