

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

Overview:

This *Intermediate* 9-week plan helps runners prepare for the Brooklyn Half. Intermediate runners should have logged 30-35 miles per week for at least a month before beginning this plan; ideally following short distance plan. This plan is designed for those who have completed half marathon(s) in the past but may have done little-to-no speedwork in training for previous half marathons. Runners may have just completed the NYC Half, too

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	Longer Recovery Run	REST	Long run	Recovery Run
20-Mar					5	8	5	6		13	5
1	Aerobic conditioning & neuromuscular fitness	32	37	42	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	50-55 min easy w/ strides & drills	REST	13-14 miles @ MP + 45-60 sec / mile	45-50 min easy w/ strides & drills
27-Mar					5	7	5	6		14	5
2	Lactate clearance	32	37	42	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	50-55 min easy w/ strides & drills	REST	14-15 miles @ MP + 45-60 sec / mile	45-50 min easy w/ strides & drills
3-Apr					5	8.5	5	6		15	5
3	Specific endurance	35	40	45	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	50-55 min easy w/ strides & drills	REST	15 miles @ MP + 45-60 sec / mile	45-50 min easy w/ strides & drills
10-Apr					5	8	5	6		15	5
4	Specific endurance	34	39	44	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	50-55 min easy w/ strides & drills	REST	15 miles @ MP + 45-60 sec / mile	45-50 min easy w/ strides & drills
17-Apr					5	8.5	5	6		16	5
5	Specific endurance	36	41	46	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	50-55 min easy w/ strides & drills	REST	16-17 miles @ MP + 45-60 sec / mile	45-50 min easy w/ strides & drills
24-Apr					5	9.5	5	7		16	5
6	Neuromuscular fitness	38	43	48	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	60-65 min easy w/ strides & drills	REST	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	7		17	5
7	Specific endurance	40	45	50	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	60-65 min easy w/ strides & drills	REST	17-18 miles @ MP + 45-60 sec / mile	45-50 min easy w/ strides & drills
8-May					5	9.5	5	6		12	5
8	Specific endurance & lactate clearance	33	38	43	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	50-55 min easy w/ strides & drills	REST	12 miles easy with the last 2 miles @MP	45-50 min easy w/ strides & drills
15-May					5	7	5	5	3	15	
9	Specific endurance & lactate clearance	32	32	40	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	40-50 min easy w/ strides & drills	REST or 25-30 min easy w/ strides & drills	Brooklyn Half Marathon!!	

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Terminology & Workout Descriptions											
	Easy pace	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!									
	Rest days	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.									
	Aerobic conditioning	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.									
	Neuromuscular fitness	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.									
	Specific endurance	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).									
	Lactate clearance	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.									
	Long Run pace	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.									
	Hill repeats	Goal: develop neuromuscular fitness. Relatively short repeats (200m to 800m) on uphill at faster than 15K race pace, with full recovery.									
	Canova Ks	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									
	Recovery	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									
	Half marathon, 10K, 5K (etc.) race pace	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.									