

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

**Overview:** This *advanced* 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).

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	Short interval workout	Crosstrain, Yoga, rest or easy run	Long run	Recovery Run & strength session
1-Jan	1 Base building & aerobic conditioning	36	41	45	5	8	5	7.5	4	10	5
					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; 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	1:25 @ MP plus 45-60 sec / mile	45-50 min easy w/ strides, drills & strength session
8-Jan	2 Aerobic conditioning & neuromuscular fitness	37	42	46	5	8	5	7.5	4	11	5
					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; 4-6 x 1200m @ 10K pace (1:30 rest); 2M c/d	Cardio Crosstrain/ Yoga & Strength/ 0 to 35 min easy w/ strides & drills	1:30 to 1:35 @ MP plus 45-60 sec / mile	45-50 min easy w/ strides, drills & strength session
15-Jan	3 Aerobic conditioning & neuromuscular fitness	36	41	45	5	7	5	7.5	4	11	5
					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	1:30 to 1:35 @ MP plus 45-60 sec / mile	45-50 min easy w/ strides, drills & strength session
22-Jan	4 Specific endurance & lactate clearance	32	46	50	5	7.5	5	8	4	6	14.5
					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	45-50 min easy w/ strides, drills & strength session	Fred Lebow Half Marathon (1.5M w/u)
29-Jan	5 Specific endurance & lactate clearance	39	44	48	5	9	5	7	4	13	5
					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; 200-400-600-800-800-600-400-200 @ up the ladder = 10K pace, down the ladder = 5K pace (1:30 walk-jog rest); 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
5-Feb	6 Specific endurance	43	48	52	5	8.5	5	9	4	15	5
					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
12-Feb	7 Specific endurance	40	45	49	5	9	5	8	4	13	5
					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
19-Feb	8 Specific endurance	46	51	55	5	10.5	5	10.5	4	15	5
					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

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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	Short interval workout	Crosstrain, Yoga, rest or easy run	Long run	Recovery Run & strength session
26-Feb	Specific endurance	42	47	51	5 45-50 min easy w/ strides & drills	10 2M w/u; 6-7M @ HMP; 2M c/d	5 Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills	7 2M w/u; 400m/ 800m/ 1200m/ 800m/ 400m @ 10K pace (1:30 rest); 2M c/d	4 Cardio Crosstrain/ Yoga & Strength/ 0 to 35 min easy w/ strides & drills	15 15-16 miles @ MP plus 45-60 sec / mile	5 45-50 min easy w/ strides, drills & strength session
4-Mar					5 45-50 min easy w/ strides & drills	8.5 2M w/u; 6-8 x 800m @ 5K pace (2:30 rest); 2M c/d	5 Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills	8.5 2M w/u; 3xMile @ LT pace (1:30 rest), 4x200 @ 5K pace (1:30 rest); 2M c/d	4 Cardio Crosstrain/ Yoga & Strength/ 0 to 35 min easy w/ strides & drills	12 12 miles easy with the last 2 miles @MP	5 45-50 min easy w/ strides, drills & strength session
11-Mar					5 45-50 min easy w/ strides & drills	7.5 2M w/u; 2M @ HMP (3:00 rest), 4x400 @ 10K pace (1:30 rest); 2M c/d		6 50-60 min easy w/ strides & drills	4 REST or 32 min easy w/ strides & drills	4 REST or 32 min easy w/ strides & drills	15 NYC Half (1-2M w/u and 1-2M c/d)
11	Specific endurance & lactate clearance	23	38	42			REST				

## 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

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 & strength session
1-Jan	1 Base building & aerobic conditioning	29	34	39	5 45-50 min easy w/ strides & drills	8 2M w/u; 4M @ MP; 2M c/d	5 Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills	6 50-55 min easy w/ strides & drills	REST	10 1:25 @ MP plus 45-60 sec / mile	5 45-50 min easy w/ strides, drills & strength session
8-Jan					5 45-50 min easy w/ strides & drills	8 2M w/u; 3-4 x 1K @ 10K pace (1:00 rest); 2M c/d	5 Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills	6 50-55 min easy w/ strides & drills	REST	11 1:30 to 1:35 @ MP plus 45-60 sec / mile	5 45-50 min easy w/ strides, drills & strength session
15-Jan	3 Aerobic conditioning & neuromuscular fitness	23	34	39	5 45-50 min easy w/ strides & drills	7 2M w/u; 8-10 x 400m uphill @ 10K pace (downhill rest); 2M c/d	5 Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills	6 50-55 min easy w/ strides & drills	REST	11 1:30 to 1:35 @ MP plus 45-60 sec / mile	5 45-50 min easy w/ strides, drills & strength session
22-Jan					5 45-50 min easy w/ strides & drills	7.5 2M w/u; 2M @ HMP, 2:00 rest, 4 x 400 @ 10K (1:00 rest), 2M c/d	5 Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills	6 50-55 min easy w/ strides & drills	REST	6 45-50 min easy w/ strides, drills & strength session	14.5 Fred Lebow Half Marathon (1.5M w/u)
29-Jan	5 Specific endurance & lactate clearance	33	38	43	5 45-50 min easy w/ strides & drills	9 2M w/u; 2-3 x 2M @ HMP (3:00 rest); 2M c/d	5 Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills	6 50-55 min easy w/ strides & drills	REST	13 1:45 @ long run pace	5 45-50 min easy w/ strides, drills & strength session
5-Feb					5 45-50 min easy w/ strides & drills	8.5 2M w/u; 4 x 1K @ 10K pace (1:00 rest); 2M c/d	5 Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills	6 50-55 min easy w/ strides & drills	REST	15 2:15 to 2:20 @ MP plus 45-60 sec / mile	5 45-50 min easy w/ strides, drills & strength session
12-Feb	7 Specific endurance	34	39	44	5 45-50 min easy w/ strides & drills	9 2M w/u; 4-5M @ HMP; 2M c/d	5 Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills	7 60-65 min easy w/ strides & drills	REST	13 13-14 miles @ MP plus 45-60 sec / mile	5 45-50 min easy w/ strides, drills & strength session
19-Feb					5 45-50 min easy w/ strides & drills	10.5 2M w/u; 2 x 2M @ 10K (3:00 rest); 2M c/d	5 Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills	7 60-65 min easy w/ strides & drills	REST	15 15-16 miles @ MP plus 45-60 sec / mile	5 45-50 min easy w/ strides, drills & strength session
8	8 Specific endurance	38	43	48	5 45-50 min easy w/ strides & drills	10.5 2M w/u; 2 x 2M @ 10K (3:00 rest); 2M c/d	5 Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills	7 60-65 min easy w/ strides & drills	REST	15 15-16 miles @ MP plus 45-60 sec / mile	5 45-50 min easy w/ strides, drills & strength session

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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 & strength session		
26-Feb	Specific endurance	37	42	47	5 45-50 min easy w/ strides & drills	10 2M w/u; 6-7M @ HMP; 2M c/d	5 Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills	7 60-65 min easy w/ strides & drills	REST	15 15-16 miles @ MP plus 45-60 sec / mile	5 45-50 min easy w/ strides, drills & strength session		
9					4-Mar	10	5 45-50 min easy w/ strides & drills	8.5 2M w/u; 6-8 x 800m @ 5K pace (2:30 rest); 2M c/d	5 Cardio Crosstrain/ Yoga & Strength/ 0 to 40 min easy w/ strides & drills	7 60-65 min easy w/ strides & drills	REST	12 12 miles easy with the last 2 miles @MP	5 45-50 min easy w/ strides, drills & strength session
11-Mar					11	Specific endurance & lactate clearance	34	37	40	5 45-50 min easy w/ strides & drills	7.5 2M w/u; 2M @ HMP (3:00 rest), 4x400 @ 10K pace (1:30 rest); 2M c/d	REST	6 50-60 min easy w/ strides & drills