

<b>Dashing Whippets 2023 Training Plan for the NYC Half Marathon (Intermediate)</b>				<b>Overview:</b>		This <i>intermediate</i> 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				
				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	Longer Recovery Run	REST	Long run	Recovery Run & strength session
2-Jan				5	8	5	6		10	5
<b>1</b>	34	39	39	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	50-55 min easy w/ strides & drills	REST	1:25 @ MP plus 45-60 sec / mile	45-50 min easy w/ strides, drills & strength session
9-Jan				5	8	5	6		11	5
<b>2</b>	35	40	40	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	50-55 min easy w/ strides & drills	REST	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	6		6	14.5
<b>3</b>	29	44	44	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	50-55 min easy w/ strides & drills	REST	45-50 min easy w/ strides, drills & strength session	<b>Fred Lebow Half Marathon (1.5M w/u)</b>
23-Jan				5	7.5	5	6		11	5
<b>4</b>	35	40	40	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	50-55 min easy w/ strides & drills	REST	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	6		13	5
<b>5</b>	38	43	43	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	50-55 min easy w/ strides & drills	REST	1:45 @ long run pace	45-50 min easy w/ strides, drills & strength session
6-Feb				5	8.5	5	6		15	5
<b>6</b>	40	45	45	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	50-55 min easy w/ strides & drills	REST	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	7		13	5
<b>7</b>	39	44	44	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	60-65 min easy w/ strides & drills	REST	13-14 miles @ MP plus 45-60 sec / mile	45-50 min easy w/ strides, drills & strength session
20-Feb				5	10.5	5	7		15	5
<b>8</b>	43	48	48	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	60-65 min easy w/ strides & drills	REST	15-16 miles @ MP plus 45-60 sec / mile	45-50 min easy w/ strides, drills & strength session
27-Feb				5	10	5	7		15	5
<b>9</b>	42	47	47	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	60-65 min easy w/ strides & drills	REST	15-16 miles @ MP plus 45-60 sec / mile	45-50 min easy w/ strides, drills & strength session
6-Mar				5	8.5	5	7		12	5
<b>10</b>	38	43	43	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	60-65 min easy w/ strides & drills	REST	12 miles easy with the last 2 miles @MP	45-50 min easy w/ strides, drills & strength session
13-Mar				5	7.5		6	3	3	15
<b>11</b>	22	37	40	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 25-30 min easy w/ strides & drills	REST or 25-30 min easy w/ strides & drills	<b>NYC Half (1-2M w/u and 1-2M c/d)</b>