

Forerunners 2009 Sun Run to Scotiabank Half Marathon Training Schedule

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Workout Type	Strides ¹ + Marathon Pace ²	Recovery ₃	Either workout at Forerunners (1/2 marathon pace and faster) or below on your own ^{4,5}	Recovery ₃	Recovery ₃	Long Run ⁶	Recovery ₃	Approximate Mileage Total (for M, W, Sa)
April 13 – 19							Sun Run	
April 20 – 26	Recovery	Recovery	4 km alternating 2 – 4 minutes at half marathon goal pace with ¼ easy recovery run (E.g. :30 easy after 2:00 fast)	Recovery	Recovery	8 – 10 km	Recovery	16 – 18 km
April 27 – May 3	2 x :20 strides + 2 km	Recovery	4 km Fartlek ⁷ (between :30 and 4:00 of hard running at a stretch)	Recovery	Recovery	10 – 12 km	Recovery	24 – 26 km
May 4 – 10	4 x :20 strides + 4 km	Recovery	6 km alternating 1 – 3 minutes at 10 km goal pace with ½ easy recovery run	Recovery	Recovery	12 – 14 km	Recovery	30 – 32 km
May 11 – 17	2 x :20 strides + 3 km	Recovery	3 km alternating :30 – 2 minutes at 5k goal pace with equal time recovery run	Recovery	Recovery	8 – 9 km	Recovery	22 – 23 km
May 18 – 24	6 x :20 strides + 6 km	Recovery	8 km alternating 4 – 6 minutes at half marathon goal pace with ¼ easy recovery run	Recovery	Recovery	14 – 16 km	Recovery	36 – 38 km
May 25 – 31	8 x :20 strides + 7 km	Recovery	6 km Fartlek (between :30 and 6:00 of hard running at a stretch)	Recovery	Recovery	16 – 18 km	Recovery	37 – 39 km
June 1 – 7	10 x :20 strides + 8 km	Recovery	8 km hill circuit (running hard up the hills and easy to medium on the flats and down-hills)	Recovery	Recovery	18 – 20 km	Recovery	42 – 44 km
June 8 – 14	6 x :20 strides + 4 km	Recovery	4 km alternating 1 – 3 minutes at 5k goal pace with equal time recovery run	Recovery	Recovery	12 – 14 km	Recovery	28 – 30 km
June 15 – 21	4 x :20 strides + 3 km	Recovery	6 km alternating 4 – 8 minutes at half marathon goal pace with ¼ easy recovery run	Recovery	Recovery	9 – 10 km	Recovery	26 – 27 km
June 16 – 28	4 x :20 strides + 2 km	Recovery	3 km Fartlek (between :30 and 3:00 of hard running at a stretch)	Recovery	Recovery	Recovery	Recovery	34 km (with race)

Notes: see back of page

- 1) During your strides focus on relaxed sprinting and good form at around 80 – 90 % of your maximum speed.
- 2) Before Monday's workout start with a 2 km easy warm-up run and the prescribed number of strides and after the workout conclude with a 2 km cool-down.
- 3) On your recovery days either rest completely, run at a relaxed pace, or cross train. Do no more than half the volume of your weekly long run (i.e. If your long run is 10 km your recovery run would be 5 km max).
- 4) Before Wednesday's workout (if you are not joining us at Forerunners) run 2 km easy for your warm-up and 2 km easy for your cool-down. After your warm-up run you should also do a few "range of motion drills" such as leg swings (side-to-side and back-and-forth), high knees, butt-kicks, toe hops, and fast feet (:15 - :30 of each drill is adequate).
- 5) During your Wednesday hard workouts you don't necessarily need to run easy on your recoveries. Running at a medium or "cruise" effort in between is also very beneficial (in teaching your working muscles to use any lactic acid built up during the hard efforts as fuel). However, if you run medium rather than easy you will need to double your recovery time. So, instead of running 1 minute easy you would run 2 minutes medium. This should equal out to a comparable subjective stress.
- 6) Your weekly long run should be performed at a "conversational" pace. This means that if you have somebody to run with you should have no trouble caring on a conversation throughout. Monday and Wednesday are the days when you learn to run faster. The long run teaches your body to handle the distance come race day. There is no need to make it more difficult by making it faster. In other words, train for endurance on your endurance days and train for speed on your speed days.
- 7) Fartlek is a Swedish word that means "speed play". Rather than having an organized plan of the different paces and distances that you will be running before the workout you instead run by feel and spontaneity. You can run fast to a tree in the distance and then run easy until you feel recovered. You can push it up the hills and recover on the flats and down-hills. Your only restriction should be your imagination. That said, I will still suggest a range of time for you to be running hard so as to keep you from doing too much too soon.
- 8) Note that every fourth week is a recovery week. During this week the frequency and intensity of your training remains the same but the volume is cut to 2/3 of the previous week. This allows your body to recover from the steadily building stress of the previous weeks and, perhaps even more importantly, it gives you a mental break as well.

If you have any questions please feel free to email me at jerry.ziak@forerunners.ca.