

2026 Indy Runners and Walkers Fall Training Program



HALF MARATHON PLAN: RUNNERS

	Week	Week Beginning	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total Miles
Base Building	1	7/13	Rest/Cross	3 mi @CP	3 mi easy	3 mi @CP	Rest/Strength	4 mi @CP	Rest	13
	2	7/20	Rest/Cross	3 mi @CP	3 mi easy	3 mi @CP	Rest/Strength	5 mi @CP	Rest	14
	3	7/27	Rest/Cross	4 mi @CP	3 mi easy	3 mi @CP	Rest/Strength	6 mi @CP	Rest	16
	4 Cutback Week	8/3	Rest/Cross	3 mi @CP	3 mi easy	3 mi @CP	Rest/Strength	4 mi @CP	Rest	13
Strength & Speed	5	8/10	Rest/Cross	4 mi @CP	3 mi easy	4 mi @CP	Rest/Strength	7 mi @CP	Rest	18
	6	8/17	Rest/Cross	5 mi @CP w/ 4 strides of 30 sec sprints and 90 sec easy between 5 mi total	3 mi easy	5 mi @CP	Rest/Strength	8 mi @CP	Rest	21
	7	8/24	Rest/Cross	5 mi @CP w/ 4 strides of 30 sec sprints and 90 sec easy between 5 mi total	3 mi easy	5 mi @CP	Rest/Strength	9 mi @CP	Rest	22
	8 Cutback Week	8/31	Rest/Cross	4 mi @CP	3 mi easy	3 mi @CP	Rest/Strength	6 mi @CP	Rest	16
Peak Endurance and Race	9	9/7	Charity XC (3.1 mi)	4 mi @CP	Rest (3 mi easy, IF no Charity XC)	6 mi @CP	Rest/Strength	10 mi @CP	Rest	23
	10	9/14	Rest/Cross	5 mi @CP w/ 4 strides of 30 sec sprints and 90 sec easy between 5 mi total	4 mi easy	6 mi @CP	Rest/Strength	11 mi @CP	Rest	26
	11	9/21	Rest/Cross	5 mi @CP w/ 4 strides of 30 sec sprints and 90 sec easy between 5 mi total	4 mi easy	6 mi @CP	Rest/Strength	12 mi @CP	Rest	27
	12	9/28	Rest/Cross	4 mi @CP	3 mi easy	3 mi @CP	Rest/Strength	Indy Half at Ft Ben 13.1 or on your own	Rest	23
	13 Cutback Week	10/5	Rest/Cross	4 mi @CP	3 mi easy	3 mi @CP	Rest/Strength	8 mi @ CP	Rest	18
Peak II	14	10/12	Rest/Cross	6 mi @CP w/ 4 strides of 30 sec sprints and 90 sec easy between 6 mi total	4 mi easy	5 mi @CP	Rest/Strength	10 mi @ CP	Rest	25
	15	10/19	Rest/Cross	1 mi WU@CP 2x2 mi @HMP w/ 1 minute standing between 1 mi CD@CP 6 mi total	4 mi easy	4 mi @CP	Rest/Strength	Run the Monon 12 mi @ CP	Rest	26
Taper	16	10/26	Rest/Cross	4 mi @CP	3 mi easy	3 mi @CP w/2 strides of 30 sec faster with 90 sec easy between 3 mi total	Rest/Strength	2 mi WU@CP 2 mi @ HMP 2 mi CD@CP 6 mi total	Rest	16
	17	11/2	Rest/Cross	1 mi WU@CP 1 mi @HMP 1 mi CD@CP 3 mi total	Rest	4 mi easy	Rest	Monumental Half Marathon 13.1	Rest	20

TERMS: CP= Conversational Pace. Can hold a conversation while running

HMP = Half Marathon Pace

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

*Strides are optional, but encouraged

CP = Conversational Pace. Working, but able to hold a conversation.

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, etc.)

Strength Training: Develop and follow your program, several times per week. This might include squats, lunges, glute bridges, curls, clam shells, deadlifts, etc.

<https://indyrunners.org/>