

Dashing Whippets 2022 Training Plan for the NYRR Brooklyn Half Marathon (Advanced)

Overview: This *advanced* 9-week plan helps runners prepare for the NYRR 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 workouts per week throughout the cycle.

Week	Purpose	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, rest or easy run	Long run	Recovery Run
21-Mar	1 Aerobic conditioning & neuromuscular fitness	38	43	48	5 45-50 min easy w/ strides & drills	7 7-8 mile recovery run	5 Crosstrain/ Yoga/ 0-50 min easy w/ strides & drills	8 2M w/u; 6x800m @ 5K pace (2:30 rest); 2M c/d; if racing, stop at four	5 Crosstrain/ 0-40 min easy w/ strides & drills	13 13-14 miles @ MP + 45-60 sec / mile	5 45-50 min easy w/ strides & drills
28-Mar					5 45-50 min easy w/ strides & drills	7.5 2M w/u; 4x400m uphill (jog down), 2:30 rest, 1 mile at 5K pace, 2:30 rest, 4x400 at 3K pace (2:00 rest), 2M c/d	5 Crosstrain/ Yoga/ 0-50 min easy w/ strides & drills	9 2M w/u; 4-5 x 1200m supersets with 800(10K)/400(5K) (400m rest); 2M c/d	5 Crosstrain/ 0-40 min easy w/ strides & drills	11 1:30 to 1:35 @ MP plus 45-60 sec / mile	5 45-50 min easy w/ strides & drills
4-Apr	3 Specific endurance	39	44	49	5 45-50 min easy w/ strides & drills	8 2M w/u; 3-4 x 1 mile at HMP (1:00 rest); 2M c/d	5 Crosstrain/ Yoga/ 0-50 min easy w/ strides & drills	8 2M w/u; 3-4 sets of (1000m @ HMP, 200m jog, 600m @ 5K, 400m jog); 2M c/d	5 Crosstrain/ 0-40 min easy w/ strides & drills	13 1:45 @ MP plus 45-60 sec/ mile	5 45-50 min easy w/ strides & drills
11-Apr					5 45-50 min easy w/ strides & drills	7.5 2M w/u; 4 x 1K @ 10K pace (1:30 rest); 2M c/d	5 Crosstrain/ Yoga/ 0-50 min easy w/ strides & drills	9 2M w/u; 3x1.5M with each 800 @ HMP/ LT/ 10K pace (400m rest); 2M c/d	4 Crosstrain/ 0 to 35 min easy w/ strides & drills	15 2:15 to 2:20 @ MP plus 45-60 sec / mile	5 45-50 min easy w/ strides & drills
18-Apr	5 Lactate clearance	40	45	49	5 45-50 min easy w/ strides & drills	9 2M w/u; 4-5M @ HMP; 2M c/d	5 Crosstrain/ Yoga/ 0-50 min easy w/ strides & drills	8 2M w/u; 3 x (4 x 400m) @ 10K/ 5K/ 3K pace (1:30 rest); 2M c/d	4 Crosstrain/ 0 to 35 min easy w/ strides & drills	13 13-14 miles @ MP plus 45-60 sec / mile	5 45-50 min easy w/ strides & drills
25-Apr					5 45-50 min easy w/ strides & drills	9.5 2M w/u; 4 x 1 mile @ 10K pace (2:00 rest); 2M c/d	5 Crosstrain/ Yoga/ 0-50 min easy w/ strides & drills	8 2M w/u; 6x800m @ 5K pace (2:30 rest); 2M c/d; if racing, stop at four	4 Crosstrain/ 0 to 35 min easy w/ strides & drills	15 15-16 miles @ MP plus 45-60 sec / mile	5 45-50 min easy w/ strides & drills
2-May	7 Specific endurance	44	49	53	5 45-50 min easy w/ strides & drills	10 2M w/u; 5-6M @ HMP; 2M c/d	5 Crosstrain/ Yoga/ 0-50 min easy w/ strides & drills	8.5 2M w/u; 2x1200 @ 10K; 3x800 @ 5K; 4x400 @ >5K (2:30/ 2:00/ 1:30 rest); 2M c/d	4 Crosstrain/ 0 to 35 min easy w/ strides & drills	15 15-16 miles @ MP plus 45-60 sec / mile	5 45-50 min easy w/ strides & drills
9-May					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 Crosstrain/ Yoga/ 0-50 min easy w/ strides & drills	8.5 2M w/u; 3xK @10K; 4x400 @ 5K (2:00/ 1:30 rest); 2M c/d	4 Crosstrain/ 0 to 35 min easy w/ strides & drills	12 12 miles easy with the last 2 miles @MP	5 45-50 min easy w/ strides & drills
16-May	9 Specific endurance & lactate clearance	32	36	38	5 45-50 min easy w/ strides & drills	6.5 2M w/u; 2K @ HMP; 800 @ 10K; 4x200 @ 5K (2:00/ 2:00/ 1:00 rest); 2M c/d	4 Crosstrain/ 0 to 35 min easy w/ strides & drills	5 40-50 min easy w/ strides & drills	2 REST or 2 mile shakout run	15 Brooklyn Half Marathon!!	

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

Overview:

This *intermediate* 9-week plan helps runners prepare for the NYRR Brooklyn 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 past training.

Week	Purpose	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	REST	Long run	Recovery Run
21-Mar	1 Aerobic conditioning & neuromuscular fitness	36	41	41	5 45-50 min easy w/ strides & drills	7 7-8 mile recovery run	5 Crosstrain/ Yoga/ 0-50 min easy w/ strides & drills	6 50-55 min easy w/ strides & drills	REST	13 13-14 miles @ MP + 45-60 sec / mile	5 45-50 min easy w/ strides & drills
28-Mar					5 45-50 min easy w/ strides & drills	7.5 2M w/u; 4x400m uphill (jog down), 2:30 rest, 1 mile at 5K pace, 2:30 rest, 4x400 at 3K pace (2:00 rest), 2M c/d	5 Crosstrain/ Yoga/ 0-50 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 45-50 min easy w/ strides & drills
4-Apr	3 Specific endurance	37	42	42	5 45-50 min easy w/ strides & drills	8 2M w/u; 3-4 x 1 mile at HMP (1:00 rest); 2M c/d	5 Crosstrain/ Yoga/ 0-50 min easy w/ strides & drills	6 50-55 min easy w/ strides & drills	REST	13 1:45 @ MP plus 45-60 sec/ mile	5 45-50 min easy w/ strides & drills
11-Apr					5 45-50 min easy w/ strides & drills	7.5 2M w/u; 4 x 1K @ 10K pace (1:30 rest); 2M c/d	5 Crosstrain/ Yoga/ 0-50 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 45-50 min easy w/ strides & drills
18-Apr	5 Lactate clearance	39	44	44	5 45-50 min easy w/ strides & drills	9 2M w/u; 4-5M @ HMP; 2M c/d	5 Crosstrain/ Yoga/ 0-50 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 45-50 min easy w/ strides & drills
25-Apr					5 45-50 min easy w/ strides & drills	9.5 2M w/u; 4 x 1 mile @ 10K pace (2:00 rest); 2M c/d	5 Crosstrain/ Yoga/ 0-50 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
2-May	7 Specific endurance	42	47	47	5 45-50 min easy w/ strides & drills	10 2M w/u; 5-6M @ HMP; 2M c/d	5 Crosstrain/ Yoga/ 0-50 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
9-May					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 Crosstrain/ Yoga/ 0-50 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 45-50 min easy w/ strides & drills
16-May	9 Specific endurance & lactate clearance	30	34	34	5 45-50 min easy w/ strides & drills	6.5 2M w/u; 2K @ HMP; 800 @ 10K; 4x200 @ 5K (2:00/ 2:00/ 1:00 rest); 2M c/d	4 Crosstrain/ 0 to 35 min easy w/ strides & drills	3 25-30 min easy w/ strides & drills	REST	15 Brooklyn Half Marathon!!	