

Go Commando 15-week Training Plan

A low-key plan for busy people!

Intervals: Warm up 1 mile. Recover for same distance as length of speed work. 400's are run at 5K to 10K pace. 800's are run at 10K to goal half marathon pace. Cool down during any remaining mileage (at least 5 minutes).

Progression: Each mile is slightly faster during the run. Cool down 5 minutes.

HMP- Half-marathon pace run. Warm up 1 mile. Run remainder at goal half-marathon pace. Cool down 5 minutes.

Start: Monday, July 9

Finish: October 21

Duration: 15 weeks

Week	Run 1 Easy day	Run 2 Speed day	Run 3 Long run
1 7/9	30 minutes, easy	3-4 miles progression	6 miles, easy
2 7/16	30 minutes, easy	3-4 miles 4 X 400 m	7 miles, easy
3 7/23	30 minutes, easy	3-4 miles 2 miles @tempo	8 miles, easy
4 7/30	35 minutes, easy	3 miles, easy or by feel	5 miles, easy recovery week
5 8/6	35 minutes, easy	3-4 miles 4 X 400 m	9 miles, easy
6 8/13	35 minutes, easy	4-5 miles 2 miles @tempo	6.2—TIME TRIAL
7 8/20	40 minutes, easy	4-5 miles 3 X 800 m	10 miles, easy
8 8/27	40 minutes, easy	4-5 miles progression	7 miles, easy
9 9/3	40 minutes, easy	4-5 miles HMP	10 miles, fast finish last 2
10 9/10	35 minutes, easy	3 miles, easy or by feel	5 miles, easy recovery week
11 9/17	45 minutes, easy	5-6 miles HMP	11 miles, easy
12 9/24	45 minutes, easy	5-6 miles 4 X 800	7 miles, easy
13 10/1 *peak mileage*	45 minutes, easy	5-6 miles HMP	12 miles, easy
14 10/8	30 minutes, easy	4-5 miles 6 X 400	6 miles, 4 @ HMP
15 10/15	30 minutes, easy	20 minutes, easy	RACE October 21, 2017