

## Sample Week of Training

### Team Larkin Street Half Marathon Training Program

May 9, 2009 – July 26, 2009

A typical week of training with the Team Larkin Street's Half Marathon Training Program entails 3 days of running, two days of cross-training, and two full rest days.

The philosophy behind the training program is **GRADUAL** progression of mileage and intensity of workouts allowing your body plenty of time to adapt to a gradually increasing workload.

Below is a 'sample' of a typical week of training during the second month:

Date	Distance	Workout
Monday	N/A	<b>B</b> -35 min. crosstrain, <b>I</b> -45 min. crosstrain, <b>A</b> -55 min. crosstrain
Tuesday	3,4, or 5 miles	<b>B-3 miles Easy, I-4 miles Easy, A-5 miles Easy</b>
Wednesday	N/A	<b>B</b> -35 min. crosstrain, <b>I</b> -45 min. crosstrain, <b>A</b> -55 min. crosstrain
Thursday	3,4, or 5 miles	<b>B-3 miles Easy, I-4 miles Easy, A-5 miles Easy</b>
Friday	N/A	<b>REST</b>
Saturday	6,7, or 8 miles	<b>B-6 miles Easy, I-7 miles Easy, A-8 miles Easy</b>
Sunday	N/A	<b>REST</b>

### Training Definitions

- B**                    **B** signifies a 'Beginner' level workout. You are a beginner runner if you've never run more than a few miles.
- I**                    **I** signifies an 'Intermediate' level workout. You are an intermediate runner if you've run a 5K (3.1 miles) or a 10K (6.2 miles) previously.
- A**                    **A** signifies an 'Advanced' level workout. You are an advanced runner if you've run a half marathon or marathon previously.

**Cross Training**      Cross training days are a day of exercise other than walking or running. Examples are: cycling, elliptical training, or swimming. The idea is to maintain your current level of fitness while allowing recovery from your previous run workout.

**Rest**                    Rest is a very important part of the training program. You will not improve faster by substituting additional runs in place of rest days.

**ADDITIONAL TRAINING QUESTIONS/CONCERNS? EMAIL [MARATHONMATT@MARATHONMATT.COM](mailto:MARATHONMATT@MARATHONMATT.COM)**

**Training Schedule and Coaching Services Provided By:**

