

2025 Indy Runners and Walkers Fall Training Program



ADVANCED HALF MARATHON PLAN

Week	Week Beginning	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total Miles
1	7/7	Rest	1 mi WU@CP 4-10 20 sec hill strides 1 mi CD@CP 4-5 miles total	4 mi easy	4-5 mi @CP with 4 strides of 20 sec faster and 90 sec easy 4-5 mi total	Rest	6 mi @ CP	3 mi easy	21-23
2	7/14	Rest	1 mi WU@CP Straights and Corners - 6-10 laps on 400m track with 100m strides on straights and 100m easy on corners 1 mi CD@CP 4-6 mi total	4 mi easy	4-5 mi @CP with 4 strides of 20 sec faster and 90 sec easy 4-5 mi total	Rest	6 mi @ CP	3 mi easy	21-24
3	7/21	Rest	1 mi WU@CP 8-12x 1 min progressively faster (HMP up to mile pace) w/ 1 min easy 1 mi CD@CP 5-6 mi total @FleetFeet Broad Ripple	4 mi easy	4-5 mi @CP with 4 strides of 20 sec faster and 90 sec easy 4-5 mi total	Rest	7 mi @ CP	3 mi easy	23-25
4	7/28	Rest	1 mi WU@CP 3-4 mi w/6-10 Hill Repeats 1 mi CD@CP 5-6 mi total	4 mi easy	5-6 mi @CP with 4 strides of 30 sec faster and 90 sec easy 5-6 mi total	Rest	8 mi @ CP	3 mi easy	25-27
5	8/4	Rest	1 mi WU@CP 1-2 mi @ HMP 1 mi CD@CP 3-5 mi total	4 mi easy	4 mi @CP with 4 strides of 20 sec faster and 90 sec easy 4 mi total	Rest	6 mi @CP	3 mi easy	20-22
6	8/11	Rest	1 mi WU@CP 6-12x400m @5k pace with 200m easy 1 mi CD@CP 4-7 mi total	4 mi easy	5-6 mi @CP with 6 strides of 30 sec faster and 90 sec easy 5-6 mi total	Rest	2 mi WU@CP 3x1 mi @HMP w/1mi easy in between 1 mi CD@CP 8 mi total	3 mi easy	24-28
7	8/18	Rest	1 mi WU@CP Fartlek - 2 min on / 1 min off for 3-5 mi 1 mi CD@CP 5-7mi total @FleetFeet Broad Ripple	4 mi easy	5-6 mi @CP with 6 strides of 30 sec faster and 90 sec easy 5-6 mi total	Rest	9 mi @ CP	3 mi easy	26-29
8	8/25	Rest	1 mi WU@CP 4-8x800m @10k pace with 400m easy 1 mi CD@CP 5-8 mi total	4 mi easy	5-6 mi @CP with 6 strides of 30 sec faster and 90 sec easy 5-6 mi total	Rest	10 mi @ CP	3 mi easy	27-31
9	9/1	Charity XC (3 mi)	1 mi WU@CP 2x 1mi @ HMP w/1 mi easy in between 1 mi CD@CP 5 mi total	4 mi easy	4 mi @CP with 4 strides of 20 sec faster and 90 sec easy 4 mi total	Rest	6 mi @CP	3 mi easy	22-25
10	9/8	Rest	1 mi WU@CP 4-8 x 4 min @LT with 90 sec easy 1 mi CD@CP 5-7 mi total @ Athletic Annex Nora	4 mi easy	5-6 mi @CP with 6 strides of 30 sec faster and 90 sec easy 5-6 mi total	Rest	5 mi WU@CP 2x2 mi @HMP w/1 mi @CP in between 1 mi CD@CP 11 mi total	3 mi easy	28-31
11	9/15	Rest	1 mi WU@CP 4-6 mi w/6-16 Hill Repeats 1 mi CD@CP 6-8mi total	4 mi easy	5-6 mi @CP with 6 strides of 30 sec faster and 90 sec easy 5-6 mi total	Rest	12 mi @CP	3 mi easy	30-33

Week	Week Beginning	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total Miles
12	9/22	Rest	1 mi WU@CP Ladder - 400m @5k pace with 200m easy, 800m@10k pace with 200m easy, 1200m @HMP with 400 easy, 1-2 x1600m @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	5-6 mi @CP with 6 strides of 30 sec faster and 90 sec easy 5-6 mi total	Rest	13 mi @CP	3 mi easy	31-35
13	9/29	Rest	1 mi WU@CP 2-3 mi @HMP 1 mi CD@CP 4-5 mi total	4 mi easy	4 mi @CP with 4 strides of 20 sec faster and 90 sec easy 4 mi total	Rest	Indy Half	3 mi WU@CP 5 mi @HMP 2 mi CD@CP 10 mi total (if no Indy Half)	22-26
14	10/6	Rest	1 mi WU@CP 4-6x1200m @10k pace with 400m easy 1 mi CD@CP 6-8 mi total	5 mi easy	5-6 mi @CP with 6 strides of 30 sec faster and 90 sec easy 5-6 mi total	Rest	3 mi WU@CP 2x4 mi @HMP w/1 mi @CP in between 1 mi CD@CP 13 mi total	3 mi easy	31-35
15	10/13	Rest	1 mi WU@CP 4-6 mi w/6-16 Hill Repeats 1 mi CD@CP 6-9 mi total	5 mi easy	5-6 mi @CP with 6 strides of 30 sec faster and 90 sec easy 5-6 mi total	Rest	14 mi @ CP	3 mi easy	33-37
16	10/20	Rest	1 mi WU@CP 1-2 x 1 mi @ HMP w/ 400m rest 2 x 800m @10k pace w/200m rest 2 x 400m @5k pace w/200m rest 1-2x 1 mi @ HMP w/400m rest 1 mi CD@CP 6-9mi total	5 mi easy	5-6 mi @CP with 6 strides of 30 sec faster and 90 sec easy 5-6 mi total	Rest	Run the Monon 15 mi @ CP	3 mi easy	34-38
17	10/27	Rest	1 mi WU@CP 3-5x800m with 200m easy 1 mi CD@CP 4-5 mi total	3 mi easy	4 mi @CP with 4 strides of 20 sec faster and 90 sec easy 4 mi total	Rest	3 mi WU@CP 2 mi @HMP 1 mi CD@CP 6 mi total	3 mi easy	20-21
18	11/3	Rest	1 mi WU@CP 2 mi @ HMP 1 mi CD@CP 4 mi total	Rest	3 mi @CP with 4 strides of 20 sec faster and 90 sec easy 3 mi total	Rest	Monumental Half Marathon	Rest	20

CP= Conversational Pace

HMP = Half Marathon Pace

MP = Marathon Pace

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

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

WU= Warmup

CD = Cool down

LT= Lactate Threshold. Pace you can hold for 1hr all out.

Fartleks - <https://www.trainingpeaks.com/blog/fartlek-workout-101/>

<https://indyrunners.org/>