Dashing Whippets 2024 Training Plan for the NYC Half Marathon (Advanced)

This advanced 11-week plan helps runners prepare for the NYC Half Marathon. Runners should have **Overview**: 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).

	NTO Hall Warat	.11011	(Au	varic	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					ı				linday		
Week	Purpose	,	Wkly Mid	,			Crosstrain, Yoga, rest or		Crosstrain, Yoga, rest or		Recovery Run &
		IVIIII	IVIIU	IVIAA	· · · · · ·	Long interval workout	easy run	Short interval workout	easy run	Long run	strength session
1-Jan					5	8	5	7.5	4	10	5
	Base building &				45-50 min		Cardio Crosstrain/	2M w/u; 400m/ 800m/	Cardio Crosstrain/		
1	aerobic	36	41	45	easy w/		Yoga & Strength/ 0 to	1200m/ 1200m/ 800m/	Yoga & Strength/ 0 to		45-50 min easy w/
	conditioning				strides &	2M w/u; 4M @ MP; 2M			35 min easy w/ strides		strides, drills &
					drills	c/d	& drills	(1:30 rest); 2M c/d	& drills		strength session
8-Jan					5	8	5	7.5	4	11	5
	Aerobic				45-50 min		Cardio Crosstrain/		Cardio Crosstrain/		
2	conditioning &	37	42	46	easy w/	2M w/u; 3-4 x 1K @	Yoga & Strength/ 0 to	2M w/u; 4-6 x 1200m	Yoga & Strength/ 0 to		45-50 min easy w/
_	neuromuscular	0.	'-		strides &	10K pace (1:00 rest);	40 min easy w/ strides	, ,	35 min easy w/ strides		strides, drills &
	fitness				drills	2M c/d	& drills	rest); 2M c/d	& drills		strength session
15-Jan					5	7	5	7.5	4	11	5
	Aerobic				45-50 min		Cardio Crosstrain/		Cardio Crosstrain/		
3	conditioning &	36	41	45	easy w/	2M w/u; 8-10 x 400m	Yoga & Strength/ 0 to			1:30 to 1:35 @	45-50 min easy w/
J	neuromuscular		' '		strides &	uphill @ 10K pace	40 min easy w/ strides		35 min easy w/ strides		strides, drills &
	fitness				drills	(downhill rest); 2M c/d	& drills	c/d	& drills	sec / mile	strength session
22-Jan					5	7.5	5	8	4	6	14.5
					45-50 min		Cardio Crosstrain/		Cardio Crosstrain/		
4	Specific endurance	32	46	50	easy w/	2M w/u; 2M @ HMP,	Yoga & Strength/ 0 to			45-50 min easy w/	
	& lactate clearance		_ `` `		strides &		40 min easy w/ strides	l' '	35 min easy w/ strides		Marathon (1.5M
00.1					drills	10K (1:00 rest), 2M c/d		c/d	& drills	strength session	w/u)
29-Jan					5	9	5	/	4	13	5
								2M w/u; 200-400-600-			
					45.50		O a mallia . O man a a fama in a f	800-800-600-400-200	O a maltine O management and		
5	Specific endurance & lactate clearance	39	44	48	45-50 min	0.00.00.00.00.00.00.00.00.00.00.00.00.0	Cardio Crosstrain/	-	Cardio Crosstrain/		45 50
					easy w/	2M w/u; 2-3 x 2M @	Yoga & Strength/ 0 to	pace, down the ladder	Yoga & Strength/ 0 to		45-50 min easy w/
					strides &	, , , , , , , , , , , , , , , , , , , ,	40 min easy w/ strides	= 5K pace (1:30 walk-	35 min easy w/ strides		strides, drills &
					drills	c/d	& drills	jog rest); 2M c/d	& drills		strength session
5-Feb					5	8.5	5	9	4	15	5
					45-50 min	2M w/u; 4 x 1K @ 10K	Cardio Crosstrain/	OM W/W AVOID OF LT	Cardio Crosstrain/ Yoga & Strength/ 0 to	0.15 to 0.00 @	45-50 min easy w/
6	Specific endurance	43	48	52	easy w/		Yoga & Strength/ 0 to				
•					strides &	pace (1:00 rest); 2M	40 min easy w/ strides	l' '	35 min easy w/ strides		strides, drills &
40 F.h					drills	c/d	& drills 5	c/d	& drills 4		strength session
12-Feb					5 45-50 min	9	Cardio Crosstrain/	8	Cardio Crosstrain/	13	5
					1		Yoga & Strength/ 0 to	2M/ 6 000 @ EK		_	AF FO min account
7	Specific endurance	40	45	49	easy w/	OM W/W 4 EM @ HMD:			Yoga & Strength/ 0 to	13-14 miles @ MP	45-50 min easy w/ strides, drills &
-					strides &	_	40 min easy w/ strides	l' '	35 min easy w/ strides	mile	'
19-Feb					drills 5	2M c/d 10.5	& drills 5	c/d 10.5	& drills 4	15	strength session 5
19-гер) 3	10.5) 5	10.5	4	15	5
					45-50 min		Cardio Crosstrain/	2M w/u: 2v1200 @	Cardio Crosstrain/		
8	Specific endurance	46	51	55			Yoga & Strength/ 0 to	2M w/u; 2x1200 @ 10K; 3x800 @ 5K;	Yoga & Strength/ 0 to		45 50 min 2224 44
0	Specific endurance	40	וטו	່ວວ	easy w/ strides &	2M w/u: 2 v 2M @ 10K	40 min easy w/ strides		35 min easy w/ strides	15-16 miles @ MP	45-50 min easy w/ strides, drills &
						2M w/u; 2 x 2M @ 10K (3:00 rest); 2M c/d		2:00/ 1:30 rest); 2M c/d			strength session
	I		l	l	drills	I(3.00 lest), ZIVI C/U	& drills	12.00/ 1.30 18St), ZIVI C/Q	α ui iii δ	mile	Suchgui session

Dashing Whippets 2024 Training Plan for the NYC Half Marathon (Advanced)

This advanced 11-week plan helps runners prepare for the NYC Half Marathon. Runners should have Overview: 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).

	INTO Hall Marat	11011	(Au	varic	,eu)		cooling (tempe raine, time, error and).					
					Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Week		Wkly Min				Long interval workout	Crosstrain, Yoga, rest or easy run	Short interval workout	Crosstrain, Yoga, rest or easy run		Recovery Run & strength session	
26-Feb					5	10	5	7	4	15	5	
			i		45-50 min		Cardio Crosstrain/	. ,	Cardio Crosstrain/			
9	Specific endurance	42	47	7 51	easy w/		Yoga & Strength/ 0 to	1200m/ 800m/ 400m	Yoga & Strength/ 0 to	15-16 miles @ MP	45-50 min easy w/	
9		42	47	31	strides &	2M w/u; 6-7M @ HMP;	40 min easy w/ strides	@ 10K pace (1:30	35 min easy w/ strides	plus 45-60 sec /	strides, drills &	
					drills	2M c/d	& drills	rest); 2M c/d	& drills	mile	strength session	
4-Mar					5	8.5	5	8.5	4	12	5	
					45-50 min			. , .	Cardio Crosstrain/			
10	Specific endurance	39	44	18	easy w/	2M w/u; 6-8 x 800m @					45-50 min easy w/	
10		39	77	40	strides &	5K pace (2:30 rest);	40 min easy w/ strides	@ 5K pace (1:30 rest);	35 min easy w/ strides	the last 2 miles	strides, drills &	
					drills	2M c/d	& drills	2M c/d	& drills	@MP	strength session	
11-Mar					5	7.5		6	4	4	15	
					45-50 min	2M w/u; 2M @ HMP						
	Specific endurance	23	38	12	easy w/	(3:00 rest), 4x400 @				REST or 32 min		
1 1	& lactate clearance	23		42	strides &	10K pace (1:30 rest);		50-60 min easy w/	REST or 32 min easy w/	easy w/ strides &	NYC Half (1-2M w/u	
					drills	2M c/d	REST	strides & drills	strides & drills	drills	and 1-2M c/d)	

Dashing Whippets 2024 Training Plan for the NYC Half Marathon (Intermediate)

This intermediate 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. Overview: 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

	N I C Hall Maratil) 110	iiitoi	illec	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	l uesuay	weunesday 	Thursday	riiday	Saturday	Sunday
Week	Purpose	Wkly	Wkly	Wkly			Crosstrain, Yoga, rest or				Recovery Run &
		Min	Mid	Max	Recovery Run	Long interval workout	easy run	Longer Recovery Run	REST	Long run	strength session
1-Jan					5	8	5	6		10	5
					45-50 min		Cardio Crosstrain/				
4	Base building &				easy w/		Yoga & Strength/ 0 to				45-50 min easy w/
I	aerobic	29	34	39	strides &	2M w/u; 4M @ MP; 2M	40 min easy w/ strides	50-55 min easy w/		1:25 @ MP plus	strides, drills &
	conditioning				drills	c/d	& drills	strides & drills	REST	45-60 sec / mile	strength session
8-Jan					5	8	5	6		11	5
	Aerobic				45-50 min		Cardio Crosstrain/				
0	conditioning &				easy w/	2M w/u; 3-4 x 1K @	Yoga & Strength/ 0 to			1:30 to 1:35 @	45-50 min easy w/
2	neuromuscular	30	35	40	strides &	10K pace (1:00 rest);	40 min easy w/ strides	50-55 min easv w/		MP plus 45-60	strides, drills &
	fitness				drills	2M c/d	& drills	strides & drills	REST	sec / mile	strength session
15-Jan					5	7	5	6		11	5
	Aerobic				45-50 min		Cardio Crosstrain/				
0	conditioning &				easy w/	2M w/u; 8-10 x 400m	Yoga & Strength/ 0 to			1:30 to 1:35 @	45-50 min easy w/
3	neuromuscular	23	34	39	strides &	uphill @ 10K pace	40 min easy w/ strides	50-55 min easy w/		MP plus 45-60	strides, drills &
	fitness				drills	(downhill rest); 2M c/d	& drills	strides & drills	REST	sec / mile	strength session
22-Jan					5	7.5	5	6		6	14.5
					45-50 min		Cardio Crosstrain/				
4	Specific endurance	0-		١.,	easy w/	2M w/u; 2M @ HMP,	Yoga & Strength/ 0 to			45-50 min easy w/	Fred Lebow Half
4	& lactate clearance	25	39	44	strides &	2:00 rest, 4 x 400 @	40 min easy w/ strides	50-55 min easy w/		strides, drills &	Marathon (1.5M
					drills	10K (1:00 rest), 2M c/d		strides & drills	REST	strength session	w/u)
29-Jan					5	9	5	6		13	5
					45-50 min		Cardio Crosstrain/				
_	Specific endurance				easy w/	2M w/u; 2-3 x 2M @	Yoga & Strength/ 0 to				45-50 min easy w/
5	& lactate clearance	33	38	43		HMP (3:00 rest); 2M	40 min easy w/ strides	50-55 min easy w/		1:45 @ long run	strides, drills &
					drills	c/d	& drills	strides & drills	REST	pace	strength session
5-Feb					5	8.5	5	6		15	5
					45-50 min		Cardio Crosstrain/				
^				١	easy w/	2M w/u; 4 x 1K @ 10K	Yoga & Strength/ 0 to			2:15 to 2:20 @	45-50 min easy w/
6	Specific endurance	35	40	45	strides &	pace (1:00 rest); 2M	40 min easy w/ strides	50-55 min easy w/		MP plus 45-60	strides, drills &
					drills	c/d	& drills	strides & drills	REST	sec / mile	strength session
12-Feb					5	9	5	7		13	5
					45-50 min	-	Cardio Crosstrain/	·			
_					easy w/		Yoga & Strength/ 0 to			13-14 miles @ MP	45-50 min easy w/
7	Specific endurance	34	39	44	strides &	2M w/u; 4-5M @ HMP;	40 min easy w/ strides	60-65 min easy w/		plus 45-60 sec /	strides, drills &
					drills	2M c/d	& drills	strides & drills	REST	mile	strength session
19-Feb					5	10.5	5	7		15	5
					45-50 min	1	Cardio Crosstrain/	·			
^					easy w/		Yoga & Strength/ 0 to			15-16 miles @ MP	45-50 min easy w/
8	Specific endurance	38	43	48	strides &	2M w/u; 2 x 2M @ 10K	40 min easy w/ strides	60-65 min easy w/		plus 45-60 sec /	strides, drills &
					drills	(3:00 rest); 2M c/d	& drills	strides & drills	REST	mile	strength session
	1			I		1, - : - : - : - : - : - : - : - : - : -	1			1	

Dashing Whippets 2024 Training Plan for the NYC Half Marathon (Intermediate)

Overview:

This *intermediate* 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	Purpose	Wkly Min	Wkly Mid	•			Crosstrain, Yoga, rest or easy run	Longer Recovery Run	REST		Recovery Run & strength session
26-Feb					5	10	5	7		15	5
					45-50 min		Cardio Crosstrain/				
9	Specific endurance	27	42	47	easy w/		Yoga & Strength/ 0 to			15-16 miles @ MP	45-50 min easy w/
9	Specific endurance	31	42	41	strides &	2M w/u; 6-7M @ HMP;	40 min easy w/ strides	60-65 min easy w/			strides, drills &
					drills	2M c/d	& drills	strides & drills	REST	mile	strength session
4-Mar					5	8.5	5	7		12	5
					45-50 min		Cardio Crosstrain/				
10	Specific endurance	22	38	43	easy w/	2M w/u; 6-8 x 800m @	Yoga & Strength/ 0 to			12 miles easy with	45-50 min easy w/
10	Specific endurance	33	30		strides &	5K pace (2:30 rest);	40 min easy w/ strides	60-65 min easy w/		the last 2 miles	strides, drills &
					drills	2M c/d	& drills	strides & drills	REST	@MP	strength session
11-Mar					5	7.5		6	3	3	15
	Specific endurance				45-50 min	2M w/u; 2M @ HMP					
11		34	37	40	easy w/	(3:00 rest), 4x400 @			REST or 25-30	REST or 25-30 min	
11	& lactate clearance	34	31	" 40	strides &	10K pace (1:30 rest);		50-60 min easy w/			NYC Half (1-2M w/u
					drills	2M c/d	REST	strides & drills	strides & drills	drills	and 1-2M c/d)