

# KARC Half Marathon Plan

4 days - 35 miles peak

## 2022 Houston Marathon

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Block 0	Week 1	2-Aug-21 Off Rest or X-train	3-Aug-21 Speed 6 x 1:00 on/off	4-Aug-21 Easy 3 miles	5-Aug-21 Tempo 4 x 5:00 @ T	6-Aug-21 Off Rest or X-train	7-Aug-21 Long Run 6 miles	8-Aug-21 Recovery 3 miles
Miles	21	0	5	3	4	0	6	3
Block 0	Week 2	9-Aug-21 Off Rest or X-train	10-Aug-21 Easy w/ Strides 5 w/ 6 strides	11-Aug-21 Easy 3 miles	12-Aug-21 Tempo 4 x 5:00 @ T	13-Aug-21 Off Rest or X-train	14-Aug-21 Long Run 6 miles	15-Aug-21 Recovery 3 miles
Miles	21	0	5	3	4	0	6	3
Block 0	Week 3	16-Aug-21 Off Rest or X-train	17-Aug-21 Speed 6 x 1:00 on/off	18-Aug-21 Easy 3 miles	19-Aug-21 Tempo 2 x 10:00 @ T	20-Aug-21 Off Rest or X-train	21-Aug-21 Long Run 6 miles	22-Aug-21 Recovery 3 miles
Miles	21	0	5	3	4	0	6	3
Block 0	Week 4	23-Aug-21 Off Rest or X-train	24-Aug-21 Easy w/ Strides 5 w/ 6 strides	25-Aug-21 Easy 3 miles	26-Aug-21 Tempo 2 x 10:00 @ T	27-Aug-21 Off Rest or X-train	28-Aug-21 Long Run 8 miles	29-Aug-21 Recovery 3 miles
Miles	23	0	5	3	4	0	8	3
Block 0	Week 5	30-Aug-21 Off Rest or X-train	31-Aug-21 Speed 8 x 1:00 on/off	1-Sep-21 Easy 3 miles	2-Sep-21 Tempo 3 x 1 mile @ T	3-Sep-21 Off Rest or X-train	4-Sep-21 Long Run 8 miles	5-Sep-21 Recovery 3 miles
Miles	24	0	5	3	5	0	8	3
Block 0	Week 6	6-Sep-21 Race Back 2 School 5k	7-Sep-21 Easy w/ Strides 5 w/ 6 strides	8-Sep-21 Easy 4 miles	9-Sep-21 Tempo 30:00 @ HMP	10-Sep-21 Off Rest or X-train	11-Sep-21 Long Run 6 miles	12-Sep-21 Recovery 3 miles
Miles	29	5	5	4	6	0	6	3
Block 1	Week 7	13-Sep-21 Off Rest or X-train	14-Sep-21 Speed 5 x 2:00 on/off	15-Sep-21 Easy 4 miles	16-Sep-21 Tempo 3 x 1 mile @ T	17-Sep-21 Off Rest or X-train	18-Sep-21 Long Run 8 miles	19-Sep-21 Recovery 3 miles
Miles	26	0	5	4	6	0	8	3
Block 1	Week 8	20-Sep-21 Off Rest or X-train	21-Sep-21 Easy w/ Strides 5 w/ 6 strides	22-Sep-21 Easy 4 miles	23-Sep-21 Tempo 30:00 @ HMP	24-Sep-21 Off Rest or X-train	25-Sep-21 Long Run 8 miles	26-Sep-21 Recovery 3 miles
Miles	27	0	6	4	6	0	8	3
Block 1	Week 9	27-Sep-21 Off Rest or X-train	28-Sep-21 Speed 5 x 2:00 on/off	29-Sep-21 Easy 4 miles	30-Sep-21 Tempo 3 x 1 mile @ T	1-Oct-21 Off Rest or X-train	2-Oct-21 Long Run 10 miles	3-Oct-21 Recovery 3 miles
Miles	28	0	5	4	6	0	10	3
Block 1	Week 10	4-Oct-21 Off Rest or X-train	5-Oct-21 Easy w/ Strides 6 w/ 6 strides	6-Oct-21 Easy 4 miles	7-Oct-21 Tempo 40:00 @ HMP	8-Oct-21 Off Rest or X-train	9-Oct-21 Long Run 10 miles	10-Oct-21 Recovery 3 miles
Miles	29	0	6	4	6	0	10	3
Block 1	Week 11	11-Oct-21 Off Rest or X-train	12-Oct-21 Speed 6 x 2:00 on/off	13-Oct-21 Easy 4 miles	14-Oct-21 Tempo 4 x 1 mile @ T	15-Oct-21 Off Rest or X-train	16-Oct-21 Long Run 10 miles	17-Oct-21 Recovery 3 miles
Miles	30	0	6	4	7	0	10	3
Block 1	Week 12	18-Oct-21 Off Rest or X-train	19-Oct-21 Easy w/ Strides 6 w/ 6 strides	20-Oct-21 Easy 4 miles	21-Oct-21 Tempo 40:00 @ HMP	22-Oct-21 Off Rest or X-train	23-Oct-21 Long Run 8 miles	24-Oct-21 Recovery 3 miles
Miles	27	0	6	4	6	0	8	3
Block 2	Week 13	25-Oct-21 Off Rest or X-train	26-Oct-21 Speed 5 x 3:00 on/off	27-Oct-21 Easy 5 miles	28-Oct-21 Tempo 4 x 1 mile @ T	29-Oct-21 Off Rest or X-train	30-Oct-21 Long Run Shakeout	31-Oct-21 Race Houston 10k
Miles	28	0	6	5	7	0	4	6
Block 2	Week 14	1-Nov-21 Off Rest or X-train	2-Nov-21 Easy w/ Strides 6 w/ 6 strides	3-Nov-21 Easy 5 miles	4-Nov-21 Tempo 45:00 @ HMP	5-Nov-21 Off Rest or X-train	6-Nov-21 Long Run 10 miles	7-Nov-21 Recovery 3 miles
Miles	30	0	6	5	6	0	10	3
Block 2	Week 15	8-Nov-21 Off Rest or X-train	9-Nov-21 Speed 5 x 3:00 on/off	10-Nov-21 Easy 5 miles	11-Nov-21 Tempo 5 x 1 mile @ T	12-Nov-21 Off Rest or X-train	13-Nov-21 Long Run 11 miles	14-Nov-21 Recovery 3 miles
Miles	33	0	6	5	8	0	11	3
Block 2	Week 16	15-Nov-21 Off Rest or X-train	16-Nov-21 Easy w/ Strides 6 w/ 6 strides	17-Nov-21 Easy 5 miles	18-Nov-21 Tempo 45:00 @ HMP	19-Nov-21 Off Rest or X-train	20-Nov-21 Long Run 12 miles	21-Nov-21 Recovery 3 miles
Miles	33	0	6	5	7	0	12	3
Block 2	Week 17	22-Nov-21 Off Rest or X-train	23-Nov-21 Speed 6 x 3:00 on/off	24-Nov-21 Easy 5 miles	25-Nov-21 Race Turkey Dash	26-Nov-21 Off Rest or X-train	27-Nov-21 Long Run 10 miles	28-Nov-21 Recovery 3 miles
Miles	34	0	7	5	9	0	10	3

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Block 3	Week 18	29-Nov-21 Off Rest or X-train	30-Nov-21 Speed 6 x 3:00 on/off	1-Dec-21 Easy 5 miles	2-Dec-21 Tempo 4 x 1 mile @ T	3-Dec-21 Off Rest or X-train	4-Dec-21 Long Run 12 miles	5-Dec-21 Recovery 3 miles
Miles	35	0	8	5	7	0	12	3
Block 3	Week 19	6-Dec-21 Off Rest or X-train	7-Dec-21 Speed 5 x 4:00 on/off	8-Dec-21 Easy 5 miles	9-Dec-21 Tempo 2 x 2 mile @ T	10-Dec-21 Off Rest or X-train	11-Dec-21 Long Run 13 miles	12-Dec-21 Recovery 3 miles
Miles	35	0	7	5	7	0	13	3
Block 3	Week 20	13-Dec-21 Off Rest or X-train	14-Dec-21 Speed 6 x 3:00 on/off	15-Dec-21 Easy 5 miles	16-Dec-21 Tempo 4 miles @ T	17-Dec-21 Off Rest or X-train	18-Dec-21 Long Run 13 miles	19-Dec-21 Recovery 3 miles
Miles	35	0	7	5	7	0	13	3
Block 3	Week 21	20-Dec-21 Off Rest or X-train	21-Dec-21 Speed 5 x 4:00 on/off	22-Dec-21 Easy 5 miles	23-Dec-21 Tempo 2 x 2 mile @ T	24-Dec-21 Off Rest or X-train	25-Dec-21 Long Run 12 miles	26-Dec-21 Recovery 3 miles
Miles	34	0	7	5	7	0	12	3
Block 4	Week 22	27-Dec-21 Off Rest or X-train	28-Dec-21 Speed 6 x 3:00 on/off	29-Dec-21 Easy 5 miles	30-Dec-21 Tempo 5 miles @ T	31-Dec-21 Off Rest or X-train	1-Jan-22 Long Run 10 miles	2-Jan-22 Recovery 3 miles
Miles	33	0	7	5	8	0	10	3
Block 4	Week 23	3-Jan-22 Off Rest or X-train	4-Jan-22 Speed 10 x 1:00 on/off	5-Jan-22 Easy 4 miles	6-Jan-22 Tempo 4 x 1 mile @ T	7-Jan-22 Off Rest or X-train	8-Jan-22 Long Run 6 miles	9-Jan-22 Recovery 3 miles
Miles	27	0	7	4	7	0	6	3
Block 4	Week 24	10-Jan-22 Off Rest or X-train	11-Jan-22 Easy 4 miles	12-Jan-22 Off Off	13-Jan-22 Easy 4 miles	14-Jan-22 Off Rest or X-train	15-Jan-22 Shakeout 4 shakeout	16-Jan-22 Race Houston Marathon
Miles	40	0	6	0	4	0	4	26