

# BRIDGE TO 15K-HALF MARATHON TRAINING PLAN

## CALENDAR PLAN FOR THE BEERNTSEN'S CHILLY CHOCOLATE 15K



THANK YOU TO RUN AWAY SHOES STAFF SCOTT D FOR WRITING THESE PLANS! STOP IN TO SEE SCOTT & ALL OF OUR WONDERFUL STAFF FOR A SHOE FITTING TO SUPPORT YOUR TRAINING!

IT IS STRONGLY ENCOURAGED THAT YOU CONSULT WITH YOUR PHYSICIAN BEFORE BEGINNING ANY NEW EXERCISE PROGRAM. IT IS VOLUNTARY TO PARTICIPATE IN EITHER OF THESE TRAINING PLANS AND RUN AWAY SHOES & EVENTS AS WELL AS THE HOUDINI 10K SPONSORS AND PARTERS ARE NOT LIABLE FOR ANY INJURY ASSOCIATED WITH PARTICIPATION. PLEASE LISTEN TO YOUR BODY AND ADAPT THE PLANS SUGGESTIONS TO WHAT WORKS BEST FOR YOU IF YOU CHOOSE TO FOLLOW THEIR TRAINING SUGGESTIONS.

# WORKOUT DESCRIPTIONS

**EZ = COMFORTABLE/ CONVERSATIONAL EFFORT (EASY/ NOT SLOPPY)  
THINK LIGHT STEPS/ MAINTAIN KNEE LIFT**

**TO MED. = EASY TO MEDIUM PROGRESSION**

**XT = CROSS TRAINING. 20-30 MINUTES OF LOW IMPACT CARDIO**

**WK = WORKOUT**

**BU = 3-6 MILES (AS DESIGNATED) + 4 X :20-:30 BUILDUPS TO  
ESTIMATED ONE MILE PACE EFFORT W/ WALK RECOVERY**

**WK-A: 1MI EZ THEN 3-5 MIN REPS AT NO FASTER THAN 5K PACE OR  
90% EFFORT W/ 2 MIN WALK REST FOR 15-18MINS OF TOTAL HARDER  
RUNNING**

# WORKOUT DESCRIPTIONS

**WK-B: 1MI EZ THEN 3X MILE REPS W/ 1-2MIN WALK REST  
(15K-1/2 MARATHON PACE/ 80% EFFORT FOR REP PACE)  
ADD MILE EACH TIME DOING WORKOUT UNTIL DOING 5**

**WKT C: 5-6 MILES TOTAL W/ 10-12 X 1:00 @ 5K PACE W/ 1:00 EZ  
WITHIN THE RUN**

**WKT C-RW (RACE WEEK): 3-4 MILES TOTAL W/ 5-6 X 1:00 @ 5K PACE  
W/ 1:00 EZ WITHIN THE RUN**

**SUN MON TUE WED THR FRI SAT**

# NOVEMBER

<b>10</b> 3 MI EZ	<b>11</b> XT	<b>12</b> 3 MI BU	<b>13</b> XT	<b>14</b> 3 MI EZ	<b>15</b> 4-5MI EZ	<b>16</b> OFF OR EZ XT
<b>17</b> 3 MI EZ TO MED.	<b>18</b> XT	<b>19</b> WKT A	<b>20</b> XT	<b>21</b> 3-4 MI EZ	<b>22</b> 4-5 MI EZ TO MED	<b>23</b> OFF OR EZ XT
<b>24</b> 3 MI EZ TO MED.	<b>25</b> XT	<b>26</b> WKT B	<b>27</b> XT	<b>28</b> 3-4 MI EZ	<b>29</b> 5-6 MI EZ TO MED	<b>30</b> OFF OR EZ XT

SUN	MON	TUE	WED	THR	FRI	SAT
1 4 MI BU	2 XT	3 WKT A	4 XT	5 3-4 MI EZ	6 5-6 MI EZ TO MED	7 OFF OR EZ XT
8 4 MI BU	9 XT	10 WKT B	11 XT	12 3-4 MI EZ	13 6-7 MI EZ	14 OFF OR EZ XT
15 5 MI BU	16 XT	17 WKT C	18 XT	19 4-5 MI EZ	20 WKT D	21 OFF OR EZ XT
22 5 MI BU	23 XT	24 WKT A	25 XT	26 4-5 MI EZ	27 6-8 MI EZ	28 OFF OR EZ XT
29 5 MI BU	30 XT	<b>DECEMBER</b>				

SUN	MON	TUE	WED	THR	FRI	SAT	
<b>JAN</b>		31 WKT C	1 XT	2 4-5 MI EZ	3 WKT D	4 OFF OR EZ XT	
	5 5-6 MI BU	6 XT	7 WKT B	8 XT	9 3-4 MI EZ	10 6-8 MI EZ	11 OFF OR EZ XT
	12 5-6 MI BU	13 XT	14 WKT A	15 XT	16 4-5 MI EZ	17 WKT D	18 OFF OR EZ XT
	19 5-6 MI BU	20 XT	21 WKT B	22 XT	23 4-5 MI EZ	24 5-6 EZ TO MED	25 OFF OR EZ XT
	26 3-4 MI BU	27 XT	28 WKT C-RW	29 XT	30 REST	31 2MI EZ + 3- 4X :20 AT FAST & SMOOTH	1 RACE DAY!