

Dashing Whippets 2025 Training Plan for the Brooklyn Half (Advanced Plan)

Overview:

Experienced runners should have logged at least 40 miles per week for at least a month before beginning this plan and feel comfortable with completing two workouts per week throughout the cycle

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week	Purpose	Recovery Run	Long interval workout	REST, easy run, or cross train	Short interval workout	REST, easy run, or cross train	Long run	REST, easy run, or cross train
24-Feb								
9	Lactate Threshold, Endurance, Anerobic Capacity	50-60 min easy with strides/ drills	2M w/u, 8-12 x .25 Mile Hill Repeats @ HMP (equal part recovery), 2M c/d	Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills	2M w/u, 4 x 200 + 2-3 Miles Threshold + 4 x 200 Racers: Run Easy	REST or up to 45 min easy with strides/ drills	12 to 16 Miles @ long run pace	Washington Heights 5k
3-Mar								
10	Specific Prep, Sub Threshold, Lactate Buffering	50-60 min easy with strides/ drills	2M w/u, 3-4 Miles @ HMP, 2M c/d	Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills	2M w/u, 6-8 x 800 @ 5K, 400m recovery, 2M c/d	REST or up to 45 min easy with strides/ drills	8 to 12 Miles @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
10-Mar								
11	Lactate Threshold, Endurance, Anerobic Capacity	50-60 min easy with strides/ drills	NYC Half Runners: 45-50 min easy w/ last 2 Miles @ MP Non Racers: 2M w/u, 5 - 8 x 1K @ Threshold, 1 min Recovery, 2M c/d	Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills	Racers: 30 min easy with strides/ drills Non Racers: 2M w/u, 2 x (8 x 200) @ mile pace w/ equal part recovery, 800m recovery between 2 sets, 2M c/d	REST or up to 45 min easy with strides/ drills	REST or 10-20 min shakeout	NYC Half
17-Mar								
1	General Prep, Lactate Threshold, Endurance, Anerobic Capacity	50-60 min easy with strides/ drills	2M w/u; 3-6 x 1 Mile @ Lactate Threshold w/ 90 sec recovery; 2M c/d	Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills	2M w/u, 3-4 x 200/200/400 @ mile pace w/ equal part recovery, 2M c/d	REST or up to 45 min easy with strides/ drills	12 to 16 Miles @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
24-Mar								
2	General Prep, Lactate Threshold, Endurance, VO2Max & Anerobic Capacity	50-60 min easy with strides/ drills	2M w/u, 1-2 x (1 Mile MP, 1 Mile HMP, 1 Mile Threshold), 5 min rests between sets, 2M c/d	Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills	2M w/u, 3 x 1 Mile @ 10k w/ 400m Recovery + 4 x 400 @ mile pace, 400 recovery, 2M c/d	REST or up to 45 min easy with strides/ drills	12-16 Miles @ long run pace *Advanced Option to include MP Miles up to 15% of weekly volume	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
31-Mar								
3	General Prep, Lactate Threshold, Endurance, Anerobic Capacity	50-60 min easy with strides/ drills	2M w/u, 3 x 2K @ Threshold + 3 x 1K @ Threshold, 1:30 recoveries, 2M c/d	Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills	2M w/u, 2 x (4 x 400) @ Mile, 800m recovery between, 2M c/d	REST or up to 45 min easy with strides/ drills	12 to 16 Miles @ long run pace	Run as One 4M
7-Apr								
4	General Prep, Lactate Threshold, Endurance, VO2Max & Anerobic Capacity	50-60 min easy with strides/ drills	2M w/u, Progression (3 Miles MP, 2 Miles HMP, 1 Mile Threshold) 2M c/d	Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills	2M w/u, 3-4 x 1000m @ 5k w/ 600m Recovery + 4 x 200 @ mile pace, 2M c/d	REST or up to 45 min easy with strides/ drills	12-16 Miles @ long run pace *Advanced Option to include MP Miles up to 15% of weekly volume	Retro 4 Miler
14-Apr								
5	General Prep, Lactate Threshold, Endurance, Anerobic Capacity	50-60 min easy with strides/ drills	2M w/u, 2-3 Miles @ HMP + 4-8 x .25 Mile Hill Repeats @ HMP (equal part recovery), 2M c/d	Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills	2M w/u, 4 x 400 + 8 x 200 @ mile pace w/ equal part recovery, 2M c/d	REST or up to 45 min easy with strides/ drills	12 to 16 Miles @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
21-Apr								

6	Specific Prep, Lactate Threshold, Endurance, VO2Max	50-60 min easy with strides/ drills	2M w/u, 4-5 x 2K @ Lactate Threshold, 2 min recoveries, 2M c/d	Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills	2M w/u, 4-6 x 1200m @ 5k w/ 600m Recovery, 2M c/d Racers: 3-4 Reps or Run Easy	REST or up to 45 min easy with strides/ drills	12-16 Miles @ long run pace *Advanced Option to include MP Miles up to 15% of weekly volume	Maybeline Women's Half
28-Apr								
7	Specific Prep, Lactate Threshold, Endurance, VO2Max	50-60 min easy with strides/ drills	2M w/u; 2-3 x 2 Mile @ Threshold w/ 2 min recovery; 2M c/d	Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills	2M w/u, 4 x 1000m @ 5k + 6 x 200m @ Mile, 2 M c/d	REST or up to 45 min easy with strides/ drills	12 to 16 Miles @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
5-May								
8	Specific Prep, Lactate Threshold, Endurance, VO2Max	50-60 min easy with strides/ drills	2M w/u, 3-4 Miles @ HMP, 2M c/d	Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills	2M w/u, 6-8 x 800 @ 5K, 400m recovery, 2M c/d	REST or up to 45 min easy with strides/ drills	10 to 14 Miles @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
12-May								
9	Taper	50-60 min easy with strides/ drills	45-50 min easy w/ last 2 Miles @ MP	Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills	30 min easy with strides/ drills	REST or 10-20 min shakeout	Brooklyn Half Marathon	DAY OFF