Half/Full Marathon Training Plan w/ CrossFit

Below you will find your training plan for this years half and full marathon. Using some of the data from those test runs as well as taking a good look at the general timeline and including CrossFit was an interesting little puzzle, but I think it is all manageable. Even if you miss a few runs here and there, you'll be completely fine running those races. But we gotta get to work!

NE Half Marathon = October 13 (Secondary Goal)
Manchester Full Marathon = November 10 (Primary Goal)

Data

- 6.5 Miles - 1:11.46 - 11:00 Mile Pace - RPE = 5 - (78% of Mile PR)
- 30:00 Run - 2.83 Miles - 10:30 Pace - RPE = 3 (81% of Mile PR)
- 1 Mile Run = 8:36

Goals

- Finish Marathon without dying
    - Done by establishing and perfecting the right running pace/building volume in it
- Run Half Marathon with "ease" (Mental Preparation for Full Marathon)
    - Done by mentally prepping and preparing for Full Marathon
- No Boo-Boos
    - Done by listening to your body and knowing when to slow things down/modify

Warm-Up

- Option 1 = Run immediately after CrossFit class (you're definitely warm)
- Option 2 = Somewhere between 5:00 and 1 Mile of running to get the legs moving (Especially early morning runs) and then some dynamic stretches you enjoy.
    - Spiderman, Inchworm, Leg Swings (forwards/Backwards & side-to-side)
    - Toe Touch, Windmill, Samson Lunge, Squat Jumps, Arm Circles w/ skips

Sunday, September 22

- 90 Minute Run - No Pace, No Path, No Expectations
    - Goal is just to run for 90 minutes without stopping (except for shoelaces or water)
    - Try not to look at the watch too much, and if anything, save some juice for the last 20 minutes of the run.

Monday - Friday, September 23 - 27

1. 1 Mile Repeats - 4 x 1 Mile @ ~9:00 Pace w/ 4-5 Minutes between
    a. This will may be tougher than you think
    b. Total workout time = 50:00
    c. Do it on Monday and you can knock 1 of those miles out since we are running that day anyways

2. 30:00 Run @ 9:50 Pace
    a. If we can make sub-10 Feel easy, than pacing the marathon will be no problem

Saturday or Sunday September 28/29

- 10 Mile Run @ ~10:45 - 11:00 Pace
    - Pick a day the weather is nice

Monday, September 30 - Friday, October 4

1. 4 Mile Run w/ Negative Splits
    a. Mile 1 = 11:00
    b. Mile 2 = 10:40
    c. Mile 3 = 10:20
    d. Mile 4 = 10:00

2. 35:00 Run @ 9:50 Pace
    a. May change the pacing on this depending on input from last weeks time run

Saturday or Sunday October 5/6

- 2 x 40:00 Run w/ 5-7:00 Rest between
    - Run #1 = 10:25 Pace
    - Run #2 = 10:45 Pace

Monday or Tuesday, October 7/8

- 5 Miles @ 11:00 Pace
    - Should feel easy - De-load before half marathon week

Friday or Saturday, October 11-12

- Long Warm-Up
- 2 x 1 Mile Runs @ 9:30 Pace w/ 7:00 Jog between
- 20 Minute Cooldown at any pace

Sunday - October 13 (NE Half Marathon Day!!!)

- Same Warm-up
- Goal Pace = 10:20-11:00
- Goal Mindset = This is easy and you could keep going
- Post Race Cooldown = 1-2 More miles if you feel ok at a super easy pace

Monday - Friday - October 14 - 18

1. 40:00 Flush Run
    a. No Pace, Just Casual
    b. Every 10:00 = 25 Ft. of Spiderman, inchworm, leg swings and then keep going

2. Negative Split 6 Mile Run
    a. Mile 1 = 11:00
    b. Mile 2 = 10:40
    c. Mile 3 = 10:20
    d. Mile 4 = 10:00
    e. Mile 5 - 9:40
    f. Mile 6 = 9:20

Saturday/Sunday, October 19/20

- 2.5 Hour Run @ 10:30 - 11:30 Pace

Monday - Friday - October 21 - 25

1. 6 x 800m @ RPE 9 w/ 400m SUPER easy job Between
    a. Think Speed! Aim for sub 4:00 on all of these. 3:15-3:45 would be ideal
2. 75:00 Recovery Run
    a. No Specific Pace, Just Run, Take it easy

Saturday/Sunday, October 26/27

- 15 Mile Run @ 10:30-11:30 Pace

Monday, October 28 - Friday, November 1

1. 10 x 400m @ w/ 200m SUPER easy jog between
    a. Think Speed! Aim for sub 2:00 on all of these. 1:30-1:45 would be ideal
2. 2 x 8 Miles @ Marathon Pace w/ 5:00 of active stretching between
    a. 10:00 on the money here for pacing. Obviously hills and start/top will affect this, but aim for consistent averages throughout and feel comfortable maintaining it.
    b. If you get into a great grove, ignore the stretching at mile 8 and just save it if things are starting to get tough on the next 8 miles.

Saturday or Sunday, November 2 or 3

- 20 Mile Run @ 10:30 - 11:30 Pace
    - If you can do this, the Marathon is in the bag!

Monday - Friday , November 4 - 9

1. 2 x 45:00 Runs @ 10:00 - 10:30 Pace w/ 5-7:00 Rest Between (STRETCH)
2. Pre-Race
    - Long Warm-Up
    - 3 x 1 Mile Runs @ 9:30 Pace w/ 7:00 Jog between
    - 20 Minute Cooldown at any pace

Sunday, November 10

- RACE DAY
- Goal = Don’t Die and Have FUN!