

2017 UNITED AIRLINES NYC HALF TRAINING PLAN

Week 1 (Prep)

Monday: Off / or active recovery with yoga and/or core.

Tuesday: Cross train: cycling/yoga/spin/ hike/ or strength training (see TC strength training program). If no cross training then run 2-3 miles.

Wednesday: off

Thursday: Run 2-3 miles.

Friday: off

Saturday: Long run: 2-3 miles.

Sunday: Cycling, or cross training 60-120 minutes. Or easy 2-4 mile run.

Week 2

Monday: Off / or active recovery with yoga and/or core.

Tuesday: Run 2-3 miles.

Wednesday: Cross train: cycling/yoga/spin/ hike/ or strength training (see TC strength training program). If no cross training then run 2-3 miles

Thursday: Run 2-3 miles.

Friday: off

Saturday: Long run: 5 miles.

Sunday: Cycling, or cross training 60-120 minutes. Or easy 2-4 mile run.

Week 3

Monday: Off / or active recovery with yoga and/or core.

Tuesday: Run 2-3 miles.

Wednesday: Cross train: cycling/yoga/spin/ hike/ or strength training (see TC strength training program). If no cross training then run 2-3 miles

Thursday: Run 2-3 miles.

Friday: off

Saturday: Long run: 6 miles.

Sunday: Cycling, or cross training 60-120 minutes. Or easy 2-4 mile run.

Week 4

Monday: Off / or active recovery with yoga and/or core.

Tuesday: Run 3-4 miles.

Wednesday: Cross train: cycling/yoga/spin/ hike/ or strength training (see TC strength training program). If no cross training then run 2-3 miles

Thursday: Run 3-4 miles.

Friday: off

Saturday: Long run: 7.5 miles.

Sunday: Cycling, or cross training 60-120 minutes. Or easy 2-4 mile run.

Week 5 (Recovery)

Monday: Off / or active recovery with yoga and/or core.

Tuesday: Cross train: cycling/yoga/spin/ hike/ or strength training (see TC strength training program). If no cross training then run 2-3 miles.

Wednesday: off

Thursday: Run 2-3 miles.

Friday: off

Saturday: Long run: 4-5 miles.

Sunday: Cycling, or cross training 60-120 minutes. Or easy 2-4 mile run.

Week 6

Monday: Off / or active recovery with yoga and/or core.

Tuesday: Run 4-5 miles.

Wednesday: Cross train: cycling/yoga/spin/ hike/ or strength training (see TC strength training program). If no cross training then run 2-3 miles

Thursday: Run 4-5 miles.

Friday: off

Saturday: Long run: 9 miles.

Sunday: Cycling, or cross training 90-120 minutes. Or easy 3-4 mile run.

Week 7

Monday: Off / or active recovery with yoga and/or core.

Tuesday: Run 4-5 miles.

Wednesday: Cross train: cycling/yoga/spin/ hike/ or strength training (see TC strength training program). If no cross training then run 2-3 miles

Thursday: Run 4-5 miles.

Friday: off

Saturday: Long run: 10.5 miles.

Sunday: Cycling, or cross training 90-120 minutes. Or easy 4 mile run.

Week 8

Monday: Off / or active recovery with yoga and/or core.

Tuesday: Run 3-4 miles.

Wednesday: Cross train: cycling/yoga/spin/ hike/ or strength training (see TC strength training program). If no cross training then run 2-3 miles

Thursday: Run 3-4 miles.

Friday: off

Saturday: Long run: 12 miles.

Sunday: Cycling, or cross training 90-120 minutes. Or easy 2-4 mile run.

Week 9 (Taper)

Monday: Off / or active recovery with yoga and/or core.

Tuesday: Cross train: cycling/yoga/spin/ hike/ or strength training (see TC strength training program). If no cross training then run 3 miles.

Wednesday: off

Thursday: Run 3-4 miles.

Friday: off

Saturday: Long run: 8 miles.

Sunday: Cycling, or cross training 60-120 minutes. Or easy 2-4 mile run.

Week 10 (Taper)

Monday: Off / or active recovery with yoga and/or core.

Tuesday: Run 20 minutes easy.

Wednesday: off

Thursday: Run 15 minutes easy.

Friday: off

Saturday: Run 10-15 minutes with 3 x 30 seconds pick up to race effort.

Sunday: 13.1 YOU CAN DO IT