



2024 Half Marathon Basic Camp Training

Definitions to know:

RPE (Rate of Perceived Exertion): Your speed work is set to a level *8* defined as “Feels uncomfortable, can barely speak a sentence” This puts your body into an Anaerobic capacity. In our training this RPE of 8 should only apply when doing speed work.

Example : 7 Mile Speed | 2 Mile Warm Up; 3 x 800 RPE 8 w/ 800 Recovery; 2 Miles Cool Down

You should be at an RPE of 8 during the 3 bouts of 800M with a recovery (walk or jog) for 800M between each set. If you have questions, please ask your team leader or reach out to Forrest or one of the Specialists.

Cross train: Cross training can be anything that gets your body moving for 30min-1hr (Yoga, Pilates, HIIT, or strength training)

Active recovery: (Less physically demanding cross training) - this could look like playing with your family or pets, taking a walk etc.

Rest: This is what it is, reduce movement, practice self care, let your body rest as much as possible that day, focus on feeding your body and letting it recover.



2024 Half Marathon Basic Camp Training

FEBRUARY

2024

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3 4 Miles Easy
4 Active Recovery; Walk or Play for 30 Minutes	5 4 Miles Run; Strength Train	6 3.5 Mile Speed <small>*1 Mile Warm Up; 6 x 200 RPE 8.5 w/ 200 Recovery; 1 Miles Cool Down</small>	7 Active Recovery; Walk or Play for 30 Minutes	8 5 Miles; 1 Mile @RPE 8 Strength Train	9 Off/Rest	10 5 Miles Easy
11 Active Recovery; Walk or Play for 30 Minutes	12 4 Miles Run; Strength Train	13 3.5 Mile Speed <small>*1 Mile Warm Up; 6 x 200 RPE 8.5 w/ 200 Recovery; 1 Miles Cool Down</small>	14 Active Recovery; Walk or Play for 30 Minutes	15 4 Miles; 1 Mile @ RPE 8 Strength Train	16 Off/Rest	17 6 Miles Easy
18 Active Recovery; Walk or Play for 30 Minutes	19 5 Miles Run; Strength Train	20 3.5 Mile Speed <small>*1 Mile Warm Up; 3 x 400 RPE 8.5 w/ 400 Recovery; 1 Miles Cool Down</small>	21 Active Recovery; Walk or Play for 30 Minutes	22 5 Miles; 1.5 Miles @ RPE 8; Strength Train	23 Off/Rest	24 7 Miles Easy
25 Active Recovery; Walk or Play for 30 Minutes	26 5 Miles Easy; Strength Train	27 4 Mile Speed <small>*1 Mile Warm Up; 4 x 400 RPE 8.5 w/ 400 Recovery; 1 Miles Cool Down</small>	28 Active Recovery; Walk or Play for 30 Minutes	29 5 Miles; 1 Mile @ RPE 8; Strength Train		

Monday, Tuesday, and Wednesday could be done in any order as is needed for work and family needs



2024 Half Marathon Basic Camp Training

MARCH 2024

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Off/Rest	2 8 Miles Easy
3 Active Recovery; Walk or Play for 30 Minutes	4 5 Miles Easy; Strength Train	5 5 Mile Speed <small>*1 Mile Warm Up; 6 x 400 RPE 8.5 w/ 400 Recovery; 1 Miles Cool Down</small>	6 Active Recovery; Walk or Play for 30 Minutes	7 5 Miles; 1.5 Miles @ RPE 8; Strength Train	8 Off/Rest	9 9 Miles Easy
10 Active Recovery; Walk or Play for 30 Minutes	11 5 Miles Easy; Strength Train	12 5 Mile Speed <small>*1 Mile Warm Up; 3 x 800 RPE 8.5 w/ 800 Recovery; 1 Miles Cool Down</small>	13 Active Recovery; Walk or Play for 30 Minutes	14 5 Miles; 1.5 Miles @ RPE 8; Strength Train	15 Off/Rest	16 10 Miles Easy
17 Active Recovery; Walk or Play for 30 Minutes	18 6 Miles Easy; Strength Train	19 6 Mile Speed <small>1 Mile Warm Up; 4 x 800 RPE 8.5 w/ 800 Recovery; 1 Miles Cool Down</small>	20 Active Recovery; Walk or Play for 30 Minutes	21 6 Miles; 2 Miles @ RPE 8; Strength Train	22 Off/Rest	23 11 Miles Easy
24 Active Recovery; Walk or Play for 30 Minutes	25 5 Miles Run; Strength Train	26 4 Mile Speed <small>*1 Mile Warm Up; 4 x 400 RPE 8.5 w/ 400 Recovery; 1 Miles Cool Down</small>	27 Active Recovery; Walk or Play for 30 Minutes	28 5 Miles; 1.5 Miles @ RPE 8; Strength Train	29 Off/Rest	30 12 Miles Easy
31 Active Recovery; Walk or Play for 30 Minutes						

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APRIL 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1 6 Miles Easy; Strength Train	2 5 Mile Speed <small>*1 Mile Warm Up; 3 x 800 RPE 8.5 w/ 800 Recovery; 1 Miles Cool Down</small>	3 Active Recovery; Walk or Play for 30 Minutes	4 6 Miles; 2 Miles @ RPE 8; Strength Train	5 Off/Rest	6 13 Miles Easy
7 Active Recovery; Walk or Play for 30 Minutes	8 5 Miles Easy; Strength Train	9 6 Mile Speed <small>1 Mile Warm Up; 4 x 800 RPE 8.5 w/ 800 Recovery; 1 Miles Cool Down</small>	10 Active Recovery; Walk or Play for 30 Minutes	11 6 Miles; 2 Miles @ RPE 8; Strength Train	12 Off/Rest	13 9 Miles Easy
14 Active Recovery; Walk or Play for 30 Minutes	15 5 Miles Easy; Strength Train	16 4 Mile Speed <small>Mile Warm Up; 4 x 400 RPE 8.5 w/ 400 Recovery; 1 Miles Cool Down</small>	17 Active Recovery; Walk or Play for 30 Minutes	18 5 Miles; 1.5 Miles @ RPE 8	19 Off/Rest	20 6 Miles Easy
21 Active Recovery; Walk or Play for 30 Minutes	22 4 Miles Easy; Strength Train	23 3.25 Mile Speed <small>*1 Mile Warm Up; 5 x 200 RPE 8 w/ 200 Recovery; 1 Miles Cool Down</small>	24 Active Recovery; Walk or Play for 30 Minutes	25 3 Miles Easy;	26 Off/Rest	27 4 Miles Easy
28 Active Recovery; Walk or Play for 30 Minutes	29 4 Miles Easy; Strength Train	30 3.25 Mile Speed <small>*1 Mile Warm Up; 5 x 200 RPE 8 w/ 200 Recovery; 1 Miles Cool Down</small>				

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MAY 2024

SUN	MON	TUE	WED	THU	FRI	SAT
			¹ Active Recovery; Walk or Play for 30 Minutes	² Walk 2 Miles (Take time to prepare your head for race day)	³ Off/Rest	⁴
⁵	⁶	⁷	⁸	⁹	¹⁰	¹¹
¹²	¹³	¹⁴	¹⁵	¹⁶	¹⁷	¹⁸
¹⁹	²⁰	²¹	²²	²³	²⁴	²⁵
²⁶	²⁷	²⁸	²⁹	³⁰	³¹	