

2026 Indy Runners and Walkers Spring Training Program



RUNNERS HALF MARATHON PLAN

Week	Week Beginning	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total Miles
1	1/5				STP EXPO	Rest	4 mi @CP	Rest	4
2	1/12	Rest/Cross	3 mi @CP	3 mi @CP	3 mi @CP	Rest	4 mi @CP	Rest	13
3	1/19	Rest/Cross	3 mi @CP LOCATION CHANGE: Fleet Feet, 1079 Broad Ripple Ave, Indianapolis	3 mi @CP	3 mi @CP	Rest	5 mi @CP	Rest	14
4	1/26	Rest/Cross	4 mi @CP	3 mi @CP	3 mi @CP	Rest	6 mi @CP (Rest if running Groundhog)	Groundhog 5/7 (Rest if not running Groundhog)	16
5 Cutback	2/2	Rest/Cross	4 mi @CP PIZZA NIGHT	3 mi @CP	3 mi @CP	Rest	4 mi @CP	Rest	14
6	2/9	Rest/Cross	4 mi @CP	3 mi @CP	3 mi @CP	Rest	6 mi @CP	Rest	16
7	2/16	Rest/Cross	5 mi @CP	3 mi @CP	3 mi @CP	Rest	7 mi @CP	Rest	18
8	2/23	Rest/Cross	1 mi WU@CP 2 mi @CP w/ 4 strides of 20 sec faster and 90 sec easy 1 mi CD@CP 5 mi total	3 mi @CP	4 mi @CP	Rest	8 mi @CP	Rest	20
9 Cutback	3/2	Rest/Cross	4 mi @CP PIZZA NIGHT	3 mi @CP	4 mi @CP	Rest	7 mi @CP	Rest	18
10	3/9	Rest/Cross	1 mi WU@CP 3 mi @CP w/ 4 strides of 20-30 sec faster and 90 sec easy 1 mi CD@CP 5 mi total	4 mi @CP	3 mi @CP	Rest	10 mi @CP	Rest	21
11	3/16	Rest/Cross	1 mi WU@CP 4 mi @CP w/ 4 strides of 20-30 sec faster and 90 sec easy 1 mi CD@CP 6 mi total	4 mi @CP	5 mi @CP	Rest	Sam Costa (1/4 Marathon) 6.55 mi total (1 mi WU@CP 4 mi @HMP 1 mi CD@CP 6 mi total if no Sam Costa)	Rest	21
12	3/23	Rest/Cross	6 mi @CP	3 mi @CP	5 mi @CP	Rest	10 mi @CP	Rest	24
13 Cutback	3/30	Rest/Cross	4 mi @CP LOCATION CHANGE: Fleet Feet, 1079 Broad Ripple Ave, Indianapolis	3 mi @CP	3 mi @CP	Rest	11 mi @CP	Rest	18
14	4/6	Rest/Cross	1 mi WU@CP 4 mi @CP w/ 4 strides of 20-30 sec faster and 90 sec easy 1 mi CD@CP 6 mi total	4 mi @CP	5 mi @CP	Rest	Bulldog Jog: 1 mi WU@CP 10k race 1 CD@CP 8.2 mi total (8 mi @CP if no Bulldog Jog)	Rest	26
15	4/13	Rest/Cross	1 mi WU@CP 4 mi @CP w/ 4 strides of 20-30 sec faster and 90 sec easy 1 mi CD@CP 6 mi total	3 mi @CP	6 mi @CP	Rest	4 mi WU@CP 4 mi @ HMP 4 mi CD@CP 12 mi total	Rest	27
16 Taper	4/20	Rest/Cross	1 mi WU@CP 3 mi @CP w/ 4 strides of 20-30 sec faster and 90 sec easy 1 mi CD@CP 5 mi total	4 mi @CP	4 mi @CP	Rest	2 mi WU@CP 2 mi @ HMP 2 mi CD@CP 6 mi total	Rest	23
17 Taper	4/27	Rest/Cross	3 mi @CP PIZZA NIGHT	3 mi @CP	Rest	Rest	Mini Marathon!	Rest	16

Terms

WU= Warmup
 CD = Cool down
 Easy = Repair & Recovery, 3/10. "I could do this all day."
 CP= Conversational Pace. Endurance & Efficiency, 4-5/10. "I am in a rhythm."
 HMP = Half Marathon Pace
 Strides = <https://youtu.be/ghqbV-VexCM>
 Pace Calculator = <https://indyrunners.org/speedwork-paces/>
 Cross = Cross training (biking, strength training, fitness class, etc.)

<https://indyrunners.org/>