

Dashing Whippets 2023 Training Plan for the NYC Half Marathon (Advanced)				Overview: This <i>advanced</i> 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).						
				Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week	Wkly Min	Wkly Mid	Wkly Max	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
2-Jan				5	8	5	8	4	10	5
1	36	41	45	45-50 min easy w/ strides & drills	2M w/u; 4M @ MP; 2M c/d	Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills	2M w/u; 4-6 x 1200m @ 10K pace (1:30 rest); 2M c/d	Cardio Crosstrain/ Yoga & Strength/ 0 to 35 min easy w/ strides & drills	1:25 @ MP plus 45-60 sec / mile	45-50 min easy w/ strides, drills & strength session
9-Jan				5	8	5	7.5	4	11	5
2	37	42	46	45-50 min easy w/ strides & drills	2M w/u; 3-4 x 1K @ 10K pace (1:00 rest); 2M c/d	Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills	2M w/u; 400m/ 800m/ 1200m/ 1200m/ 800m/ 400m @ 10K pace (1:30 rest); 2M c/d	Cardio Crosstrain/ Yoga & Strength/ 0 to 35 min easy w/ strides & drills	1:30 to 1:35 @ MP plus 45-60 sec / mile	45-50 min easy w/ strides, drills & strength session
16-Jan				5	7	5	7.5	4	6	14.5
3	31	45	49	45-50 min easy w/ strides & drills	2M w/u; 8-10 x 400m uphill @ 10K pace (downhill rest); 2M c/d	Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills	2M w/u; 3 x Mile @ LT pace (1:30 rest); 2M c/d	Cardio Crosstrain/ Yoga & Strength/ 0 to 35 min easy w/ strides & drills	45-50 min easy w/ strides, drills & strength session	Fred Lebow Half Marathon (1.5M w/u)
23-Jan				5	7.5	5	8	4	11	5
4	37	42	46	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	Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills	2M w/u; 6 x 800 @ 5K pace (2:00 rest), 2M c/d	Cardio Crosstrain/ Yoga & Strength/ 0 to 35 min easy w/ strides & drills	1:30 to 1:35 @ MP plus 45-60 sec / mile	45-50 min easy w/ strides, drills & strength session
30-Jan				5	9	5	9	4	13	5
5	41	46	50	45-50 min easy w/ strides & drills	2M w/u; 2-3 x 2M @ HMP (3:00 rest); 2M c/d	Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills	2M w/u; 6-8 Canova Ks; 2M c/d	Cardio Crosstrain/ Yoga & Strength/ 0 to 35 min easy w/ strides & drills	1:45 @ long run pace	45-50 min easy w/ strides, drills & strength session
6-Feb				5	8.5	5	11	4	15	5
6	45	50	54	45-50 min easy w/ strides & drills	2M w/u; 4 x 1K @ 10K pace (1:00 rest); 2M c/d	Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills	2M w/u, 4x2K @ LT pace (2:00 rest), 2M c/d	Cardio Crosstrain/ Yoga & Strength/ 0 to 35 min easy w/ strides & drills	2:15 to 2:20 @ MP plus 45-60 sec / mile	45-50 min easy w/ strides, drills & strength session
13-Feb				5	9	5	8	4	13	5
7	40	45	49	45-50 min easy w/ strides & drills	2M w/u; 4-5M @ HMP; 2M c/d	Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills	2M w/u; 6 x 800 @ 5K pace (2:00 rest), 2M c/d	Cardio Crosstrain/ Yoga & Strength/ 0 to 35 min easy w/ strides & drills	13-14 miles @ MP plus 45-60 sec / mile	45-50 min easy w/ strides, drills & strength session
20-Feb				5	10.5	5	10.5	4	15	5
8	46	51	55	45-50 min easy w/ strides & drills	2M w/u; 2 x 2M @ 10K (3:00 rest); 2M c/d	Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills	2M w/u; 2x1200 @ 10K; 3x800 @ 5K; 4x400 @ >5K (2:30/ 2:00/ 1:30 rest); 2M c/d	Cardio 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
27-Feb				5	10	5	7	4	15	5
9	42	47	51	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	Cardio 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
6-Mar				5	8.5	5	8.5	4	12	5
10	39	44	48	45-50 min easy w/ strides & drills	2M w/u; 6-8 x 800m @ 5K pace (2:30 rest); 2M c/d	Cardio Crosstrain/ 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	Cardio Crosstrain/ Yoga & Strength/ 0 to 35 min easy w/ strides & drills	12 miles easy with the last 2 miles @MP	45-50 min easy w/ strides, drills & strength session
13-Mar				5	7.5		6	4	4	15
11	23	38	42	45-50 min easy w/ strides & drills	2M w/u; 2M @ HMP (3:00 rest), 4x400 @ 10K pace (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)