

## 2nd Sole Spring Training Plan

### Toledo Half Marathon

March

#### Week 9

3-3: 1.5 mile warmup, 2 x 12 minutes @ goal half marathon pace w/ 2:00 rest, 1.5 mile cooldown

3-5: 1.5 mile warmup, 90-60-30-90-60-30 second hill repeats w/ 2:00 rest recovery, 1.5 mi cooldown (you can take longer after the 90 second repeats!!)

3-7: 8 miles or 1:10 easy

#### Week 10

3-10: 1.5 mile warmup, 6 x 800m w/ :90 rest, 1.5 mi cooldown

3-12: 1.5 mile warmup, 25 minutes at goal half marathon pace, 1.5 mi cooldown

3-14: 10 miles or 1:20 easy

#### Week 11

3-17: 1.5 mile warmup, 10 minutes @ goal half marathon pace, 3 x 800m @ 10k pace w/ :90 rest between sets/repeats, 1.5 mi cooldown

3-19: 1.5 mile warmup, 6 x 90 second hill repeats w/ 3:00 recoveries in between, 1.5 mi cooldown

3-21: 10 miles w/ 3 at goal race pace

#### Week 12

3-24: 1.5 mile warmup, 2 x 15 minutes @ goal half marathon pace w/ 2:00 rest, 1.5 mi cooldown

3-26: 45-60 minutes easy

3-28: 8 miles w/ 4 miles at goal race pace ( you can 2 x 2 miles or 4 x 1 mile or 4 continuous!)