

OhioHealth Cap City Half Marathon Training Schedule 2018

Date	Type	Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Total	Interval
			Easy/Off	Off/Cross	Tempo	Cross/Easy	Easy	Off	LSD		
Feb 4 - Feb 10		1	3	X	3	X	3	0	6	15	4 x 1/2
Feb 11 - Feb 17		2	3	X	3	X	3	0	6	15	4 x 1/2
Feb 18 - Feb 24		3	3	X	3	X	3	0	7	16	5 x 1/2
Feb 25 - Mar 3	Fall Back	4	2	X	3	X	3	0	5	13	5 x 1/2
Mar 4 - Mar 10		5	3	X	3	X	4	0	8	18	5 x 1/2
Mar 11 - Mar 17		6	3	X	3	X	4	0	9	19	6 x 1/2
Mar 18 - Mar 24		7	3	X	3	X	4	0	10	20	6 x 1/2
Mar 25 - Mar 31	Fall Back	8	2	X	3	X	3	0	8	16	6 x 1/2
Apr 1 - Apr 7		9	3	X	3	X	4	0	10	20	6 x 1/2
Apr 8 - Apr 14		10	3	X	3	X	3	0	11	20	6 x 1/2
Apr 15 - Apr 21		11	3	X	2	X	2	0	6	13	6 x 1
April 28	Race Day	12	0	X	3	X	2	0	13.1	18.1	6 x 1

Easy = Comfortable pace 2 to 5 miles at 30 to 60 seconds slower than race pace

LSD = Long Slow Day - pace 1 to 2 minutes per mile slower than race pace

Tempo = faster days - pace 30 seconds to 60 seconds faster than race pace

Intervals = short fast days = 1 to 2 minutes faster than race pace **NO INTERVAL DAYS ON THIS SCHEDULE**

Interval Example - "4 x 1/2" is four intervals of 1/2-mile length each. Do a 2 minute rest period between intervals

Fall Back - cut back mileage by about 25 to 33% every 4 weeks