

**Showdown Half Marathon Intermediate Training Plan - October 10, 2015**

WEEK	Week	Recovery	No Warm Up	Threshold	Begin with a 1 mile Warm Up, then 5 min recovery	Peak	Begin with a 1 mile Warm Up, then 5 min recovery	Long	Warm up on the 1st mile	
	Begins W/				Finish with a 1 mile Cool Down		Finish with a 1 mile Cool Down			
		Day	<b>Monday</b>		<b>Tuesday</b>		<b>Thursday</b>		<b>Saturday</b>	Total
		Miles		Miles		Miles		Miles		Miles
1	8/3/2015	4	RPE 4 or Below	5.6	3x1 mile @ RPE 6, 0.20 mile @ RPE 3	4.5	10 x 300m @ RPE 7+, 100m walk @ RPE 2	9	8 mile @ RPE 4, 1 mile @ RPE 6	23
2	8/10/2015	5	RPE 4 or Below	6.6	4x1 mile @ RPE 6, 0.15 mile @ RPE 3	5	12 x 300m @ RPE 7+, 100m walk @ RPE 2	10	9 mile @ RPE 4, 1 mile @ RPE 6	27
3	8/17/2015	4	RPE 4 or Below	5.75	3x1 mile @ RPE 6, 0.25 mile @ RPE 3	4	8 x 300m @ RPE 7+, 100m walk @ RPE 2	7	6 mile @ RPE 4, 1 mile @ RPE 6	21
4	8/24/2015	5	RPE 4 or Below	6.5	2x2 mile @ RPE 6, 0.25 mile @ RPE 3	4.2	6 x 500m @ RPE 7+, 100m walk @ RPE 2	10	2 x 4 mile @ RPE 4, 1 mile @ RPE 6	26
5	8/31/2015	5	RPE 4 or Below	6.4	2x2 mile @ RPE 6, 0.20 mile @ RPE 3	5	8 x 500m @ RPE 7+, 100m walk @ RPE 2	12	2 x 4.5 mile @ RPE 4, 1.5 mile @ RPE 6	28
6	9/7/2015	5	RPE 4 or Below	6.3	2x2 mile @ RPE 6, 0.15 mile @ RPE 3	5.6	10 x 500m @ RPE 7+, 100m walk @ RPE 2	9	3 x 2 mile @ RPE 4, 1 mile @ RPE 6	26
7	9/14/2015	4	RPE 4 or Below	5.75	3x1 mile @ RPE 6, 0.25 mile @ RPE 3	5	6 x 700m @ RPE 7+, 100m walk @ RPE 2	13	2 x 4.5 mile @ RPE 4, 2.0 mile @ RPE 6	28
8	9/21/2015	5	RPE 4 or Below	5.25	1x3 mile @ RPE 6, 0.25 mile @ RPE 3	6	8 x 700m @ RPE 7+, 100m walk @ RPE 2	14	3 x 3 mile @ RPE 4, 1.5 mile @ RPE 6	30
9	9/28/2015	5	RPE 4 or Below	5.25	1x3 mile @ RPE 6, 0.25 mile @ RPE 3	5.5	7 x 700m @ RPE 7+, 100m walk @ RPE 2	7	6 mile @ RPE 4, 1 mile @ RPE 6	23
10	10/5/2015	4	RPE 4 or Below	4.3	2x1 mile @ RPE 6, 0.15 mile @ RPE 3		OFF	13.1	Race Day	21

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](mailto:dcampbell3@lifetimefitness.com)