IndyRunners **Spring Training Program 2024** **Half Marathon Training Plan**

Week	Week Beginning	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Est Miles
1	1/15	2 mi easy	Butler Campus route 3 mi @CP	Rest	3 mi @CP	Rest	4 mi @CP	Rest	12
2	1/22	2 mi easy	Butler Campus route 3 mi @CP	Rest	3 mi @CP	Rest	4 mi @CP	Rest	12
3	1/29	2 mi easy	4 mi @CP	Rest	3 mi @CP	Rest	5 mi @CP	Groundhog 5	14
4	2/5	3 mi easy	4 mi @CP	Rest	3 mi @CP	Rest	6 mi @CP	Rest	16
5	2/12	2 mi easy	30 min @CP LOCATION CHANGE: Fleet Feet, 1079 Broad Ripple Ave, Indianapolis	Rest	3 mi @CP	Rest	4 mi @CP	Rest	12
6	2/19	3 mi easy	Holcomb Hill 3 loops 4.2mi total Pizza Night	Rest	4 mi @CP	Rest	6 mi @CP	Rest	17
7	2/26	3 mi easy	4 mi @CP	Rest	4 mi @CP	Rest	7 mi @CP	Rest	18
8	3/4	3 mi easy	1 mi WU@CP 2 mi @CP w/ 4 strides of 30 sec sprints and 60 sec easy 1 mi CD@CP 4 mi total	Rest	4 mi @CP	Rest	8 mi @CP	Rest	19
9	3/11	3 mi easy	Holcomb Hill 3 loops with one repeat each loop 5 mi total	Rest	4 mi @CP	Rest	9 mi @CP	Rest	21
10	3/18	2 mi easy	30 min @CP Pizza Night	Rest	3 mi @CP	Rest	Sam Costa (1/4 Marathon)	Rest (6mi @CP if no Costa)	14-15
11	3/25	4 mi easy	5 mi @CP	Rest	4 mi @CP	Rest	4 mi WU@CP 3 mi @HMP 2 mi CD@CP 9 mi total	Rest	22
12	4/1	4 mi easy	1 mi WU@CP 3 mi @CP w/ 4 strides of 30 sec sprintsand 60 sec easy 1 mi CD@CP 5 mi total LOCATION CHANGE: Fleet Feet, 1079 Broad Ripple Ave, Indianapolis	Rest	5 mi @CP	Rest	10 mi @ CP	Rest	24
13	4/8	4 mi easy	Holcomb Hill 4 loops 5.5 mi total	Rest	5 mi @CP	Rest	11 mi @ CP	Rest	25.5
14	4/15	3 mi easy	6 mi @CP	Rest	4 mi @CP	Rest	Bulldog Jog 1 mi WU@CP 10k 1 CD@CP 8.2 mi total	8 mi CP (if no Bulldog Jog)	21
15	4/22	2 mi easy	4 mi @CP Pizza Night	Rest	3 mi @CP	Rest	2 mi WU@CP 2 mi @ HMP 2 mi CD@CP 6 mi total	Rest	15
16	4/29	Rest	1 mi WU@CP 1 mi @CP w/2 strides of 30 sec sprints with 60 sec easy 1 mi CD@CP 3 mi total	Rest	3 mi @CP	Rest	Mini Marathon!	Rest	6

Terms

CP = Conversational Pace. Can hold a conversation while running

HMP = Half Marathon Pace

Strides = https://youtu.be/ghqbV-VexCM

Easy = Slow run/walk for active recovery. Anywhere from 50-80% of CP

WU = Warmup

CD = Cool down