

# Syracuse Half Marathon Training Plan

February 2015	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 8 (27 miles)</b>	26 Bike Trainer	27 Swim Class #4 <b>Recovery Run</b> (6 miles)	28 Spinning Swim BodyPump	29 <b>Tempo Run</b> (1 m easy, 6 m MT, 1 m easy)	30 <b>Track Repeats</b> (4x1200 2min RI) Swim BodyPump	31 Ski Bike Trainer  Hunt Hollow w/ X	Feb 1 Ski <b>Long Run</b> (10 m HMP +20)
<b>Week 7 (32 miles)</b>	2 BodyPump <b>Track Repeats</b> (4x1200; 2 min RI)	3 Swim Class #5	4 BodyPump Swim Spinning	5 <b>Recovery Run</b> (6 miles)	6 <b>Tempo Run</b> (1 m easy, 5 m MT, 1 m easy) Swim BodyPump	7 Ski Bike Trainer	8 Ski <b>Long Run</b> (14m HMP +30)
<b>Week 6 (27 miles)</b>	9 Bike Trainer Ski <b>Track Repeats</b> (1000, 2000, 1000, 1000) 400 RI	10 Swim Class #6 <b>Recovery Run</b> (6 miles)	11 BodyPump	12 <b>Tempo Run</b> (1 m easy, 5 m MT, 1 m easy)	13 Swim BodyPump  GS Bristol w/ E	14 Ski <b>Long Run</b> (10 m HMP +20)  E Race	15 Ski  E Race
<b>Week 5 (30 miles)</b>	16 Bike Trainer Ski <b>Track Repeats</b> (3x1600; 400RI)	Swim Class #7 Skier's Edge	18 BodyPump	19 <b>Tempo Run</b> (1 m easy, 5 m MT, 1 m easy)	20 <b>Recovery Run</b> (6 miles) Swim/BP	21 Ski Bike Trainer	22 Ski <b>Long Run</b> (14m HMP +30)
School Break							
<b>Week 4 (25-31)</b>	23 Bike Trainer Ski <b>Track Repeats</b> (10x400; 400RI)	24 Swim Class #8 Skier's Edge	25 BodyPump Spinning <b>Tempo Run</b> (1 m easy, 5 m MT, 1 m easy)	26 Skier's Edge Bike Trainer	27 <b>Long Run</b> (15 m HMP +30)  Buffalo: Kandahar Race (w/ X)	28 Ski <b>Recovery Run?</b>	1 Ski

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<b>Week 3 (25 miles)</b>	2 Bike Trainer BodyPump <b>Track Repeats</b> <i>(2x1200; 2min RI 4x800; 2 min RI)</i>	3 Bike Trainer Skier's Edge	4 BodyPump	5 <b>Recovery Run</b> <i>(6 miles)</i>	6 <b>Tempo Run</b> <i>(2 m easy, 1 m ST, 1 m easy)</i> Swim BodyPump	7 Ski	8 <b>Long Run</b> <i>(12 m HMP +20)</i>
<b>Week 2 (25 miles)</b>	9 Bike Trainer BodyPump <b>Track Repeats</b> 5x1000 (400 RI)	10 Bike Trainer Skier's Edge	11 BodyPump Spin Swim	12 <b>Recovery Run</b> <i>(6 miles)</i>	13 <b>Tempo Run</b> 2m Easy, 3 m ST, 1 m Easy Swim	14 Rest	15 <b>Long Run</b> <i>(8 m HMP +20)</i>
<b>Week 1 Race Week (25 miles)</b>	16 Bike Trainer BodyPump <b>Track Repeats</b> <i>(6x400 400RI)</i>	17 <b>Recovery Run</b> <i>(4 miles)</i>	18 BodyPump Spin	19 <b>2 miles easy</b>	20 Swim	21 <b>3 miles easy</b>	22 <b>Half Marathon</b>
						Buffalo: Dance Olympus (w/ E)	
						Syracuse: Dancer's Inc (w/ E)	