



## Half Marathon Spring Training Plan - 2024

Week	Week Beginning	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Est Miles
1	1/15	rest	Butler Campus route 3 mi @ Lev1	2 mi @Lev1	2 mi @Lev1	Rest	3 mi @Lev1	2 mi @Lev1	12
2	1/22	rest	Butler Campus route 3 mi @ Lev1	2 mi @Lev1	3 mi @Lvl1	Rest	3 mi @Lev1	2 mi @Lev1	13
3	1/29	rest	4 mi @Lev1	2 mi @Lev1	3 mi @Lev1	Rest	3 mi @Lev1	Groundhog 5 or 3 miles @Lev1 and 2 miles @Lev2	17
4	2/5	rest	4 mi @Lev1 w/Hills	2 mi @Lev1	3 mi @Lev1	Rest	4 mi @Lev1	3 mi @Lev1	16
5	2/12	rest	40 min; 21 out Lev1, & 19 back Lev2/3 <b>(NOTE:subject to venue change)</b>	3 mi @Lev1	2 mi @Lev1 1 mi@Lev2	Rest	5 mi @Lev1	2 mi @Lev1 1 mi@Lev2	16
6	2/19	rest	5 mi @Lev1	3 mi @Lev1	2 mi @Lev1 1 mi@Lev2	Rest	5 mi @Lev1	3 mi @Lev1	19
7	2/26	rest	4.4 mi @Lev1	3 mi @Lev1	2 mi @Lev1 1 mi@Lev2	Rest	6 mi @Lev1	2 mi @Lev1 1 mi@Lev2	19
8	3/4	rest	4 mi @Lev1 w/Hills	3 mi @Lev1	2 mi @Lev1 1 mi@Lev2	Rest	7 mi @Lev1 On the Monon	2 mi @Lev1 1 mi@Lev2	20
9	3/11	rest	5 miles 3.5 mi @ Lev1, 1.5 mi @ Lev2	3 mi @Lev1	2 mi @Lev1 1 mi@Lev2	Rest	8 mi @Lev1 On the Monon	2 mi @Lev1 1 mi@Lev2	22
10	3/18	rest	40 min; 21 out @ Lev1, & 19 back @ Lev2/3 <b>PIZZA NIGHT!</b>	3 mi @Lev1	2 mi @Lev1 1 mi@Lev2	Rest	Sam Costa (1/4 Marathon)	2 mi @Lev1	16
11	3/25	rest	4 miles w/Hills 2.5 mi @Lev1, 1.5 mi @Lev2	3 mi @Lev1	2 mi @Lev1 1 mi@Lev2	Rest	9 mi @Lev1 On the Monon	2 mi @Lev1 1 mi@Lev2	22
12	4/1	rest	4.4 miles @ Lev1/2/3 <b>(NOTE:subject to venue change)</b>	3 mi @Lev1	2 mi @Lev1 1 mi@Lev2	Rest	10 mi @Lev1 On the Monon	2 mi @Lev1 1 mi@Lev2	23.4
13	4/8	rest	5.5 miles w/Hills @ Lev 1/2/3	3 mi @Lev1	2 mi @Lev1 1 mi@Lev2	Rest	11 mi @Lev1 On the Monon	2 mi @Lev1 1 mi@Lev2	25.5

14	4/15	rest	4.5 miles w/Hill 1.5 miles @ Lev1, 3 miles @ Lev2	3 mi @Lev1	2 mi @Lev1 1 mi@Lev2	Rest	Bulldog Jog 10k or 12 mi @Lev1 On the Monon	2 mi @Lev1	24.5
15	4/22	rest	30 min @ Lev1 Pizza Night	2 mi @Lev1	2 mi @Lev1	Rest	3 mi @Lev1	2 mi @Lev1	11
16	4/29	Rest	3 miles @ Lev2, w/.25 mile warmup On the track	2 mi @Lev1	1 mi @Lev1	Rest	Mini Marathon!	Revel in Success!	19

**There are 5 Levels of pace in our Walking Program**

**Level 1 - Conversational; can hold this pace indefinitely; 70% effort or less (Lev1)**

**Level 2 - Half Marathon; can hold this pace for 13.1 mi, ≈ 60-90 sec/mile faster than Lev1; 80% effort (Lev2)**

**Level 3 - Qtr Marathon; can hold this pace for 6.55 mi, ≈ 20-30 sec/mile faster than Lev2; 90% effort (Lev3)**

**Level 4 - Mile; can hold this pace for a mile or less, ≈ 20-30 sec/mile faster than Lev3; 95% effort (Lev4)**

**Level 5 - Flat Out; can hold this pace for 1/4 mile or less; 100% "plus" effort (Lev5)**