

LOVE RUN 16 WEEK TRAINING PLAN

The LOVE RUN Training Plan is written as a guide for both beginners and experienced half-marathoners. If you are looking to set a personal record (PR), feel free to add a few miles to the easy runs. If you are a beginner it's fine to alternate your rest day or cross training day. Modifications can be made to suit your schedule. Also, if you would like a personalized plan contact us @ 215-704-2615 or via email, Dawn@eliteaccessrunning.com. -- Coach Dawn, Elite Access Running ~

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN	TOTAL
1	4 Miles Easy	3 Miles Easy	30 minute Cardio & Cross Train	4 miles -w- 30 min @ Tempo	3 Miles Easy Core Work & Strength Training	Rest	Long Run 5 Miles easy	19 Miles
2	4 Miles Easy	3 Miles Easy	30 minute Cardio & Cross Train	Hill Repeats (4 Miles Total)	3 Miles Easy Core Work & Strength Training	Rest	Long Run 6 Miles easy	20 Miles
3	4 Miles Easy	4 Miles Easy	30 minute Cardio & Cross Train	Mile Repeats 2 x 1 Mile	4 Miles Easy Core Work & Strength Training	Rest	Long Run 7 Miles easy	21 Miles
4	5 Miles Easy	3 Miles Easy	30 minute Cardio & Cross Train	4 Mile Tempo Run	3 Miles Easy Core Work & Strength Training	Rest	Long Run 8 Miles easy	23 Miles
5	5 Miles Easy	3 Miles Easy	30 minute Cardio & Cross Train	Hill Repeats (4 Miles Total)	4 Miles Easy Core Work & Strength Training	Rest	Progression Run 9 Miles (uphill if possible)	25 Miles
6	4 Miles Easy	3 Miles Easy	30 minute Cardio & Cross Train	5 Mile Tempo Run	4 Miles Easy Core Work & Strength Training	Rest	Progression Run 10 Miles (uphill if possible)	26 Miles
7	4 Miles Easy	4 Miles Easy	30 minute Cardio & Cross Train	Mile Repeats 4 x 1	4 Miles Easy Core Work & Strength Training	Rest	Long Run 11 Miles easy	27 Miles
8	4 Miles Easy	3 Miles Easy	30 minute Cardio & Cross	5 Miles @ Race Pace	4 Miles Easy & Core	Rest	Progression Run 12 Miles,	28 Miles

			Train		Work & Strength Training		last 5 min. hard (uphill if possible)	
9	3 Miles Easy	4 Miles Easy	30 minute Cardio & Cross Train	6 miles @ Race Pace	4 Miles Easy Core Work & Strength Training	Rest	Progression Run - 12 Miles, last 10 min. hard	29 Miles
10	3 Miles	4 Miles Easy	30 minute Cardio & Cross Train	5 Mile Tempo Run	4 Miles Easy Core Work & Strength Training	Rest	Long Run 14 Miles easy	30 Miles
11	3 Miles Easy	4 Miles Easy	30 minute Cardio & Cross Train	Mile Repeats 4 x 1	4 Miles Easy Core Work & Strength Training	Rest	Progression Run 12 Miles, last 10 min. hard	27 Miles
12	3 Miles Easy	2 Miles Easy	30 minute Cardio & Cross Train	3 Mile Tempo	4 Miles Easy Core Work & Strength Training	Rest	Progression Run 13 miles, last 20 min. moderate	25 Miles
13	3 Miles Easy	4 Miles Easy	30 minute Cardio & Cross Train	Mile Repeats 3 x 1	3 Miles Easy Core Work & Strength Training	Rest	Progression Run 14 miles, last 20 min. moderate	27 Miles
14	3 Miles	4 Miles Easy	30 minute Cardio & Cross Train	5 Mile Tempo Run	4 Miles Easy & Core Work & Strength Training	Rest	Progression Run, 12 miles, last 15 min. moderate	28 Miles
15	3 Miles	4 Miles Easy	30 minute Cardio & Cross Train	3 Mile Tempo Run	4 Miles Easy Core Work & Strength Training	Rest	Progression Run 10, last 10 min. moderate	24 Miles
16	3 Miles Easy	2 Miles Easy	30 minute Cardio & Cross Train	3 Mile Tempo	4 Miles Easy	Rest	Race Day! 3.25.17	25.1 Miles

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KEY:

Progression Run - A short to intermediate-length segment of moderately hard (but controlled) running added at the end of an otherwise easy run.

Tempo - Run easy for one mile to warm up. Then take it up to a fast pace. Tempos should feel challenging.

Mile Repeats - After a one mile warm up, run one mile at your selected pace, jog for a half mile for recovery. Repeat that cycle. Cool down with one mile of easy running.

Hill Repeats - Warm up then find a hill that takes at least two minutes to climb and repeat.

Easy Run - Easy and conversational run. Your goal is to cover the distance.

Core Work: Crunches, planks, mountain climbers, burpees, push ups, etc...

Cross Train - Examples of cross training include the elliptical, stair stepper, swimming, yoga, biking, and other cardio workouts.

Strength/Weight Training - Examples of strength/weight training include using your own body weight - squats, resistance bands, weight equipment at the gym like leg extension, leg curl, bicep, tricep machine, etc...

Rest Day - A complete off day is need to repair and prepare your body for your various runs.