

Showdown Half Marathon Beginner Training Plan - October 10, 2015

WEEK	Recovery	No Warm Up	Interval	Begin with a 1 mile Warm Up, then 5 min recovery	Long	Warm up on the 1st mile	
				Finish with a 1 mile Cool Down			Total
	Miles	Tuesday	Miles	Thursday	Miles	Saturday or Sunday	Miles
1	3	Go week - RPE of 3-4	4.25	3 x 0.5 mile @ RPE 6-7, 0.25 mile @ RPE 2-3	4	Go week - RPE of 3-5	11
2	3	Go week - RPE of 3-4	5	4 x 0.5 mile @ RPE 6-7, 0.25 mile @ RPE 2-3	5	Go week - RPE of 3-5	13
3	4	Go week - RPE of 3-4	4.8	4 x 0.5 mile @ RPE 6-7, 0.20 mile @ RPE 2-3	6	Go week - RPE of 3-5	15
4	3	Back off week - RPE of 3	4.1	3 x 0.5 mile @ RPE 6-7, 0.20 mile @ RPE 2-3	5	Back off week - RPE of 3-4	12
5	4	Go week - RPE of 3-4	5	3 x 0.75 mile @ RPE 6, 0.25 mile @ RPE 2-3	7	Go week - RPE of 3-5	16
6	4	Go week - RPE of 3-4	6	4 x 0.75 mile @ RPE 6, 0.25 mile @ RPE 2-3	8	Go week - RPE of 3-5	18
7	5	Go week - RPE of 3-4	6	4 x 0.80 mile @ RPE 6, 0.20 mile @ RPE 2-3	9	Go week - RPE of 3-5	20
8	4	Back off week - RPE of 3	4.85	3 x 0.75 mile @ RPE 6, 0.20 mile @ RPE 2-3	8	Back off week - RPE of 3-4	17
9	5	Go week - RPE of 3-4	5.75	3 x 1 mile @ RPE 6-7, 0.25 mile @ RPE 2-3	10	Go week - RPE of 3-5	21
10	6	Go week - RPE of 3-4	7	4 x 1 mile @ RPE 6-7, 0.25 mile @ RPE 2-3	12	Go week - RPE of 3-5	25
11	5	Back off week - RPE of 3	5.75	3 x 1 mile @ RPE 6-7, 0.25 mile @ RPE 2-3	7	Back off week - RPE of 3-4	18
12	3	Back off week - RPE of 3	3.5	2 x 0.5 mile @ RPE 6-7, 0.25 mile @ RPE 2-3	13.1	Race Day	20

If you have questions about the plan, are interested in completing a VO2 assessment, or would like to work directly with Coach Donnie Campbell, he can be reached via email at dcampbell3@lifetimefitness.com