

CRAFT HALF TRAINING PROGRAM



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START TRAINING
Monday,
Jan 13, 2020

4 miles, easy

Rest/Cross Train

3 miles, easy

4 miles, easy

Rest/Cross Train

5 miles, long and easy

2

Rest/Cross Train

3 miles, easy

Rest/Cross Train

4 miles w/mile repeats (1/2 mi. easy, 2 x 1 mi. @ 10K pace w/800m easy, 1/2 mi. easy)

3 miles, easy

Rest/Cross Train

6 miles, long and easy

3

Rest/Cross Train

4 miles, easy

5 miles w/3 mi. @ half marathon pace (1 mi. warmup, 3 mi. @ HMP* 1 mi. cool-down.)

1-3 miles, easy

4 miles, easy

Rest/Cross Train

8 miles, long and easy

4

Rest/Cross Train

5 miles, easy

5 miles w/ repeats (1 mi. warmup, 2 x 1 mi. @ 10K pace w/800m easy, 1 mi. cool down)

1-3 miles, easy

4 miles, easy

Rest/Cross Train

10 miles, long and easy

5

Rest/Cross Train

4 miles, easy

5 miles w/3 mi. @ half marathon pace (1 mi. warmup, 3 mi. @ HMP, 1 mi. cool-down.)

3 miles, easy

4 miles, easy

Rest/Cross Train

8 miles, long and easy

6

Rest/Cross Train

4 miles, easy

7.5 miles with Yasso 800s**

3 miles, easy

3 miles, easy

Rest/Cross Train

10 miles w/4 mi. @ half marathon pace (2 mi. warmup, 4 mi. @ HMP, 2 mi. cool-down.)

7

Rest/Cross Train

3 miles, easy

6 miles w/4 mi. @ half marathon pace (1 mi. warmup, 4 mi. @ HMP, 1 mi. cool-down.)

3 miles, easy

4 miles, easy

Rest/Cross Train

8 miles, long and easy

8

Rest/Cross Train

3 miles, easy

7 miles with intervals***

3 miles, easy

3-4 miles, easy

Rest/Cross Train

12 miles, long and easy

9

Rest/Cross Train

3 miles, easy

6 miles w/4 mi. @ half marathon pace (1 mi. warmup, 4 mi. @ HMP, 1 mi. cool-down.)

3 miles, easy

3 miles, easy

Rest/Cross Train

12-13 miles, long and easy

10

Rest/Cross Train

3-4 miles, easy

7 miles, easy

3 miles, easy

4 miles, easy

Rest/Cross Train

10 miles w/6 mi. @ half marathon pace (2 mi. warmup, 6 mi. @ HMP, 2 mi. cool-down.)

11

Rest/Cross Train

3 miles, easy

8 miles w/mile repeats (1 mi. easy, 4 x 1 mi. @ 10K pace w/800m easy, 1 mi. cool down)

1-3 miles, easy

3 miles, easy

Rest/Cross Train

8 miles, long and easy

12

Rest/Cross Train

3 miles, easy

5 miles w/3 mi. @ half marathon pace (1 mi. warmup, 3 mi. @ HMP, 1 mi. cool-down.)

3 miles, easy

Rest/Cross Train

1-3 miles, easy

RACE DAY!
Craft Half Marathon & 5K
Saturday,
April 4th, 2020

* HMP= "Half-Marathon Pace"

** 2 miles easy warm up, 1x400m hard w/200m easy, 5x800 hard w/400m easy, 1x400m hard w/200m easy, 1 mile easy

*** 1 mile easy, 1x400m hard w/200m easy, 1x800m hard w/400m easy, 1 mile hard w/800m easy, 2x800m hard w/400m easy, 1 mile cool down

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