

2024 Indy Runners and Walkers Fall Training Program



HALF MARATHON PLAN

Week	Week Beginning	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total Miles
1	7/15	Rest/Cross	3 mi @CP	3 mi easy	3 mi @CP	Rest	4 mi @CP	Rest	13
2	7/22	Rest/Cross	3 mi @CP @Fleet Feet Broad Ripple	3 mi easy	3 mi @CP	Rest	5 mi @CP	Rest	14
3	7/29	Rest/Cross	4mi @CP w/hills	3 mi easy	3 mi @CP	Rest	6 mi @CP	Rest	15
4	8/5	Rest/Cross	3 mi @CP	3 mi easy	3 mi @CP	Rest	4 mi @CP	Rest	13
5	8/12	Rest/Cross	4 mi @CP	3 mi easy	3 mi @CP	Rest	6 mi @CP	Rest	16
6	8/19	Rest/Cross	4 mi @CP w/hills	3 mi easy	3 mi @CP	Rest	7 mi @CP	Rest	17
7	8/26	Rest/Cross	4 mi @CP	3 mi easy	4 mi @CP	Rest	8 mi @CP	Rest	18
8	9/2	Charity XC (3 mi)	4 mi easy	3 mi easy	4 mi @CP	Rest	4 mi @CP	Rest	18
9	9/9	Rest/Cross	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	3 mi easy	5 mi @CP	Rest	8 mi @CP	Rest	20
10	9/16	Rest/Cross	5 mi @CP w/hills	3 mi easy	5 mi @CP	Rest	9 mi @CP Monumental Preview	Rest	22
11	9/23	Rest/Cross	5 mi @CP	3 mi easy	5 mi @CP	Rest	10 mi @CP	Rest	23
12	9/30	Rest/Cross	4 mi @CP	3 mi easy	3 mi @CP	Rest	Indy Half	6 mi @CP (if no Indy Half)	16
13	10/7	Rest/Cross	1 mi WU@CP 3 mi @CP w/ 4 strides of 30 sec sprints and 60 sec easy 1 mi CD@CP 5 mi total	4 mi easy	5 mi @CP	Rest	10 mi @ CP	Rest	24
14	10/14	Rest/Cross	6 mi @CP w/hills	4 mi easy	5 mi @CP	Rest	Run the Monon 11 mi @ CP	Rest	26
15	10/21	Rest/Cross	6 mi @CP	3 mi easy	4 mi @CP	Rest	8 mi @CP	Rest	21
16	10/28	Rest/Cross	4 mi @CP	2 mi easy	3 mi @CP	Rest	2 mi WU@CP 2 mi @ HMP 2 mi CD@CP 6 mi total	Rest	15
17	11/4	Rest/Cross	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	Monumental Half Marathon	Rest	6

Terms CP= Conversational Pace. Can hold a conversation while running

HMP = Half Marathon Pace

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

<https://indyrunners.org/>

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

WU= Warmup

CD = Cool down

Cross = Cross training (Biking, strength training, fitness class, ect)