

2019 Spring Half-marathon group - TRAINING SCHEDULE



Endurance Phase 1

Week Number	Week Start	Week End	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Remarks
1	1/28/2019	2/3/2019	Rest	3 mile run	3 mile run or cross training	4x400 5k Pace *	Rest	LRR 5 mile run	*** Superbowl Trail 8M Race or Cross Training	9-12 miles for the week plus cross training
2	2/4/2019	2/10/2019	Rest	3 mile run	3 mile run or cross training	5x400 5k Pace *	Rest	Race Sunday or LRR 5 mile run	***Cupid's Crush 5 Miler or Cross Training	9-12 miles for the week plus cross training
3	2/11/2019	2/17/2019	Rest	3 mile run	3 mile run or cross training	2x400; 1x800; 2x400 5k Pace	Rest	LRR 6 mile run	Cross Training	10.5-13.5 miles for the week plus cross training
4	2/18/2019	2/24/2019	Rest	3.5 mile run	3 mile run or cross training	4x800 5k Pace	Rest	Race Sunday or LRR 7 mile run	***GPS/Club Challenge10M or Cross Training	12.5-15.5 miles for the week plus cross training
5	2/25/2019	3/3/2019	Rest	4 mile run	cross training	2x400; 2x800; 2x400 5k Pace	Rest	LRR 8 mile run	Cross Training	14-17 miles for the week plus cross training

Endurance Phase 2

Week Number	Week Start	Week End	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Remarks
6	3/4/2019	3/10/2019	Rest	4 mile run	3 mile run or cross training	5x800 5k Pace	***St Patrick's Day 5k	LRR 8 mile run	Cross Training	14.5-17.5 miles for the week plus cross training
7	3/11/2019	3/17/2019	Rest	4.5 mile run	4 mile run or cross training	2x1600 Marathon Race Pace **	Rest	LRR 9 mile run	Cross Training	15.5-19.5 miles for the week plus cross training
8	3/18/2019	3/24/2019	Rest	5 mile run	4 mile run or cross training	6x800 5k Pace	Rest	LRR 10 mile run	Cross Training	18-22 miles for the week plus cross training
9	3/25/2019	3/31/2019	Rest	5 mile run	4 mile run or cross training	3x1600 Marathon Goal Race Pace **	Rest	LRR 10 mile run	Cross Training	18-22. miles for the week plus cross training

* Goucher campus loop if new or you are base building

Track Goucher College

LRR: Loch Raven Reservoir

** we pick it for you day - Track or Goucher campus loop at 1/2 marathon race pace

*** BRRRC Club races during our training period, in the weekly newsletter we will discuss the merits of running these or not running these. Also, as a member consider volunteering for club races.

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Strength Phase										
Week Number	Week Start	Week End	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Remarks
10	4/1/2019	4/7/2019	Rest	6 mile run	4 mile run or cross training	7x800 5k Pace	Rest	LRR 11 mile run	Cross Training	20.5-24.5 miles for the week plus cross training
11	4/8/2019	4/14/2019	Rest	5 mile run	4 mile run or cross training	4x1600 Goal Marathon Race Pace **	Rest	***Gunpowder Trail Ultra 25k/50k or LRR 11 mile run	Cross Training	20-24 miles for the week plus cross training
12	4/15/2019	4/21/2019	Rest	6 mile run	4 mile run or cross training	8x800 5k Pace	Rest	LRR 12 mile run	Cross Training	22-26 miles for the week plus cross training
Refine and Taper Phase										
Week Number	Week Start	Week End	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Remarks
13	4/22/2019	4/28/2019	Rest	6 mile run	4 mile run or cross training	2x400; 1x800; 2x400 5k Pace	Rest	LRR 10 mile run	Cross Training	18-22 miles for the week plus cross training
14	4/29/2019	5/5/2019	Rest	5 mile run	4 mile run or cross training	1x400; 1x800; 1x400 5k Pace	Rest or walk a bit	Rest	Your A Race: FREDERICK RUNNING FESTIVAL HALF MARATHON	18-22 miles for the week plus cross training
15	5/6/2019	5/12/2019	Rest	4 mile walk	4 mile walk	Rest	Rest	LRR 4 mile run	Cross Training	12 miles for the week plus cross training
16	5/13/2019	5/19/2019	Rest	6 mile run	4 mile run or cross training	2x400; 1x800; 2x400 5k Pace	Rest	LRR 6 mile run	Cross Training	18-22 miles for the week plus cross training
17	5/20/2019	5/26/2019	Rest	5 mile run	4 mile run or cross training	1x400; 1x800; 1x400 5k Pace	Rest	LRR 7 mile run	***Gunpowder Trail 5.25 Miler or Cross Training	18-22 miles for the week plus cross training
18	5/27/2019	6/2/2019	Rest	5 mile run	4 mile run or cross training	Rest or walk a bit	Rest	your next Race: THE BALTIMORE 10 MILER	Rest	18-22 miles for the week plus cross training
<p>* Goucher campus loop if new or you are base building Track Goucher College LRR: Loch Raven Reservoir</p> <p>** we pick it for you day - Track or Goucher campus loop at 1/2 marathon race pace</p> <p>*** BRRC Club races during our training period, in the weekly newsletter we will discuss the merits of running these or not running these. Also, as a member consider volunteering for club races.</p>										

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LRR Loch Raven Reservoir: Meet the group at the corner of Loch Raven Dr & Morgan Mill Road. Meet at the **X**, 7:00AM



Track ALL Track work is at Goucher college, 1021 Dulaney Valley Road Baltimore, MD 21204 (6:30 PM warm up 7:00PM start) See map **P** for park, **T** for track.

Race sign up sites:

(Disclaimer: Training comes with your BRRC membership. Race fees or signup are not part of club membership. So don't forget to sign up for the Challenge or your race(s)!)

KING CRAB CHALLENGE

<http://www.frederickrunfest.com/race-information-2/king-crab-challenge/>

FREDERICK RUNNING FESTIVAL HALF MARATHON

<http://www.frederickrunfest.com/>

THE BALTIMORE 10 MILER

<https://www.baltimoretenmiler.com/>

BALTIMORE RUNNING FESTIVAL

<http://www.thebaltimoremarathon.com/>

