

**Dashing Whippets 2023 Training Plan  
for the Brooklyn Half Marathon  
(Advanced)**

					<b>Overview:</b> This <i>advanced</i> 9-week plan helps runners prepare for the 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. Runners may have just completed the NYC Half						
					Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week	Purpose	Wkly Min	Wkly Mid	Wkly Max	Recovery Run	Long interval workout	Crosstrain, Yoga, rest or easy run	Short interval workout	Crosstrain, rest or easy run	Long run	Recovery Run
20-Mar					5	8	5	9	5	13	5
1	Aerobic conditioning & neuromuscular fitness	40	45	50	45-50 min easy w/ strides & drills	2M w/u; 8x400m uphill at 10k effort (downhill jog recovery); 2M c/d	Crosstrain/ Yoga/ 0-50 min easy w/ strides & drills	2M w/u; 400m/ 800m/ 1200m/ 1200m/ 800m/ 400m all @ 10k pace (400m rest); 2M c/d	Crosstrain/ 0-40 min easy w/ strides & drills	13-14 miles @ MP + 45-60 sec / mile	45-50 min easy w/ strides & drills
27-Mar					5	7	5	7.5	5	14	5
2	Lactate clearance	39	44	49	45-50 min easy w/ strides & drills	2M w/u; 3-4 miles @ MP; 2M c/d	Crosstrain/ Yoga/ 0-50 min easy w/ strides & drills	2M w/u; 5x800m @ 5K pace (400m jog); 2M c/d	Crosstrain/ 0-40 min easy w/ strides & drills	14-15 miles @ MP + 45-60 sec / mile	45-50 min easy w/ strides & drills
3-Apr					5	8.5	5	8	4	15	5
3	Specific endurance	42	47	51	45-50 min easy w/ strides & drills	2M w/u; 2 x 2M HMP (3:00 rest); 2M c/d	Crosstrain/ Yoga/ 0-50 min easy w/ strides & drills	2M w/u; 8x600m @ 10K pace (200m/ 1:30 rest); 2M c/d	Crosstrain/ 0 to 35 min easy w/ strides & drills	15 miles @ MP + 45-60 sec / mile	45-50 min easy w/ strides & drills
10-Apr					5	8	5	9	4	15	5
4	Specific endurance	42	47	51	45-50 min easy w/ strides & drills	2M w/u; 3-5 miles @ MP; 2M c/d	Crosstrain/ Yoga/ 0-50 min easy w/ strides & drills	2M w/u; 400m/ 800m/ 1200m/ 1600m/ 1200m/ 800m/ 400m @ 10K pace (400m rest); 2M c/d	Crosstrain/ 0 to 35 min easy w/ strides & drills	15 miles @ MP + 45-60 sec / mile	45-50 min easy w/ strides & drills
17-Apr					5	8.5	5	8	4	16	5
5	Specific endurance	43	48	52	45-50 min easy w/ strides & drills	2M w/u; 2-3 x 2M @ HMP (3:00 rest); 2M c/d	Crosstrain/ Yoga/ 0-50 min easy w/ strides & drills	2M w/u; 4x1200m @ HMP (200m/ 1:30 rest); 2M c/d	Crosstrain/ 0 to 35 min easy w/ strides & drills	16-17 miles @ MP + 45-60 sec / mile	45-50 min easy w/ strides & drills
24-Apr					5	9.5	5	8	4	16	5
6	Neuromuscular fitness	44	49	53	45-50 min easy w/ strides & drills	2M w/u; 4x1M @ 10K pace (2:00 rest); 2M c/d	Crosstrain/ Yoga/ 0-50 min easy w/ strides & drills	2M w/u; 6x800m @ 5K pace (2:30 rest); 2M c/d	Crosstrain/ 0 to 35 min easy w/ strides & drills	16 mile Progression Run (if not racing); if racing, stop at 8 miles	45-50 min easy w/ strides & drills
1-May					5	10.5	5	8.5	4	17	5
7	Specific endurance	46	51	55	45-50 min easy w/ strides & drills	2M w/u; 2 x 3M @ HMP (3:00 rest); 2M c/d	Crosstrain/ Yoga/ 0-50 min easy w/ strides & drills	2M w/u; 2x1200 @ 10K; 3x800 @ 5K; 4x400 @ >5K (2:30/ 2:00/ 1:30 rest); 2M c/d	Crosstrain/ 0 to 35 min easy w/ strides & drills	17-18 miles @ MP + 45-60 sec / mile	45-50 min easy w/ strides & drills
8-May					5	9.5	5	8.5	4	12	5
8	Specific endurance & lactate clearance	40	45	49	45-50 min easy w/ strides & drills	2M w/u; 5-6 miles @ HMP; 2M c/d	Crosstrain/ Yoga/ 0-50 min easy w/ strides & drills	2M w/u; 3x1000 @10K; 4x400 @ 5K (2:00/ 1:30 rest); 2M c/d	Crosstrain/ 0 to 35 min easy w/ strides & drills	12 miles easy with the last 2 miles @MP	45-50 min easy w/ strides & drills
15-May					5	7	5	6	4	15	
9	Specific endurance & lactate clearance	33	38	42	45-50 min easy w/ strides & drills	2M w/u; 2M @ HMP; 800 @ 10K; 2x200 @ 5K (2:00/ 2:00/ 1:00 rest); 2M c/d	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills	50-60 min easy w/ strides & drills	Crosstrain/ 0 to 35 min easy w/ strides & drills	Brooklyn Half Marathon!!	

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<b>Terminology &amp; Workout Descriptions</b>											
	<b>Easy pace</b>	Goal: build aerobic conditioning. Very low-intensity effort; should be able to talk on the phone without the caller knowing you are running. Conversation pace!									
	<b>Rest days</b>	One to three days per week should have little or no sustained activity. It is OK for dedicated gym members to do strength/flexibility work (resistance/weights, plyometrics, stretch, etc.) on these days, but AVOID overdoing strength work -- recovery is critical to developing endurance.									
	<b>Aerobic conditioning</b>	Capacity and stamina of the heart to supply muscles with oxygen for the main energy supply in races longer than 800 meters. Typically improved via long runs and tempo runs.									
	<b>Neuromuscular fitness</b>	Strength and efficiency of muscles that convert energy into forward motion. Typically improved via strides, form drills, strength training, and shorter high-speed interval runs with full recovery.									
	<b>Specific endurance</b>	The appropriate blend of aerobic conditioning and neuromuscular fitness to achieve the best possible result in a specific distance race (for example, a 10K). Typically improved via longer race-pace interval runs with very short recovery (<3 mins).									
	<b>Lactate clearance</b>	Training at mixed paces around the lactate threshold point (speed at which lactic acid accumulates, an indicator of oncoming fatigue). This training results in a higher threshold, i.e. the ability to race faster without risking fatigue.									
	<b>Long Run pace</b>	Goal: build aerobic conditioning and running economy. This is a little faster than easy pace, but is still 45-60 seconds per mile slower than marathon pace.									
	<b>Hill repeats</b>	Goal: develop neuromuscular fitness. Relatively short repeats (200m to 800m) on uphill at faster than 15K race pace, with full recovery.									
	<b>Canova Ks</b>	Goal: lactate clearance and development of running economy for half marathon and longer. A continuous run that alternates between half marathon pace (for 1K) and marathon pace (for 1K), with no rest between pace changes									
	<b>Recovery</b>	All recovery periods after speed intervals should be active (slow jogging) to flush buildup of lactic acid and keep heart working at steady pace. If you start to get fatigued during interval workouts, do NOT lengthen recovery period -- instead, slow down pace of speedwork or end the workout									
	<b>Half marathon, 10K, 5K (etc.) race pace</b>	Current estimated race pace -- should be your best estimate of the 5K, 10K, half marathon you are capable of TODAY rather than personal record (PR) or goal pace. External circumstances such as weather are factors to be considered when determining that workout's pace. Exception: Marathon pace is your GOAL or PROJECTED marathon pace in a marathon at the end of training, even if you aren't ready to do 26.2M at that pace today.									