

2026 Indy Runners and Walkers Fall Training Program



ADVANCED HALF MARATHON PLAN

	Week	Week Beginning	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total Miles
Base Building	1	7/13	Rest	1 mi WU@CP 2-3 mi @CP w/6-8 Hill Repeats 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 between 4 mi total	Rest	5 mi @ CP	3 mi easy	19-20
	2	7/20	Rest	1-2-3-2-1 Structured Fartlek Pyramid: 1 mi WU @CP 1 min @ 5K pace (1 min easy) 2 min @ 10K pace (2 min easy) 3 min @HMP (2 min easy) 2 min @ 10K pace (2 min easy) 1 min @ 5K pace (1 min easy) 1.5 mi CD @CP 5-5.5 miles total	4 mi easy	5 mi @CP with 4 strides of 20 sec faster and 90 sec easy between 5 mi total	Rest	6 mi @ CP	3 mi easy	23-23.5
	3	7/27	Rest	1 mi WU@CP 3-4 mi @CP w/6-10 Hill Repeats 1 mi CD@CP 5-6 mi total	4 mi easy	6 mi @CP with 4 strides of 30 sec faster and 90 sec easy between 6 mi total	Rest	7 mi @ CP	3 mi easy	25-27
	4 Cutback Week	8/3	Rest	1 mi WU@CP 1-2 mi @ HMP 1 mi CD@CP 3-4 mi total	3 mi easy	4 mi @CP with 3 strides of 20 sec faster and 90 sec easy 4 mi total	Rest	5 mi @CP	3 mi easy	18-19
Strength & Speed	5	8/10	Rest	Track: 1 mi WU@CP 6-12x400m @5k pace with 200m easy 1 mi CD@CP 4-7 mi total	4 mi easy	6 mi @CP with 4 strides of 30 sec faster and 90 sec easy between 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	25-28
	6	8/17	Rest	1 mi WU@CP 4-5 mi @CP w/ Fartleks - 2 min faster w/ 1 min easy between 1 mi CD@CP 6-7mi total	4 mi easy	6 mi @CP with 4 strides of 30 sec faster and 90 sec easy between 6 mi total	Rest	10 mi @ CP	3 mi easy	29-30
	7	8/24	Rest	Rocky Ripple 1k Repeats: 1 mi WU@CP 5-9x1000m @10k pace with 400m easy 1 mi CD@CP 5-7.5 mi total	4 mi easy	6 mi @CP with 4 strides of 30 sec faster and 90 sec easy between 6 mi total	Rest	11 mi @ CP	3 mi easy	29-31.5
	8 Cutback Week	8/31	Rest	1 mi WU@CP 2x 1mi @ HMP w/1 mi easy in between 1 mi CD@CP 5 mi total	3 mi easy	4 mi @CP with 3 strides of 20 sec faster and 90 sec easy between 4 mi total	Rest	7 mi @CP	3 mi easy	22
	9	9/7	Charity XC 3.1 mi or 3 mi on your own	Track: 1 mi WU @CP 3-4x1 MILE @LT pace (or 15k/10k pace), w/ 60- 90 seconds easy between 1 mi CD @ CP 5-6 miles total	4 mi easy	6 mi @CP with 4-8 strides of 30 sec faster and 90 sec easy between 6 mi total	Rest	5 mi WU@CP 3x2 mi @HMP w/1 mi @CP in between 1 mi CD@CP 12 mi total	3 mi easy	33-34
	10	9/14	Rest	1 mi WU@CP 5-6 mi w/8-16 Hill Repeats 1 mi CD@CP 7-8mi total	5 mi easy	6 mi @CP with 4-8 strides of 30 sec faster and 90 sec easy between 6 mi total	Rest	13 mi @CP	4 mi easy	35-36

Peak Endurance and Race	Week	Week Beginning	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total Miles
	11	9/21	Rest	Track: Ladder 1 mi WU@CP 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 7.25-8.5 mi total	5 mi easy	6 mi @CP with 4-10 strides of 30 sec faster and 90 sec easy between 6 mi total	Rest	14 mi @CP	4 mi easy	36.25-37.5
	12	9/28	Rest	1 mi WU@CP 4 mi @HMP 1 mi CD@CP 6 mi total	4 mi easy	4 mi @CP with 3 strides of 30 sec faster and 90 sec easy between 4 mi total	Rest	Indy Half at Ft Ben 13.1 or 13 mi on your own	4 mi easy	31
	13 Cutback Week	10/5	Rest	1 mi WU@CP 3x1200m @10k pace with 400m easy 1 mi CD@CP 5 mi total	3 mi easy	4 mi @CP with 3 strides of 30 sec faster and 90 sec easy between 4 mi total	Rest	9 mi @CP	3 mi easy	24
Peak II	14	10/12	Rest	1 mi WU@CP 6 mi w/6-16 Hill Repeats 1 mi CD@CP 8 mi total	5 mi easy	6 mi @CP with 6-10 strides of 30 sec faster and 90 sec easy between 6 mi total	Rest	1 mi WU@CP 2x4 mi @HMP w/1 mi @CP in between 1 mi CD@CP 11 mi total	4 mi easy	34
	15	10/19	Rest	1.0 mi WU @CP 2 miles (8 laps)@HMP, w/400m easy 2 x 800m @ 10K pace, w/ 200m easy 2 x 400m @ 5K pace, w/ 200m easy 1.0 mi CD @ CP 6.25 total	5 mi easy	4 mi @CP with 3-6 strides of 30 sec faster and 90 sec easy between 4 mi total	Rest	Run the Monon 12 mi @ CP	3 mi easy	30.25
Taper	16	10/26	Rest	1 mi WU@CP 2 mi @ HMP 1 mi CD@CP 4 mi total	3 mi easy	4 mi @CP with 4-10 strides of 30 sec faster and 90 sec easy between 4 mi total	Rest	3 mi WU@CP 2 mi @HMP 1 mi CD@CP 6 mi total	3 mi easy	20
	17	11/2	Rest	1 mi WU@CP 2 mi @ HMP 1 mi CD@CP 4 mi total	Rest	3 mi @CP with 4-6 strides of 20 sec faster and 90 sec easy between 3 mi total	Rest	Monumental Half Marathon 13.1	Rest	20
TERMS: CP= Conversational Pace HMP = Half Marathon Pace MP = Marathon Pace Strides = https://youtu.be/ghqbV-VexCM WU= Warmup CD = Cool down LT= Lactate Threshold. A pacethat you can hold for 1 hour all out. Fartleks = https://www.trainingpeaks.com/blog/fartlek-workout-101/ Strength Training: Develop and follow your program, several times per week. This might include squats, lunges, glute bridges, curls, clam shells, deadlifts, etc.										

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