



Genesis CDR 15 Training Plan

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1	Off	5 hill repeats	3	3	Off or X Train	8 LSD	Off or X Train
Week 2	Off	5 Pace Intervals	3	5	Off or X Train	9 LSD	Off or X Train
Week 3	Off	5 Pace Run	3	6	Off or X Train	10 LSD	Off or X Train
Week 4	Off	5 Fartlek	3	6	Off or X Train	12 LSD	3
Week 5	Off	5 Hill Repeats	3	6	Off or X Train	9 Prog Run	3
Week 6	Off	6 Pace Intervals	4	6	Off or X Train	13 Race Preview	3
Week 7	Off	6 Pace Run	4	6	Off or X Train	12-14 Prog Run	3
Week 8	Off	6 Hill Repeats	4	6	Off or X Train	8 LSD W/ Fartlek	Off or X Train
Week 9	Off	5	Off	3	Off	15 Race Day!	Off

I have fought the good fight,
I have finished the race,
I have kept the faith.

2 Timothy 4:7





Genesis CDR 15 Training

X-train is cross training or anything other than running.

Each running workout begins with a warm up and ends with a cool down.

Warm ups should be 1 -2 miles and cool downs should be ½ to 1 mile.

Weekend long runs or LSD (long steady distance) are done at a steady, sustainable and conversational pace. Weekend long runs are intended to build your endurance by teaching your body to go longer and use its fuel efficiently. Your long runs should always be completed at once because of important endurance and metabolic aspects of the long run that can only be obtained by continuous running. These runs should be steady at 75-80% of your maximum heart rate or perceived effort.

Pace Intervals: For endurance events like the half marathon and marathon pace training is vital. The purpose of pace training is to attain coordination of the body at race speeds. This ensures maximum efficiency and conserves energy resulting in improved race performance. Interval pace training for the half marathon is achieved by running short distances at goal race pace. An important side benefit is the development of pace judgement (being able to tell how fast you are running without a GPS) and pace familiarization so that you run "under control" and comfortable during the race. Interval training at race pace includes intervals of 1/2 mile to 2 miles at near race pace with full recovery to about 60% of your max heart rate.

Pace Runs: Also, known as tempo runs, this is a continuous run with an easy beginning, a build-up in the middle to your target half marathon race pace (or approximately 85% of your max effort), then ease back and slow down toward the end. A typical Pace Run would begin with 1-2 miles of easy running, 3-4 miles of race pace effort and an easy finish of about 1 mile. Eyeing your watch will help on these runs but the primary purpose is to learn to feel your race pace effort.

Progression Runs: Start Slow - Finish Fast. In a progression run, you begin running your easy aerobic pace but finish at or around your target race pace. Not only will you find progression runs to be fun because you get to run faster, but they are a wonderful way to build confidence that you can hit your race pace after having some miles already on your legs. They also boost your fitness without any lasting fatigue. If you're using a heart rate monitor your heart rate will be below 77% of max, even down to 70-75%. You'll stay that way for the first 2/3 of the program. As you progress to the last third of your run you will gradually increase your pace so that you're around your target half marathon pace or a strong, comfortably hard pace. This will be somewhere around 85% of maximum heart rate or effort. This strong running significantly improves your endurance and helps you feel that race pace even when you may be a little tired.



**Questions? Call or email: Tracey at traceysuppatoddy@gmail.com or 304.388.9011
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