

2025 Indy Runners and Walkers Fall Training Program



HALF MARATHON PLAN: Runners and Walkers

Week	Week Beginning	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total Miles
1	7/7	Rest/Cross	3 mi @CP	3 mi easy	3 mi @CP	Rest	4 mi @CP	Rest	13
2	7/14	Rest/Cross	3 mi @CP	3 mi easy	3 mi @CP	Rest	4 mi @CP	Rest	13
3	7/21	Rest/Cross	3 mi @CP @FleetFeet Broad Ripple	3 mi easy	3 mi @CP	Rest	5 mi @CP	Rest	14
4	7/28	Rest/Cross	4mi @CP	3 mi easy	3 mi @CP	Rest	6 mi @CP	Rest	15
5	8/4	Rest/Cross	3 mi @CP	3 mi easy	3 mi @CP	Rest	4 mi @CP	Rest	13
6	8/11	Rest/Cross	4 mi @CP	3 mi easy	3 mi @CP	Rest	6 mi @CP	Rest	16
7	8/18	Rest/Cross	4 mi @CP @FleetFeet Broad Ripple	3 mi easy	3 mi @CP	Rest	7 mi @CP	Rest	17
8	8/25	Rest/Cross	1 mi WU@CP 2 mi @CP w/ 4 strides of 20 sec sprints and 90 sec easy 1 mi CD@CP 4 mi total	3 mi easy	4 mi @CP	Rest	8 mi @CP	Rest	18
9	9/1	Charity XC (3 mi)	4 mi easy	3 mi easy	4 mi @CP	Rest	5 mi @CP	Rest	18
10	9/8	Rest/Cross	4 mi @CP @Athletic Annex Nora	3 mi easy	5 mi @CP	Rest	4 mi WU@CP 2x1 mi @HMP 1 mi @CP between 1 mi CD@CP 8 mi total	Rest	20
11	9/15	Rest/Cross	5 mi @CP	3 mi easy	5 mi @CP	Rest	9 mi @CP	Rest	22
12	9/22	Rest/Cross	1 mi WU@CP 3 mi @CP w/ 4 strides of 30 sec sprints and 90 sec easy 1 mi CD@CP 5 mi total	3 mi easy	5 mi @CP	Rest	10 mi @CP	Rest	23
13	9/29	Rest/Cross	4 mi @CP	3 mi easy	3 mi @CP	Rest	Indy Half at Ft Ben	2 mi WU@CP 2 mi @HMP 2 mi CD@CP 6 mi total (if no Indy Half)	16
14	10/6	Rest/Cross	1 mi WU@CP 3 mi @CP w/ 4 strides of 30 sec sprints and 90 sec easy 1 mi CD@CP 5 mi total	4 mi easy	5 mi @CP	Rest	9 mi @ CP	Rest	24
15	10/13	Rest/Cross	6 mi @CP	4 mi easy	5 mi @CP	Rest	10 mi @ CP	Rest	26
16	10/20	Rest/Cross	6 mi @CP	4 mi easy	5 mi @CP	Rest	Run the Monon 11 mi @ CP	Rest	21
17	10/27	Rest/Cross	1 mi WU@CP 2 mi @CP w/ 4 strides of 30 sec sprints and 90 sec easy 1 mi CD@CP 4 mi total	2 mi easy	3 mi @CP	Rest	2 mi WU@CP 2 mi @ HMP 2 mi CD@CP 6 mi total	Rest	15
18	11/3	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	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	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>

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)

<https://indyrunners.org/>