



VIRTUAL TRAINING PROGRAM

HALF MARATHON INTERMEDIATE TRAINING CALENDAR

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Mileage
1	3 Miles	4 miles	3 miles	MHR 4 miles	Rest	5 Miles	Walk/XT	~19
2	3 Miles	MHR 4 miles	3 miles	4 Miles	Rest	6 Miles (2-3 hilly miles in the last 1/2 of run)	Walk/XT	~20

Medium Hill Run (MHR)- These runs should have lots of rolling hills in them...up and down streets like Avenham, Carolina, Wycliffe, etc. in South Roanoke are great. They can have some flats but you definitely want to look for hills. This doesn't mean that you need to run Mill mtn. and Roanoke mtn. in one run...that would be far too much. If you are not in the area, no problem. Long Hills that go up 100-200 feet and then back down are great. These are done at comfortable pace. They are not "hill sprints". This workout helps prepare you for the long grinding climbs that the Blue Ridge Half-Marathon will throw at you! If a section becomes too steep to run, then power hike up it until you can resume running.

HALF MARATHON INTERMEDIATE "FLATLANDER" TRAINING CALENDAR

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Mileage
1	3 Miles	4 miles	3 miles	Medium Hill Run: 4m treadmill (1m warmup, 1m at 3% grade, 1/2m at 1% grade, 1m at 3% grade, 1/2 mile cool down)	Rest	5 Miles (w/ treadmill push 1m at 3-4% grade. Do this in last 1/2 of your long run)	Walk/XT	~19
2	3 Miles	Medium Hill Run: 5m treadmill (1.5m warmup, 1m at 3% grade, 1/2m at 1% grade, 1m at 3% grade, 1 mile cool down)	3 miles	3 miles	Rest	6 Miles (w/ treadmill push 2-3 x 1m at 3-4% grade...run 1/2 mile at 1% grade easy in between these 1 m treadmill "hill" pushes. Do this in last 1/2 of your long run)	Walk/XT	~20