

Second Sole
Boston/Toledo Training
January

Week 1

1-4: 1.5 mi warmup, 4 x 800m @ goal 10k pace w/ :90 rest, 1.5 mi cooldown

1-6: 1.5 mi warmup, 4 x Rockcliff hill w/ jog back down recoveries, 1.5 mi cooldown

1-8: 10 miles easy

Week 2

1-11: 1.5 mi warmup, 3 x mile @ goal half marathon pace w/ :60 rest, 1.5 mi cooldown

1-13: 1.5 mi warmup, 4 x up and down Sokolowski's hill w/ 2:00 rest, 1.5 mi cooldown (otherwise, find a hill that takes :90 to run up, but when you get to the top, immediately turn and run back down at the same effort. Rep starts/ends at the same spot at the bottom)

1-15: 12 miles easy

Week 3

1-18: 1.5 mi warmup, 5 x 800m @ goal 10k pace w/ :90 rest, 1.5 mi cooldown

1-20: 1.5 mi warmup, 2 x 60 second hill, 10 minutes @ goal half marathon pace, 2 x 60 second hills all w/ 2:00 rest per rep, 1.5 mi cooldown

1-22: 13 miles easy

Week 4

1-25: 1.5 mi warmup, 2 x 10 minutes @ goal half marathon pace, 1.5 mi cooldown

1-27: 1.5 mi warmup, 2 x 800m, 4 x 60 second hills, 1 x 800m all w/ 2:00 rest, 1.5 mi cooldown

1-29: 14 miles easy