

**Dashing Whippets 2022 Training
Plan for the NYC Half Marathon
(Advanced)**

This *advanced* 11-week plan helps runners prepare for the NYC Half Marathon. Runners should have logged at least 30 miles per week for at least a month before beginning this plan, with occasional speed sessions (tempo runs, hills, short speed intervals).

Week	Wkly Min	Wkly Mid	Wkly Max	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				Recovery Run	Long interval workout	Crosstrain, Yoga, rest or easy run	Short interval workout	Crosstrain, Yoga, rest or easy run	Long run	Recovery Run & strength session
3-Jan	36	41	45	5	8	5	8	4	10	5
1				45-50 min easy	2M w/u; 4M @ MP; 2M c/d	Cardio Crosstrain/	2M w/u; 4-6 x 1200m @ 10K	Cardio	1:25 @ MP plus 45-60	45-50 min easy
10-Jan	37	42	46	5	8	5	7.5	4	11	5
2				45-50 min easy w/ strides & drills	2M w/u; 3-4 x 1K @ 10K pace (1:00 rest); 2M c/d	Yoga & Strength/ 0 to 40 min easy w/ strides & drills	1200m/ 1200m/ 800m/ 400m @ 10K pace (1:30 rest); 2M c/d	Crosstrain/ Yoga & Strength/ 0 to 35 min easy w/	1:30 to 1:35 @ MP plus 45-60 sec / mile	w/ strides, drills & strength session
17-Jan	31	45	49	5	7	5	7.5	4	6	14.5
3				45-50 min easy w/ strides & drills	2M w/u; 8-10 x 400m uphill @ 10K pace (downhill rest); 2M c/d	Yoga & Strength/ 0 to 40 min easy w/ strides & drills	2M w/u; 3 x Mile @ LT pace (1:30 rest); 2M c/d	Crosstrain/ Yoga & Strength/ 0 to 35 min easy w/	45-50 min easy w/ strides, drills & strength session	Fred Lebow Half Marathon (1.5M w/u)
24-Jan	37	42	46	5	7.5	5	8	4	11	5
4				45-50 min easy w/ strides & drills	2M w/u; 2M @ HMP, 2:00 rest, 4 x 400 @ 10K (1:00 rest), 2M c/d	Yoga & Strength/ 0 to 40 min easy w/ strides & drills	2M w/u; 6 x 800 @ 5K pace (2:00 rest), 2M c/d	Crosstrain/ Yoga & Strength/ 0 to 35 min easy w/	1:30 to 1:35 @ MP plus 45-60 sec / mile	w/ strides, drills & strength session
31-Jan	41	46	50	5	9	5	9	4	13	5
5				45-50 min easy w/ strides & drills	2M w/u; 2-3 x 2M @ HMP (3:00 rest); 2M c/d	Yoga & Strength/ 0 to 40 min easy w/ strides & drills	2M w/u; 6-8 Canova Ks; 2M c/d	Crosstrain/ Yoga & Strength/ 0 to 35 min easy w/	1:45 @ MP plus 45-60 sec/ mile	w/ strides, drills & strength session
7-Feb	45	50	54	5	8.5	5	11	4	15	5
6				45-50 min easy w/ strides & drills	2M w/u; 4 x 1K @ 10K pace (1:00 rest); 2M c/d	Yoga & Strength/ 0 to 40 min easy w/ strides & drills	2M w/u, 4x2K @ LT pace (2:00 rest), 2M c/d	Crosstrain/ Yoga & Strength/ 0 to 35 min easy w/	2:15 to 2:20 @ MP plus 45-60 sec / mile	w/ strides, drills & strength session
14-Feb	40	45	49	5	9	5	8	4	13	5
7				45-50 min easy w/ strides & drills	2M w/u; 4-5M @ HMP; 2M c/d	Yoga & Strength/ 0 to 40 min easy w/ strides & drills	2M w/u; 6 x 800 @ 5K pace (2:00 rest), 2M c/d	Crosstrain/ Yoga & Strength/ 0 to 35 min easy w/	13-14 miles @ MP plus 45-60 sec / mile	w/ strides, drills & strength session
21-Feb	46	51	55	5	10.5	5	10.5	4	15	5
8				45-50 min easy w/ strides & drills	2M w/u; 2 x 2M @ 10K (3:00 rest); 2M c/d	Yoga & Strength/ 0 to 40 min easy w/ strides & drills	3x800 @ 5K; 4x400 @ >5K (2:30/ 2:00/ 1:30 rest); 2M c/d	Crosstrain/ Yoga & Strength/ 0 to 35 min easy w/	15-16 miles @ MP plus 45-60 sec / mile	w/ strides, drills & strength session
28-Feb	42	47	51	5	10	5	7	4	15	5
9				45-50 min easy w/ strides & drills	2M w/u; 6-7M @ HMP; 2M c/d	Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills	2M w/u; 400m/ 800m/ 1200m/ 800m/ 400m @ 10K pace (1:30 rest); 2M c/d	Crosstrain/ Yoga & Strength/ 0 to 35 min easy w/ strides & drills	15-16 miles @ MP plus 45-60 sec / mile	45-50 min easy w/ strides, drills & strength session
7-Mar	39	44	48	5	8.5	5	8.5	4	12	5
10				45-50 min easy w/ strides & drills	2M w/u; 6-8 x 800m @ 5K pace (2:30 rest); 2M c/d	Yoga & Strength/ 0 to 40 min easy w/ strides & drills	2M w/u; 3xMile @ LT pace (1:30 rest), 4x200 @ 5K pace (1:30 rest); 2M c/d	Crosstrain/ Yoga & Strength/ 0 to 35 min easy w/	12 miles easy with the last 2 miles @MP	w/ strides, drills & strength session
14-Mar	23	38	42	5	7.5		6	4	4	15
11				45-50 min easy w/ strides & drills	2M w/u; 2M @ HMP (3:00 rest), 4x400 (1:30 rest); 2M c/d	REST	50-60 min easy w/ strides & drills	REST or 32 min easy w/ strides & drills	REST or 32 min easy w/ strides & drills	NYC Half (1-2M w/u and 1-2M c/d)

Dashing Whippets 2022 Training Plan for the NYC Half Marathon (Intermediate)

Overview: This *intermediate* 11-week plan helps runners prepare for the NYC Half Marathon. Intermediate runners should have logged at least 30 miles per week for at least a month before beginning this plan. This plan is designed for those who have completed a half marathon(s) in the past but may have done little-to-no speedwork in training for previous half marathons

Week	Wkly Min	Wkly Mid	Wkly Max	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				Recovery Run	Long interval workout	Crosstrain, Yoga, rest or easy run	Longer Recovery Run	REST	Long run	Recovery Run & strength session
3-Jan 1	34	39	39	5 45-50 min easy	8 2M w/u; 4M @ MP; 2M c/d	5 Cardio Crosstrain/	6 50-55 min easy w/ strides &	REST	10 1:25 @ MP plus 45-60	5 45-50 min easy
10-Jan 2	35	40	40	5 45-50 min easy w/ strides & drills	8 2M w/u; 3-4 x 1K @ 10K pace (1:00 rest); 2M c/d	5 Yoga & Strength/ 0 to 40 min easy w/ strides & drills	6 50-55 min easy w/ strides & drills	REST	11 1:30 to 1:35 @ MP plus 45-60 sec / mile	5 w/ strides, drills & strength session
17-Jan 3	29	44	44	5 45-50 min easy w/ strides & drills	7 2M w/u; 8-10 x 400m uphill @ 10K pace (downhill rest); 2M c/d	5 Yoga & Strength/ 0 to 40 min easy w/ strides & drills	6 50-55 min easy w/ strides & drills	REST	6 45-50 min easy w/ strides, drills & strength session	14.5 Fred Lebow Half Marathon (1.5M w/u)
24-Jan 4	35	40	40	5 45-50 min easy w/ strides & drills	7.5 2M w/u; 2M @ HMP, 2:00 rest, 4 x 400 @ 10K (1:00 rest), 2M c/d	5 Yoga & Strength/ 0 to 40 min easy w/ strides & drills	6 50-55 min easy w/ strides & drills	REST	11 1:30 to 1:35 @ MP plus 45-60 sec / mile	5 w/ strides, drills & strength session
31-Jan 5	38	43	43	5 45-50 min easy w/ strides & drills	9 2M w/u; 2-3 x 2M @ HMP (3:00 rest); 2M c/d	5 Yoga & Strength/ 0 to 40 min easy w/ strides & drills	6 50-55 min easy w/ strides & drills	REST	13 1:45 @ MP plus 45-60 sec/ mile	5 w/ strides, drills & strength session
7-Feb 6	40	45	45	5 45-50 min easy w/ strides & drills	8.5 2M w/u; 4 x 1K @ 10K pace (1:00 rest); 2M c/d	5 Yoga & Strength/ 0 to 40 min easy w/ strides & drills	6 50-55 min easy w/ strides & drills	REST	15 2:15 to 2:20 @ MP plus 45-60 sec / mile	5 w/ strides, drills & strength session
14-Feb 7	39	44	44	5 45-50 min easy w/ strides & drills	9 2M w/u; 4-5M @ HMP; 2M c/d	5 Yoga & Strength/ 0 to 40 min easy w/ strides & drills	7 60-65 min easy w/ strides & drills	REST	13 13-14 miles @ MP plus 45-60 sec / mile	5 w/ strides, drills & strength session
21-Feb 8	43	48	48	5 45-50 min easy w/ strides & drills	10.5 2M w/u; 2 x 2M @ 10K (3:00 rest); 2M c/d	5 Yoga & Strength/ 0 to 40 min easy w/ strides & drills	7 60-65 min easy w/ strides & drills	REST	15 15-16 miles @ MP plus 45-60 sec / mile	5 w/ strides, drills & strength session
28-Feb 9	42	47	47	5 45-50 min easy w/ strides & drills	10 2M w/u; 6-7M @ HMP; 2M c/d	5 Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills	7 60-65 min easy w/ strides & drills	REST	15 15-16 miles @ MP plus 45-60 sec / mile	5 45-50 min easy w/ strides, drills & strength session
7-Mar 10	38	43	43	5 45-50 min easy w/ strides & drills	8.5 2M w/u; 6-8 x 800m @ 5K pace (2:30 rest); 2M c/d	5 Yoga & Strength/ 0 to 40 min easy w/ strides & drills	7 60-65 min easy w/ strides & drills	REST	12 12 miles easy with the last 2 miles @MP	5 w/ strides, drills & strength session
14-Mar 11	22	37	40	5 45-50 min easy w/ strides & drills	7.5 2M w/u; 2M @ HMP (3:00 rest), 4x400 (1:30 rest); 2M c/d	REST	6 50-60 min easy w/ strides & drills	3 REST or 25-30 min easy w/ strides & drills	3 REST or 25-30 min easy w/ strides & drills	15 NYC Half (1-2M w/u and 1-2M c/d)