

2008

Indy Runners Fall Training Program



**Intermediate Half-Marathon Training Schedule**

Week Ending	Mon	Tue	Wed	Thur	Fri	Sat	Sun
WEEK 1	3 m run	5 x 400 5-K pace	3 m run + Strength	Rest	3 m run	5 m run	Stretch & Strengthen
WEEK 2	3 m run	30 min tempo	3 m run + Strength	Rest	3 m pace	6 m run	Stretch & Strengthen
WEEK 3	3.5 m run	6 x 400 5-K pace	3 m run + Strength	Rest	Rest	5-K Race	Stretch & Strengthen
WEEK 4	3.5 m run	35 min tempo	3 m run + Strength	Rest	3 m run	7 m run	Stretch & Strengthen
WEEK 5	4 m run	7 x 400 5-K pace	3 m run + Strength	Rest	3 m pace	8 m run	Stretch & Strengthen
WEEK 6	4 m run	40 min tempo	3 m run + Strength	Rest or easy run	Rest	10-K Race	Stretch & Strengthen
WEEK 7	4.5 m run	8 x 400 5-K pace	3 m run + Strength	Rest	4 m pace	9 m run	Stretch & Strengthen
WEEK 8	4.5 m run	40 min tempo	3 m run + Strength	Rest	5 m pace	10 m run	Stretch & Strengthen
WEEK 9	5 m run	9 x 400 5-K pace	3 m run + Strength	Rest or easy run	Rest	15-K Race	Stretch & Strengthen
WEEK 10	5 m run	45 min tempo	3 m run + Strength	Rest	5 m pace	11 m run	Stretch & Strengthen
WEEK 11	5 m run	10 x 400 5-K pace	3 m run + Strength	Rest	3 m pace	12 m run	Stretch & Strengthen
<b>RACE WEEK</b>	4 m run	30 min tempo	2 m run	Rest	rest	<b>GOOD LUCK &amp; ENJOY THE RACE - YOU ARE READY NOW!!!</b>	

Please note, some Indy Runners will be running their long Wednesday runs on Tuesday nights at Hinkle Fieldhouse at 6:00pm. To stay on schedule, they will move the weekday schedule above up one day and add a cross training day on Thursday and still rest o

For other training info check out:

**WEEKLY CLUB RUNS**

[www.halhighdon.com](http://www.halhighdon.com)

DAY	TIME	LOCATION
TUESDAY	6:00 PM	Hinkle Fieldhouse - BUTLER
THURSDAY	6:00 PM	Hinkle Fieldhouse - BUTLER
SATURDAY	7:30 AM	Wooden deck at the corner of E. Westfield Blvd and Winthrop Ave. in Monon Trail
SATURDAY-LATER	9:00 AM	Wooden deck at the corner of E. Westfield Blvd and Winthrop Ave. in Monon Trail
SUNDAY	8:00 AM	Benjamin Harrison YMCA

CHECK OUT [www.indyrunners.org](http://www.indyrunners.org) FOR CONTINUOUS UPDATES ON RACE SCHEDULES THIS SUMMER

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