

**Dashing Whippets 2021 Spring General/
Brooklyn Half Training Plan
(Advanced)**

Overview: This *advanced* 13-week plan is designed to have elements of both short distance and long distance with a focus on preparing for the virtual Brooklyn Half Marathon. Runners should have logged at least 35 miles per week for at least a month before beginning this plan and feel comfortable with completing two speed workouts (and one long run) per week throughout the cycle

Week	Purpose	Wkly Min	Wkly Mid	Wkly Max	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes
					Recovery Run	Long interval workout	Crosstrain, Yoga, rest or easy run	Short interval workout	Crosstrain, rest or easy run	Long run	Recovery Run	
5-Apr	1 Aerobic conditioning	39	44	49	5	8	5	8	5	13	5	
12-Apr	2 Aerobic conditioning	38	43	48	5	8	5	7.5	5	12	5	Saturday = NYC RUNS Prospect Park 5k (Sat) or NYRR Central Park 4M (Sun) or self-directed 5k or 10k Time Trial
19-Apr	3 Aerobic conditioning	42	47	52	5	8	5	9	5	15	5	
26-Apr	4 Aerobic conditioning	43	48	53	5	8	5	9.5	5	15	5	
3-May	5 Aerobic conditioning & neuromuscular fitness	42	47	52	5	9	5	7.5	5	15	5	Thu workout @10K pace vs 5K pace in short distance plan
10-May	6 Specific endurance & lactate clearance	35	40	45	5	9.5	5	7	5	8	5	
17-May	7 Race week	36	39	39	5	6.5	3	5	0	14	5	
24-May	8 Lactate clearance	38	43	48	5	8	5	8	5	12	5	
31-May	9 Specific endurance	39	44	49	5	8	5	9	5	12	5	
7-Jun	10 Aerobic conditioning	44	49	54	5	10	5	9	5	15	5	
14-Jun	11 Aerobic conditioning	41	46	51	5	8.5	5	7	5	15	5	
21-Jun	12 Aerobic conditioning	41	46	51	5	9	5	10	5	12	5	
28-Jun	13 Aerobic conditioning	41	44	49	5	6.5	3	9	5	15	5	If running a July 4 race, consider easy run on Thursday and rest on Friday