

Dashing Whippets 2025 Training Plan for the Brooklyn Half (Intermediate Plan)			Runners should have logged at least 25 miles per week for at least a month before beginning this plan and feel comfortable with completing two workouts per week throughout the cycle. To reduce the overall stress, runners may remove the Thursday workout in favor of easy miles and/or take extra days off when easy running is indicated.					
			Overview:					
		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
10-Mar								
11	Specific Prep, Sub Threshold, Lactate Buffering	50-60 min easy with strides/ drills	NYC Half Runners: 45-50 min easy w/ last 2 Miles @ MP Non Racers: 1.5M w/u, 4-6 x 1K @ Threshold, 1 min Recovery, 1.5M 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 (6 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, Anaerobic Capacity	50-60 min easy with strides/ drills	1.5M w/u; 3-4 x 1 Mile @ Lactate Threshold w/ 90 sec recovery; 1.5M c/d	Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills	2M w/u, 3 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 & Anaerobic Capacity	50-60 min easy with strides/ drills	2 w/u, 1 Mile MP, 1 Mile HMP, 1 Mile Threshold, 2M c/d	Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills	2M w/u, 2-3 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 to 16 Miles @ long run pace	Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills
31-Mar								
3	General Prep, Lactate Threshold, Endurance, Anaerobic Capacity	50-60 min easy with strides/ drills	1.5M w/u, 2 x 2K @ Threshold + 2 x 1K @ Threshold, 1:30 recoveries, 1.5 M 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 & Anaerobic Capacity	50-60 min easy with strides/ drills	1.5M w/u, Progression (2 Miles MP, 1 Miles HMP, 1 Mile Threshold) 1.5M c/d	Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills	2M w/u, 3 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, Anaerobic Capacity	50-60 min easy with strides/ drills	1.5M w/u, 2-3 Miles @ HMP + 4 x .25 Mile Hill Repeats @ HMP (equal part recovery), 1.5M 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	1.5M w/u, 3-4 x 2K @ Lactate Threshold, 2 min recoveries, 1.5M c/d	Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills	2M w/u, 3-4 x 1200m @ 5k w/ 600m 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	Maybeline Women's Half
28-Apr								

7	Specific Prep, Lactate Threshold, Endurance, VO2Max	50-60 min easy with strides/ drills	1.5M w/u; 2 x 2 Mile @ Threshold w/ 2 min recovery; 1.5M c/d	Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills	2M w/u, 3 x 1000m @ 5k + 4 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, Tempo, Taper	50-60 min easy with strides/ drills	1.5M w/u, 3 Miles @ HMP, 1.5M c/d	Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills	45-50 min easy with strides/ drills	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	35-45 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