

Half Marathon (Minimalistic Running, High Intensity Training) Program: Steep Hill Course

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Olympic Weight Lifting: * See Note Section	Intervals: 5 x 2-min intervals with 2 min easy jogs in between	CrossFit WOD (Workout of the Day)	Intervals: 7 x 1-min intervals increase speed and elevation with 2 min easy jogs in between	CrossFit (Tabata Workout) 8 rounds of 8 random exercises performed for 20 seconds followed by 10 seconds of rest	Long Run: 60-min run	Rest
2	Olympic Weight Lifting:	Intervals: 6 x 3-min intervals with 2-min easy jogs in between	CrossFit WOD	Hills: 30 - 35-min run at 3-5 % grade	CrossFit (Tabata Workout)	Long Run: 60-min run	Rest
3	Olympic Weight Lifting:	Intervals: 5 x 5-min intervals with 3-min easy jogs in between	CrossFit WOD	Intervals: 7 x 1-min intervals increase speed and elevation with 2 min easy jogs in between	CrossFit (Tabata Workout)	Long Run: 80-min run	Rest
4	Olympic Weight Lifting:	Intervals: 4 x 6-min intervals with 3-min easy jogs in between	CrossFit WOD	Hills: 30 - 35 min run at 3-5 % grade	CrossFit (Tabata Workout)	Easy Run: 45 minutes	Rest
5	Olympic Weight Lifting:	Intervals: 3 x 8-min intervals with 4-min easy jogs in between	CrossFit WOD	Intervals: 7 x 1-min intervals increase speed and elevation with 2 min easy jogs in between	CrossFit (Tabata Workout)	Long Run: 80-min run	Rest
6	Olympic Weight Lifting:	Intervals: 2 x 10-min intervals and 1 x 5-min interval, with 4-min easy jogs in between	CrossFit WOD	Hills: 30 - 35-min run at 3-5 % grad	CrossFit (Tabata Workout)	Long Run: 70-min run	Rest
7	Olympic Weight Lifting:	Intervals: 3 x 8-min intervals with 3-min easy jogs in between	CrossFit WOD	Intervals: 7 x 1-min intervals increase speed and elevation with 2 min easy jogs in between	CrossFit (Tabata Workout)	Long Run: 70-min run	Rest
8	Olympic Weight Lifting:	Intervals: 4 x 6-min intervals with 2-min easy jogs in between	CrossFit WOD	Hills: 30 - 35 min run at 3-5 % grade	CrossFit (Tabata Workout)	Easy Run: 60 minutes	Rest

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9	Olympic Weight Lifting:	Intervals: 5 x 5-min intervals with 2-min easy jogs in between	CrossFit WOD	Intervals: 7 x 1-min intervals increase speed and elevation with 2 min easy jogs in between	CrossFit (Tabata Workout)	Long Run: 80-min run,	Rest
10	Olympic Weight Lifting:	Intervals: 6 x 4-min intervals with 90-sec easy jogs in between	CrossFit WOD	Hills: 10 min warm up 30 - 35-min run at 3-5 % grade, finish with 10 min Warm-down	CrossFit (Tabata Workout)	Long Run: 80-min run	Rest
11	Olympic Weight Lifting:	Intervals: 7 x 3-min intervals with 90-sec easy jogs in between	CrossFit WOD	Intervals: 10 x 1-min intervals increase speed and elevation with 2 min easy jogs in between	CrossFit (Tabata Workout)	Half Marathon Simulation: 10 miles 3-7% grade up and back	Rest
12	Olympic Weight Lifting:	Intervals: 8 x 2-min intervals with 2-min easy jogs in between	CrossFit WOD	Hills: 45-min run at 3-5 % grade	CrossFit (Tabata Workout)	Long Run: 70-min run,	Rest
13	Olympic Weight Lifting:	Intervals: 7 x 3-min intervals with 90-sec easy jogs in between	CrossFit WOD	Intervals: 10 x 1-min intervals increase speed and elevation with 2 min easy jogs in between	CrossFit (Tabata Workout)	Long Run: 90-min run	Rest
14	Olympic Weight Lifting:	Intervals: 8 x 2-min intervals with 2-min easy jogs in between	CrossFit WOD	Hills: 45-min run at 3-5 % grade	CrossFit (Tabata Workout)	Long Run: 60-min run	Rest
15	CrossFit WOD (Workout of the Day)	Easy Run - 30 minutes	ACTIVE REST DAY - (walking, yoga, gentle stretching and foam rolling)	ACTIVE REST DAY - (walking, yoga, gentle stretching and foam rolling)	Rest Day	RACE DAY!	

Notes:

\* Olympic Weight Lifting: (5 min warm up on rowing machine, 50 minutes of some combination of 3-4 exercises consisting of the back squat, front squat, clean, power clean, clean and jerk, dead lift, snatch or power snatch with a typical 3 reps scheme of 60%, 70%, 75% and 80% of max for 12 reps total after warm up practicing technique with bar only.

\*\* All running routines begin with a 10 min warm up consisting of a brisk walk, walking lunges, walking with high knees, butt kickers and then into a light jog.

\*\*\*All running routines end with a 10 min warm down consisting of a light jog, progressing into a brisk walk with butt kickers, walking lunges and high knees. On occasion, I may use a stationary bike or rowing machine as a cool down.

\*\*\*\*All CrossFit work outs could be substituted for an easier mid week run and/or weight training or cross training such as Yoga or cycling.

This particular work out was designed to minimize running volume (except for the long run day) and maximize a person's exposure to high intensity training either through running intervals or CrossFit exercise as a means to train for the half marathon.