

February 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5 5 Miles Easy
6 1 Hour of Active Recovery	7 4 Miles Easy	8 3 Miles Easy Run	9 5 Miles Total 2 Miles at Recovery RPE of 6 3 Miles Easy	10 4 Miles Easy	11 Cross Training 30 Minutes of Strength or Walking	12 5 Miles Total 21 Total Miles
13 1 Hour of Active Recovery	14 4 Miles Easy	15 4 Miles Easy Run	16 5 Miles Total 2 Miles at Recovery RPE of 6 3 Miles Easy	17 4 Miles Easy	18 Cross Training 30 Minutes of Strength or Walking	19 6 Miles Total 23 Total Miles
20 1 Hour of Active Recovery	21 5 Miles Easy	22 4 Miles Easy Run	23 5 Miles Total 2 Miles at Recovery RPE of 6 3 Miles Easy	24 5 Miles Easy	25 Cross Training 30 Minutes of Strength or Walking	26 7 Miles Total 26 Total Miles
27 1 Hour of Active Recovery	28 5 Miles Easy					LILLIE Training & Inspiration

Half Marathon Veterans Training

March 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 1 M wu, 2 M cd 4 x 400 w 400 recovery RPE of 8.5	2 6 Miles Total 3 Miles at Recovery RPE of 6 3 Miles Easy	3 5 Miles Easy	4 Cross Training 30 Minutes of Strength or Walking	5 8 Miles Total 29 Miles Total
6 1 Hour of Active Recovery	7 5 Miles Easy	8 1 M wu, 1 M cd 6 x 400 w 400 recovery RPE of 8.5	9 6 Miles Total 3 Miles at Recovery RPE of 6 3 Miles Easy	10 5 Miles Easy	11 Cross Training 30 Minutes of Strength or Walking	12 9 Miles Easy 30 Miles Total
13 1 Hour of Active Recovery	14 5 Miles Easy	15 1 M wu, 1 M cd 8 x 400 w 400 recovery RPE of 8.5	16 6 Miles Total 3 Miles at Recovery RPE of 6 3 Miles Easy	17 6 Miles Easy	18 Cross Training 30 Minutes of Strength or Walking	19 10 Miles Easy 33 Miles Total
20 1 Hour of Active Recovery DROP BACK WEEK	21 6 Miles Easy	22 1 M wu, 1 M cd 6 x 400 w 400 rec. 6 x 200 w 200 rec RPE of 8.5	23 7 Miles Total 4 Miles at Recovery RPE of 6 3 Miles Easy	24 7 Miles Easy	25 Cross Training 30 Minutes of Strength or Walking	26 8 Miles Easy 24.5 Mile Total
27 1 Hour of Active Recovery	28 6 Miles Easy	29 1 M wu, 2 M cd 6 x 400 w 400 rec. RPE of 8.5	30 7 Miles Total 4 Miles at Recovery RPE of 6 3 Miles Easy	31 7 Miles Easy	<p>SPEED VARIATION ADDED Speed at RPE means Rate or Percieved Exertion We are looking for the runner to work hard during the first part of the interval, where the distance is difficult and a bit uncomfortable.</p> <p>Follow that up with an easy matching distance where the runner can recover to feel good enough to repeat the fast interval again.</p>	

Half Marathon Veterans Training

April 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Cross Training 40 Minutes of Strength or Walking	2 11 Miles Easy 37 Mile Total
3 1 Hour of Active Recovery	4 6 Miles Easy	5 1 M wu, 2 M cd 3 x 800 w 800 rec. RPE of 9	6 8 Miles Total 4 Miles at Recovery RPE of 6 4 Miles Easy	7 1 M wu, 1 M cd 2 x 1 Mile Tempo RPE 8.5 5 Minute Jog Btwn	8 Cross Training 40 Minutes of Strength or Walking	9 12 Miles Easy 37 Miles Total
10 1 Hour of Active Recovery	11 6 Miles Easy	12 1 M wu, 2 M cd 4 x 800 w 800 rec. 2 x 400 w 400 rec. RPE of 9	13 8 Miles Total 4 Miles at Recovery RPE of 6 4 Miles Easy	14 1 M wu, 1 M cd 2 x 1.5 Mile Tempo RPE 8.5 5 Minute Jog Btwn	15 Cross Training 40 Minutes of Strength or Walking	16 13 Miles Easy 40 Miles Total
17 1 Hour of Active Recovery	18 7 Miles Easy	19 1 M wu, 2 M cd 4 x 800 w 800 rec. 4 x 400 w 400 rec. RPE of 9	20 8 Miles Total 4 Miles at Recovery RPE of 6 4 Miles Easy	21 1 M wu, 1 M cd 2 x 2 Mile Tempo RPE 8.5 5 Minute Jog Btwn	22 Cross Training 40 Minutes of Strength or Walking	23 14 Miles Easy 45 Mile Total
24 1 Hour of Active Recovery	25 8 Miles Easy	26 1 M wu, 2 M cd 2 x 800 w 800 rec. 6 x 400 w 400 rec. RPE of 9	27 8 Miles Total 4 Miles at Recovery RPE of 6 4 Miles Easy	28 1 M wu, 1 M cd 2 x 2.5 Mile Tempo RPE 8.5 5 Minute Jog Btwn	29 Cross Training 40 Minutes of Strength or Walking	30  11 Miles Easy 39 Mile Total

Half Marathon Veterans Training

May 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 1 Hour of Active Recovery	2 6 Miles Easy	3 1 M wu, 2 M cd 3 x 400 w 400 rec RPE of 9	4 Walk or Play for 60 Minutes	5 1 M wu, 1 M cd 2 Mile Tempo RPE 8.5 5 Minute Jog Btwn	6 Cross Training 40 Minutes of Strength or Walking	7 3 Mile Run or 30 Minute Walk
8 1 Hour of Active Recovery	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



Half Marathon Veterans Training