

Trail Half Marathon Training Plan - Relentless Forward Commotion/Hart Strength & Endurance Coaching

The following training plan is designed for educational purposes, and is not a prescribed training plan for any particular individual.

Consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs.

Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL	CYCLE
1	Core & Balance work	Trail or Off Road: 3 Miles Easy Effort	Hill Repeats: 1 mile warm up / 8 x 30 second hill repeats @ moderate (but steady) pace. / 1 mile cool down	Base Building: 3 Miles Easy Effort	REST	5 Trail Miles (Easy Effort)	30 Minutes Active Recovery	14 (+/-) miles + Active Recovery	BUILD
2	Core & Balance work	Trail or Off Road: 3 Miles Easy Effort	Speed Effort: 1 mile warm up (easy effort) / 1.5 miles speed work (1:00 easy, immediately followed by 30 second 5K or faster effort, immediately followed by a 30 second walk or jog recovery. Repeat for 1.5 miles) / 0.5 mile cool down. Total: 3 miles	Base Building: 4 Miles Easy Effort	REST	6 Trail Miles (Easy Effort)	30 Minutes Active Recovery	16 miles + Active Recovery	BUILD
3	Core & Balance work	Trail or Off Road: 4 Miles Easy Effort	Hill Repeats: 1 mile warm up / 10 x 30 second hill repeats @ moderate (but steady) pace / 1 mile cool down	Base Building: 4 Miles Easy Effort	REST	7 Trail Miles (Easy Effort)	30 Minutes Active Recovery	17.5 +/- miles + Active Recovery	BUILD
4	Core & Balance work	Base Building: 3 Miles Easy Effort	Active Recovery: 30 minutes	Base Building: 3 Miles Easy Effort	REST	4 Miles - Road or Trail - Easy Effort	Active Recovery	10 miles + Active Recovery	CUTBACK
5	Core & Balance work	Trail or Off Road: 4 Miles Easy Effort	Hill Ladder: 1 mile warm up (easy effort) / Repeat 15/30/45/60 hill repeats X 2 / 1 mile cool down (easy effort)	Base Building: 5 Miles Easy Effort	REST	8 Trail Miles (Easy Effort)	Active Recovery	20 +/- miles + Active Recovery	BUILD
6	Core & Balance work	Trail or Off Road: 4 Miles Easy Effort	Speed Effort: Half mile repeats. 1 mile easy effort / 0.5 mile @ 10K pace followed by 2:00 recovery. Repeat 4x / 1 mile easy effort cool down (approximately 4 miles total)	6 miles: 2 easy + 2 tempo + 2 easy	REST	9 Trail Miles (Easy Effort)	Active Recovery	23 +/- miles + Active Recovery	BUILD
7	Core & Balance work	Trail or Off Road: 5 Miles Easy Effort	Hill Ladder: 1 mile warm up (easy effort) / Repeat 15/30/45/60 hill repeats X 3 / 1 mile cool down (easy effort)	6 miles: 2 easy + 3 tempo + 1 easy	REST	10 Trail Miles (Easy Effort)	Active Recovery	25 +/- miles + Active Recovery	BUILD
8	Core & Balance work	Base Building: 3 Miles Easy Effort	Active Recovery: 30 minutes	Base Building: 4 Miles Easy Effort	REST	6 Miles - Road or Trail - Easy Effort	Active Recovery	13 miles + Active Recovery	CUTBACK
9	Core & Balance work	Trail or Off Road: 5 Miles Easy Effort	5 Mile Rolling Hills Course: easy to moderate effort run, attack hills (both up and down) with moderate to hard effort. (See blog post for alternative workout)	6 miles: 1 easy + 4 tempo + 1 easy	REST	11 Trail Miles (Easy Effort)	Active Recovery	27 +/- miles + Active Recovery	BUILD
10	Core & Balance work	Trail or Off Road: 5 Miles Easy Effort	Speed Effort: Half mile repeats. 1 mile easy effort / 0.5 mile @ 10K pace followed by 2:00 recovery. Repeat 6x / 1 mile easy effort cool down (approximately 5 miles total)	6 miles: 1 easy + 4 tempo + 1 easy	REST	12 Trail Miles (Easy Effort)	Active Recovery	28 +/- miles + Active Recovery	BUILD
11	Core & Balance work	Trail or Off Road: 5 Miles Easy Effort	4 Mile Rolling Hills Course: easy to moderate effort run, attack hills (both up and down) with moderate to hard effort. (See blog post for alternative workout)	4 miles: 1 easy + 2 tempo + 1 easy	REST	6 Miles - Road or Trail - Easy Effort	Active Recovery	19 +/- miles + Active Recovery	Taper
12	REST	Trail or Off Road: 4 Miles Easy Effort	Active Recovery: 30 minutes	Shakeout Run! 30 minutes, easy effort. Finish with strides	REST	Race Day! 13.1 miles	Active Recovery or REST!!	20 +/- miles + Active Recovery	RACE WEEK