

**2025 Indy Runners
and Walkers
Spring Training
Program**



RUNNERS ADVANCED HALF MARATHON PLAN

Week	Week Beginning	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total Miles
1	1/13				STP EXPO	Rest	6 mi @ CP	3 mi easy	9
2	1/20	Rest	3 mi @ CP 4-8 20 sec hill strides 4-5 miles total	4 mi easy	4 mi total @ CP	Rest	7 mi @ CP	3 mi easy	22-23
3	1/27	Rest	NO TUESDAY GROUP RUN DUE TO GAME AT BUTLER 4 mi easy	TUESDAY REPLACEMENT RUN AT HINKLE! 3 mi @ CP 5-10 30 sec hill strides 4-5 miles total	5 mi @CP	Rest	8 mi @ CP (3 mi easy with 20 sec strides if running the Groundhog)	Groundhog 5/7 (3 mi easy if not running race)	24-26
4	2/3	Rest	2 mi WU@CP 1-2 mi w/fartleks 2 mi CD@CP 5-6 mi total	4 mi easy	5 mi @CP	Rest	9 mi @CP	3 mi easy	26-27
5	2/10	Rest	1 mi WU@CP 2 mi @ Marathon Pace 1 mi CD@CP 4 mi total PIZZA NIGHT	4 mi easy	4 mi @CP	Rest	6 mi @CP	3 mi easy	21
6	2/17	Rest	1 mi WU@CP 2-3 4x100m strides w/100m easy and 400m easy between sets 1 mi CD@CP 5-6 mi total	4 mi easy	1 mi WU@CP 3 mi @CP with 4 strides of 20 sec faster and 60 sec easy 1 mi CD@CP 5 mi total	Rest	2 mi WU@CP 3x1 mi @HMP w/1mi easy in between 2 mi CD@CP 9 mi total	3 mi easy	26-27
7	2/24	Rest	1 mi WU@CP 3-5 mi w/4-12 Hill Repeats 1 mi CD@CP 5-7mi total	4 mi easy	1 mi WU@CP 3-4 mi @CP with 4 strides of 30 sec faster and 60 sec easy 1 mi CD@CP 5 mi total	Rest	10 mi @ CP	3 mi easy	27-30
8	3/3	Rest	1 mi WU@CP 3-4 x 1mi @ HMP w/2 min easy in between 1 mi CD@CP 5-7 mi total	4 mi easy	1 mi WU@CP 4 mi @CP with 4-6 strides of 30 sec faster and 60 sec easy 1 mi CD@CP 6 mi total	Rest	11 mi @CP	3 mi easy	29-32
9	3/10	Rest	1 mi WU@CP 6-12x400m @5k pace with 200m easy 1 mi CD@CP 5-7 mi total	4 mi easy	1 mi WU@CP 4 mi with Fartleks 1 mi CD@CP 6 mi total	Rest	12 mi @CP	3 mi easy	30-33
10	3/17	Rest	1 mi WU@CP 3x 1mi @ HMP w/1 mi easy in between 1 mi CD@CP 7 mi total PIZZA NIGHT	4 mi easy	1 mi WU@CP 2 mi @CP with 4-6 strides of 30 sec faster and 60 sec easy 1 mi CD@CP 4 mi total	Rest	Sam Costa (1/4 Marathon) (3 mi easy with 20 sec strides if running the Sam Costa)	3 mi easy (or 1 mi WU@CP 4 mi @ HMP 1 mi CD@CP if you didn't run the Sam Costa 6 mi total)	24
11	3/24	Rest	1 mi WU@CP Ladder 400m @5k pace with 200m easy, 800m@10k pace with 200m easy, 1200m @HMP with 400 easy, 1-2x1600m @MP with 400 easy, 1200m@HMP pace with 400 easy, 800m@10k pace with 200 easy, 400m@5k pace with 200m easy 1 mi CD@CP 6-8 mi total	4 mi easy	1 mi WU@CP 4 mi @CP with 4-6 strides of 30 sec faster and 60 sec easy 1 mi CD@CP 6 mi total	Rest	13 mi @CP	3 mi easy	32-34

