



# 2020 ATHHALF TRAINING PLAN

## FROM

# **FLEET FEET™**



## ATHENS



## AUGUST 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3	4	5	6	7	8	9
10 3 miles easy	11 Rest or 3 miles easy	12 3 miles easy	13 Rest Day	14 2 miles easy	15 4 Mile Group Run	16 Rest Day
17 3 miles easy	18 Rest or 3 miles easy	19 10 min easy; 10 x 1:00 hard, 1:00 easy; 10 min easy	20 Rest Day	21 2 miles easy	22 5 Mile Group Run	23 Rest Day
24 3 miles easy	25 Rest or 3 miles easy	26 10 min easy; 15 min at goal race pace; 10 min easy	27 Rest Day	28 3 miles easy	29 6 Mile Group Run	30 Rest Day
31 3 miles easy						

# SEPTEMBER 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b> 	<b>2</b> Rest or 3 miles easy	<b>3</b> 1 mile warm up; 6 x :45 hill sprints with jog back down to recover; 1 mile cool down	<b>4</b> Rest Day	<b>5</b> 3 miles easy	<b>6</b> <b>8 Mile Group Run</b>	<b>7</b> Rest Day
<b>8</b> 5 miles easy	<b>9</b> Rest or 3 miles easy	<b>10</b> 1 mile warm up; 8 x 400 meters at 5k race pace with :90 sec recovery; 1 mile cool down	<b>11</b> Rest Day	<b>12</b> 3 miles easy	<b>13</b> <b>9 Mile Group Run</b>	<b>14</b> Rest Day
<b>15</b> 5 miles easy	<b>16</b> Rest or 3 miles easy	<b>17</b> 10 min easy; 20 min at goal race pace; 10 min easy	<b>18</b> Rest Day	<b>19</b> 3 miles easy	<b>20</b> <b>6 Mile Group Run</b>	<b>21</b> Rest Day
<b>22</b> 5 miles easy	<b>23</b> Rest or 3 miles easy	<b>24</b> 1 mile warm up; 6 x :45 hill sprints with jog back down to recover; 1 mile cool down	<b>25</b> Rest Day	<b>26</b> 3 miles easy	<b>27</b> <b>10 Mile Group Run</b>	<b>28</b> Rest Day
<b>29</b> 5 miles easy	<b>30</b> Rest or 3 miles easy	<b>31</b> 1 mile warm up; 3 x 1 mile at 10k race pace with 2:00 rest in between; 1 mile cool down				

# OCTOBER 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5</b> 5 miles easy	<b>6</b> Rest or 3 miles easy	<b>7</b> 10 min easy; 20 min at goal race pace; 10 min easy	<b>8</b> Rest Day	<b>9</b> 3 miles easy	<b>10</b> 6 Mile Group Run	<b>11</b> Rest Day
<b>12</b> 5 miles easy	<b>13</b> Rest or 3 miles easy	<b>14</b> 1 mile warm up; 6 x :30 hill sprints with jog back down to recover; 1 mile cool down	<b>15</b> Rest Day	<b>16</b> 3 miles easy	<b>17</b> 6 Mile Group Run	<b>18</b> Rest Day
<b>19</b> 3 miles easy	<b>20</b> Rest or 3 miles easy	<b>21</b> 1 mile warm up; 4 x 400 meters at goal race pace w/ 1 min rest; 1 mile easy cool down	<b>22</b> Rest Day	<b>23</b> 3 miles easy	<b>24</b> 2 miles easy	<b>25</b> AthHalf Race Day
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	