

2025 Indy Runners and Walkers Spring Training Program



RUNNERS HALF MARATHON PLAN

Week	Week Beginning	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total Miles
1	1/13				STP EXPO	Rest	4 mi @CP	Rest	4
2	1/20	Rest/Cross	3 mi @CP	3 mi easy	3 mi @CP	Rest	4 mi @CP	Rest	13
3	1/27	Rest/Cross	NO TUESDAY GROUP RUN DUE TO GAME AT BUTLER 3 mi easy	TUESDAY REPLACEMENT RUN AT HINKLE! 3 mi @CP	3 mi @CP	Rest	5 mi @CP (Rest if running Groundhog)	Groundhog 5/7 (Rest if not running Groundhog)	14
4	2/3	Rest/Cross	4 mi @CP	3 mi easy	3 mi @CP	Rest	6 mi @CP	Rest	16
5	2/10	Rest/Cross	4 mi @CP PIZZA NIGHT	3 mi easy	3 mi @CP	Rest	4 mi @CP	Rest	14
6	2/17	Rest/Cross	4 mi @CP	3 mi easy	3 mi @CP	Rest	6 mi @CP	Rest	16
7	2/24	Rest/Cross	5 mi @CP	3 mi easy	3 mi @CP	Rest	7 mi @CP	Rest	18
8	3/3	Rest/Cross	1 mi WU@CP 2 mi @CP w/ 4 strides of 20 sec faster and 60 sec easy 1 mi CD@CP 5 mi total	3 mi easy	4 mi @CP	Rest	8 mi @CP	Rest	20
9	3/10	Rest/Cross	5 mi @CP	3 mi easy	4 mi @CP	Rest	9 mi @CP	Rest	21
10	3/17	Rest/Cross	4 mi @CP PIZZA NIGHT	3 mi easy	3 mi @CP	Rest	Sam Costa (1/4 Marathon) 6.55 mi total (Rest if not running Sam Costa)	Rest (or 1 mi WU@CP 4 mi @HMP 1 mi CD@CP 6 mi total if you didn't run the Sam Costa)	16
11	3/24	Rest/Cross	1 mi WU@CP 3 mi @CP w/ 4 strides of 30 sec faster and 60 sec easy 1 mi CD@CP 5 mi total	3 mi easy	5 mi @CP	Rest	9 mi @CP	Rest	22
12	3/31	Rest/Cross	6 mi @CP LOCATION CHANGE: Fleet Feet, 1079 Broad Ripple Ave, Indianapolis	3 mi easy	5 mi @CP	Rest	10 mi @CP	Rest	24
13	4/7	Rest/Cross	4 mi @CP	3 mi easy	3 mi @CP	Rest	Bulldog Jog: 1 mi WU@CP 10k race 1 CD@CP 8.2 mi total (Rest if not running the Bulldog Jog)	Rest (or 8 mi @CP if you didn't run the Bulldog Jog)	18
14	4/14	Rest/Cross	6 mi @CP	4 mi easy	5 mi @CP	Rest	11 mi @CP	Rest	26
15	4/21	Rest/Cross	5 mi @CP PIZZA NIGHT	3 mi easy	4 mi @CP	Rest	2 mi WU@CP 2 mi @ HMP 2 mi CD@CP 6 mi total	Rest	18
16	4/28	Rest/Cross	1 mi WU@CP 1 mi @CP w/ 2 strides of 30 sec faster with 60 sec easy 1 mi CD@CP 3 mi total	Rest	3 mi @CP	Rest	Mini Marathon!	Rest	16

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
Pace Calculator = <https://indyrunners.org/speedwork-paces/>
WU= Warmup
CD = Cool down
Cross = Cross training (Biking, strength training, fitness class, ect)

<https://indyrunners.org/>