



2025 Half Marathon Distance 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 and focus on feeding your body and letting it recover.



DECEMBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7 3 Miles Easy
8 Active Recovery; Walk or Play for 30 Minutes	9 Cross Train; Strength Train or Walk	10 3 Mile Run	11 Active Recovery; Walk or Play for 30 Minutes	12 3 Miles Easy; Strength Train	13 Off/Rest	14 4 Miles Easy
15 Active Recovery; Walk or Play for 30 Minutes	16 Cross Train; Strength Train or Walk	17 3 Mile Run	18 Active Recovery; Walk or Play for 30 Minutes	19 4 Miles Easy; Strength Train	20 Off/Rest	21 5 Miles Easy
22 Active Recovery; Walk or Play for 30 Minutes	23 Cross Train; Strength Train or Walk	25 4 Mile Run	25 Active Recovery; Walk or Play for 30 Minutes	26 4 Miles Easy; Strength Train	27 Off/Rest	28 5 Miles Easy
29 Active Recovery; Walk or Play for 30 Minutes	30 Cross Train; Strength Train or Walk	31 5 Mile Run				



24-25 Half Marathon Training

JANUARY 2025

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Active Recovery; Walk or Play for 30 Minutes	2 4 Miles Easy; Strength Train	3 Off/Rest	4 6 Miles Easy
5 Active Recovery; Walk or Play for 30 Minutes	6 Cross Train; Strength Train or Walk	7 5 Mile Run	8 Active Recovery; Walk or Play for 30 Minutes	9 5 Miles Easy; Strength Train	10 Off/Rest	11 7 Miles Easy
12 Active Recovery; Walk or Play for 30 Minutes	13 Cross Train; Strength Train or Walk	14 6 Mile Run	15 Active Recovery; Walk or Play for 30 Minutes	16 5 Miles Easy; Strength Train	17 Off/Rest	18 7 Miles Easy
19 Active Recovery; Walk or Play for 30 Minutes	20 4 Miles Easy; Strength Train	21 2.75 Mile Speed *1 Mile Easy; 3x200 RPE 8.5 w/ 200 recovery; 1 mile cool down	22 Active Recovery; Walk or Play for 30 Minutes	23 5 Miles; 1 Mile at RPE 8; Strength Train	24 Off/Rest	25 8 Miles Easy
26 Active Recovery; Walk or Play for 30 Minutes	27 4 Miles Easy; Strength Train	28 3 Mile Speed *1 Mile Easy; 4x200 RPE 8.5 w/ 200 recovery; 1 mile cool down	29 Active Recovery; Walk or Play for 30 Minutes	30 4 Miles; 1 Mile at RPE 8; Strength Train	31 Off/Rest	



FEBRUARY 2025

SUN	MON	TUE	WED	THU	FRI	SAT
						1 6 Miles Easy
2 Active Recovery; Walk or Play for 30 Minutes	3 5 Miles Easy; Strength Train	4 3.5 Mile Speed *1 Mile Easy; 6x200 RPE 8.5 w/ 200 recovery; 1 mile cool down	5 Active Recovery; Walk or Play for 30 Minutes	6 5 Miles; 1 Mile at RPE 8; Strength Train	7 Off/Rest	8 8 Miles Easy
9 Active Recovery; Walk or Play for 30 Minutes	10 4 Miles Easy; Strength Train	11 3.5 Mile Speed *1 Mile Easy; 6x200 RPE 8.5 w/ 200 recovery; 1 mile cool down	12 Active Recovery; Walk or Play for 30 Minutes	13 4 Miles; 1 Mile at RPE 8; Strength Train	14 Off/Rest	15 8 Miles Easy
16 Active Recovery; Walk or Play for 30 Minutes	17 5 Miles Easy; Strength Train	18 3.5 Mile Speed *1 Mile Easy; 6x200 RPE 8.5 w/ 200 recovery; 1 mile cool down	19 Active Recovery; Walk or Play for 30 Minutes	20 5 Miles; 1.5 Mile at RPE 8; Strength Train	21 Off/Rest	22 9 Miles Easy
23 Active Recovery; Walk or Play for 30 Minutes	24 5 Miles Easy; Strength Train	25 4 Mile Speed *1 Mile Easy; 4x400 RPE 8.5 w/ 200 recovery; 1 mile cool down	26 Active Recovery; Walk or Play for 30 Minutes	27 5 Miles; 1 Mile at RPE 8; Strength Train	28 Off/Rest	



24-25 Half Marathon Training

MARCH 2025

SUN	MON	TUE	WED	THU	FRI	SAT
						1 9 Miles Easy
2 Active Recovery; Walk or Play for 30 Minutes	3 5 Miles Easy; Strength Train	4 5 Mile Speed *1 Mile Easy; 6x400 RPE 8.5 w/ 400 recovery; 1 mile cool down	5 Active Recovery; Walk or Play for 30 Minutes	6 5 Miles; 1.5 Mile at RPE 8; Strength Train	7 Off/Rest	8 10 Miles Easy
9 Active Recovery; Walk or Play for 30 Minutes	10 5 Miles Easy; Strength Train	11 5 Mile Speed *1 Mile Easy; 6x400 RPE 8.5 w/ 400 recovery; 1 mile cool down	12 Active Recovery; Walk or Play for 30 Minutes	13 5 Miles; 1.5 Mile at RPE 8; Strength Train	14 Off/Rest	15 10 Miles Easy
16 Active Recovery; Walk or Play for 30 Minutes	17 6 Miles Easy; Strength Train	18 6 Mile Speed *1 Mile Easy; 4x800 RPE 8.5 w/ 800 recovery; 1 mile cool down	19 Active Recovery; Walk or Play for 30 Minutes	20 6 Miles; 2 Mile at RPE 8; Strength Train	21 Off/Rest	22 11 Miles Easy
23 Active Recovery; Walk or Play for 30 Minutes	24 5 Miles Easy; Strength Train	25 4 Mile Speed *1 Mile Easy; 4x400 RPE 8.5 w/ 200 recovery; 1 mile cool down	26 Active Recovery; Walk or Play for 30 Minutes	27 5 Miles; 1.5 Mile at RPE 8; Strength Train	28 Off/Rest	29 12 Miles Easy
30 Active Recovery; Walk or Play for 30 Minutes	31 6 Miles Easy; Strength Train					



24-25 Half Marathon Training

APRIL

2025

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



24-25 Half Marathon Training

MAY

2025

SUN	MON	TUE	WED	THU	FRI	SAT
				1 2 Miles (Take time to prepare your head for race day)	2 Off/Rest	3
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