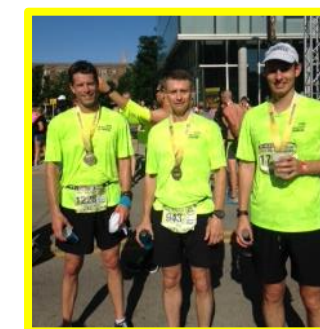


12 WEEK HALF MARATHON TRAINING STARTS MARCH 13!

13.1



JUNE 3, 2017



NOVICE

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Stretch & Strengthen	3 m run	2 m run or cross	3 m run + strength	Rest	30 min cross	4 m run
2	Stretch & Strengthen	3 m run	2 m run or cross	3 m run + strength	Rest	30 min cross	4 m run
3	Stretch & Strengthen	3.5 m run	2 m run or cross	3.5 m run + strength	Rest	40 min cross	5 m run
4	Stretch & Strengthen	3.5 m run	2 m run or cross	3.5 m run + strength	Rest	40 min cross	5 m run
5	Stretch & Strengthen	4 m run	2 m run or cross	4 m run + strength	Rest	40 min cross	6 m run
6	Stretch & Strengthen	4 m run	2 m run or cross	4 m run + strength	Rest or easy run	Rest	5-K Race
7	Stretch & Strengthen	4.5 m run	3 m run or cross	4.5 m run + strength	Rest	50 min cross	7 m run
8	Stretch & Strengthen	4.5 m run	3 m run or cross	4.5 m run	Rest	50 min cross	8 m run
9	Stretch & Strengthen	5 m run	3 m run or cross	5 m run + strength	Rest or easy run	Rest	10-K Race
10	Stretch & Strengthen	5 m run	3 m run or cross	5 m run + strength	Rest	60 min cross	9 m run
11	Stretch & Strengthen	5 m run	3 m run or cross	5 m run + strength	Rest	60 min cross	10 m run
12	Stretch & Strengthen	4 m run	3 m run or cross	2 m run	Rest	Rest	Half Marathon

INTERMEDIATE

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Stretch & Strengthen	3 m run	5 x 400 5-K pace	3 m run + strength	Rest	3 m run	5 m run
2	Stretch & Strengthen	3 m run	30 min tempo run	3 m run + strength	Rest	3 m pace	6 m run
3	Stretch & Strengthen	3.5 m run	6 x 400 5-K pace	3 m run + strength	Rest or easy run	Rest	5-K Race
4	Stretch & Strengthen	3.5 m run	35 min tempo run	3 m run + strength	Rest	3 m run	7 m run
5	Stretch & Strengthen	4 m run	7 x 400 5-K pace	3 m run + strength	Rest	3 m pace	8 m run
6	Stretch & Strengthen	4 m run	40 min tempo run	3 m run + strength	Rest or easy run	Rest	10-K Race
7	Stretch & Strengthen	4.5 m run	8 x 400 5-K pace	3 m run + strength	Rest	4 m pace	9 m run
8	Stretch & Strengthen	4.5 m run	40 min tempo run	3 m run + strength	Rest	5 m pace	10 m run
9	Stretch & Strengthen	5 m run	9 x 400 5-K pace	3 m run + strength	Rest or easy run	Rest	15-K Race
10	Stretch & Strengthen	5 m run	45 min tempo run	3 m run + strength	Rest	5 m pace	11 m run
11	Stretch & Strengthen	5 m run	10 x 400 5-K pace	3 m run + strength	Rest	3 m pace	12 m run
12	Stretch & Strengthen	4 m run	30 min tempo run	3 m run	Rest	Rest	Half Marathon

ADVANCED

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	3 m run + strength	6 x hill	3 m run + strength	40 min tempo	Rest	3 m run	90 min run (3/1)
2	3 m run + strength	7 x 400 5-K pace	3 m run + strength	45 min tempo	Rest	3 m pace	90 min run
3	3 m run + strength	7 x hill	3 m run + strength	30 min tempo	Rest or easy run	Rest	5-K Race
4	3 m run + strength	8 x 400 5-K pace	3 m run + strength	40 min tempo	Rest	3 m run	90 min run (3/1)
5	3 m run + strength	8 x hill	3 m run + strength	45 min tempo	Rest	3 m pace	90 min run
6	3 m run + strength	6 x 400 5-K pace	3 m run + strength	30 min tempo	Rest or easy run	Rest	10-K Race
7	3 m run + strength	4 x 800 10-K pace	3 m run + strength	45 min tempo	Rest	4 m pace	1:45 run (3/1)
8	3 m run + strength	3 x 1600 Race pace	3 m run + strength	50 min tempo	Rest	5 m pace	1:45 run
9	3 m run + strength	5 x 800 10-K pace	3 m run + strength	30 min tempo	Rest or easy run	Rest	15-K Race
10	3 m run + strength	4 x 1600 Race pace	3 m run + strength	55 min tempo	Rest	5m pace	2:00 run (3/1)
11	3 m run + strength	6 x 800 10-K pace	3 m run + strength	60 min tempo	Rest	3 m pace	2:00 run
12	3 m run + strength	6 x 400 5-K pace	2 m run + strength	30 min tempo	Rest or easy run	Rest	Half Marathon



DAM TO DAM DETAILS (JUNE 3, 2017)

- Registration opens mid March
- Half Marathon - limited to 9,000 entrants (\$40 entry fee)
- 5K race, largest in Iowa - limited to 3,000 entrants (\$25 entry fee)
- Youth runs- free to all kids!

**REGISTER AT
WWW.DAMTODAM.COM**