



Move Through Summer Half Marathon 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 reach out to Forrest.

Hill Repeat: A hill repeat is a running workout where a runner repeatedly runs up a hill at a hard effort and then jogs or walks back down for recovery. This type of training is used to build strength, power, speed, and running economy, especially for races that involve elevation changes.

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 and focus on feeding your body and letting it recover.

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|--------------------------------------|---|---|------------------------------------|----------------|--------------------|
| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 4 Miles Easy |
| 13 Active Recovery; Walk or Play for 30 Minutes | 14 3 Miles Easy Strength Train | 15 3.5 mile speed 1 mile warm up; 6x200 RPE 8.5 w/ 200 Recovery | 16 Active Recovery; Walk or Play for 30 Minutes | 17 3 Miles | 18 Off/Rest | 19 5 Miles Easy |
| 20 Active Recovery; Walk or Play for 30 Minutes | 21 4 Miles Easy Strength Train | 22 3.5 mile speed 1 mile warm up; 6x200 RPE 8.5 w/ 200 Recovery | 23 Active Recovery; Walk or Play for 30 Minutes | 24 4 Miles; 1 mile @ RPE 7 | 25 Off/Rest | 26 6 Miles Easy |
| 27 Active Recovery; Walk or Play for 30 Minutes | 28 5 Miles Easy Strength Train | 29 Hill Repeats; Walk/Run 1 min, run up hill 5 min, walk down- 3x | 30 Active Recovery; Walk or Play for 30 Minutes | 31 5 Miles; 1.5 mile @ RPE 7 | | |

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|--------------------------------------|---|---|------------------------------------|----------------|---------------------|
| | | | | | 1 Off/Rest | 2 7 Miles Easy |
| 3 Active Recovery; Walk or Play for 30 Minutes | 4 5 Miles Easy Strength Train | 5 4 mile speed 1 mile warm up; 4x400 RPE 8.5 w/ 400 Recovery | 6 Active Recovery; Walk or Play for 30 Minutes | 7 5 Miles; 1 mile @ RPE 7 | 8 Off/Rest | 9 8 Miles Easy |
| 10 Active Recovery; Walk or Play for 30 Minutes | 11 5 Miles Easy Strength Train | 12 Hill Repeats; Walk/Run 1 min, run up hill 10 min, walk down | 13 Active Recovery; Walk or Play for 30 Minutes | 14 5 Miles; 1.5 mile @ RPE 7 | 15 Off/Rest | 16 9 Miles Easy |
| 17 Active Recovery; Walk or Play for 30 Minutes | 18 5 Miles Easy Strength Train | 19 5 mile speed 1 mile warm up; 3x800 RPE 8.5 w/ 800 Recovery | 20 Active Recovery; Walk or Play for 30 Minutes | 21 5 Miles; 1.5 mile @ RPE 7 | 22 Off/Rest | 23 10 Miles Easy |
| 24 Active Recovery; Walk or Play for 30 Minutes | 25 6 Miles Easy Strength Train | 26 Hill Repeats; Walk/Run 1 min, run up hill 13 min, walk down | 27 Active Recovery; Walk or Play for 30 Minutes | 28 6 Miles; 2 mile @ RPE 7 | 29 Off/Rest | 30 11 Miles Easy |
| 31 Active Recovery; Walk or Play for 30 Minutes | | | | | | |

SEPTEMBER

2025

| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|--------------------------------------|--|--|------------------------------------|----------------|---------------------|
| | 1 5 Mile Run Strength Train | 2 4 mile speed 1 mile warm up; 4x400 RPE 8 w/ 400 Recovery | 3 Active Recovery; Walk or Play for 30 Minutes | 4 5 Miles; 1.5 mile @ RPE 8 | 5 Off/Rest | 6 12 Miles Easy |
| 7 Active Recovery; Walk or Play for 30 Minutes | 8 6 Miles Easy Strength Train | 9 Hill Repeats; Walk/Run 1 min, run up hill 15 min, walk down | 10 Active Recovery; Walk or Play for 30 Minutes | 11 6 Miles; 2 mile @ RPE 8 | 12 Off/Rest | 13 13 Miles Easy |
| 14 Active Recovery; Walk or Play for 30 Minutes | 15 5 Miles Easy Strength Train | 16 6 mile speed 1 mile warm up; 4x800 RPE 8.5 w/ 800 Recovery | 17 Active Recovery; Walk or Play for 30 Minutes | 18 6 Miles; 2 mile @ RPE 8 | 19 Off/Rest | 20 9 Miles Easy |
| 21 Active Recovery; Walk or Play for 30 Minutes | 22 5 Miles Easy Strength Train | 23 4 mile speed 1 mile warm up; 4x400 RPE 8.5 w/ 400 Recovery | 24 Active Recovery; Walk or Play for 30 Minutes | 25 5 Miles; 1.5 mile @ RPE 8 | 26 Off/Rest | 27 6 Miles Easy |
| 28 Active Recovery; Walk or Play for 30 Minutes | 29 4 Miles Easy Strength Train | 30 3.25 mile speed 1 mile warm up; 5x200 RPE 8 w/ 200 Recovery | | | | |

OCTOBER

2025

| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|---|--|--|---|--------------------|-----------------------|
| | | | 1 Active Recovery; Walk or Play for 30 Minutes | 2 3 Miles Easy | 3 Off/Rest | 4 4 Miles Easy |
| 5 Active Recovery; Walk or Play for 30 Minutes | 6 4 Miles Easy Strength Train | 7 3.25 mile speed 1 mile warm up; 5x200 RPE 8 w/ 200 Recovery | 8 Active Recovery | 9 Run 2 miles- Take time to prepare for race day | 10 Off/Rest | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |