

UNITE HALF MARATHON

Intermediate Workout - Assumes a base of being able to comfortably run 5 miles

Week	Date (Monday)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Stats	
									Miles	% Change
1	3-Jan	Xtrain Low Impact	Easy 4 4	Xtrain	Xtrain	Hills 4	Rest	Long 6	14	
2	10-Jan	Xtrain Low Impact	Tempo 3 5	Xtrain	Xtrain	Hills 5	Rest	Long 7	17	21.4%
3	17-Jan	Xtrain Low Impact	Easy 4	Xtrain	Xtrain	Hills 5	Rest	Long 4	13	-23.5%
4	24-Jan	Xtrain Low Impact	Tempo 4 6	Xtrain	Xtrain	Hills 7	Rest	Long 7	20	53.8%
5	31-Jan	Xtrain Low Impact	Speed: 3x1600 7	Xtrain	Xtrain	Hills 6	Rest	Long 8	21	5.0%
6	7-Feb	Xtrain Low Impact	Tempo 4 6	Xtrain	Xtrain	Hills 7	Rest	Long 8	21	0.0%
7	14-Feb	Xtrain Low Impact	Easy 5	Xtrain	Xtrain	Easy 6	Rest	Long 5	16	-23.8%
8	21-Feb	Xtrain Low Impact	Tempo 5 7	Xtrain	Xtrain	Hills 8	Rest	Long 9	24	50.0%
9	28-Feb	Xtrain Low Impact	Yasso: 8x800/400 8	Xtrain	Xtrain	Tempo 4 6	Rest	Long 11	25	4.2%
10	7-Mar	Xtrain Low Impact	Tempo 5 7	Xtrain	Xtrain	Hills 8	Rest	Long 13	28	12.0%
11	14-Mar	Xtrain Low Impact	Easy 4	Xtrain	Xtrain	Easy 8	Rest	Long 6	18	-35.7%
12	21-Mar	Xtrain Low Impact	Yasso: 10x800/400 10	Xtrain	Xtrain	Tempo 3 5	Rest	Long 10	25	38.9%
13	28-Mar	Xtrain Low Impact	Tempo 6 8	Xtrain	Xtrain	Hills 6	Rest	Long 11	25	0.0%
14	4-Apr	Xtrain Low Impact	Tempo 5 8	Xtrain	Xtrain	Hills 6	Rest	Long 11	25	0.0%
15	11-Apr	Xtrain Low Impact	Tempo 3 5	Xtrain	Xtrain	Rest	Rest	Race 13.1	18.1	-27.6%

Tempo = 1 mile easy warm up; distance noted at a medium effort pace (talking is not comfortable); 1 mile easy at cool down.

Speed = 1 mile warm up; 1 mile at a hard effort pace (talking is very difficult but not breathless) followed by 1/2 mile at easy effort pace - repeated as noted; 1 mile cool down

Yasso = 1 mile warm-up; 1/2 mile at hard effort followed by 1/4 mile at easy effort - repeated as noted; 1 mile cool down