



2020 ATHHALF TRAINING PLAN

FROM

FLEET FEET™



ATHENS



AUGUST 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3	4	5	6	7	8	9
10 3 miles easy	11 Rest or 3 miles easy	12 3 miles easy	13 Rest Day	14 2 miles easy	15 4 Mile Group Run	16 Rest Day
17 3 miles easy	18 Rest or 3 miles easy	19 10 min easy; 10 x 1:00 hard, 1:00 easy; 10 min easy	20 Rest Day	21 2 miles easy	22 5 Mile Group Run	23 Rest Day
24 3 miles easy	25 Rest or 3 miles easy	26 10 min easy; 15 min at goal race pace; 10 min easy	27 Rest Day	28 3 miles easy	29 6 Mile Group Run	30 Rest Day
31 3 miles easy						

SEPTEMBER 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 Rest or 3 miles easy	2 1 mile warm up; 6 x :45 hill sprints with jog back down to recover; 1 mile cool down	3 Rest Day	4 3 miles easy	5 8 Mile Group Run	6 Rest Day
7 5 miles easy	8 Rest or 3 miles easy	9 1 mile warm up; 8 x 400 meters at 5k race pace with :90 sec recovery; 1 mile cool down	10 Rest Day	11 3 miles easy	12 9 Mile Group Run	13 Rest Day
14 5 miles easy	15 Rest or 3 miles easy	16 10 min easy; 20 min at goal race pace; 10 min easy	17 Rest Day	18 3 miles easy	19 6 Mile Group Run	20 Rest Day
21 5 miles easy	22 Rest or 3 miles easy	23 1 mile warm up; 6 x :45 hill sprints with jog back down to recover; 1 mile cool down	24 Rest Day	25 3 miles easy	26 10 Mile Group Run	27 Rest Day
28 5 miles easy	29 Rest or 3 miles easy	30 1 mile warm up; 3 x 1 mile at 10k race pace with 2:00 rest in between; 1 mile cool down				

OCTOBER 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Rest Day	2 3 miles easy	3 6 Mile Group Run	4 Rest Day
5 5 miles easy	6 Rest or 3 miles easy	7 10 min easy; 20 min at goal race pace; 10 min easy	8 Rest Day	9 3 miles easy	10 12 Mile Group Run	11 Rest Day
12 5 miles easy	13 Rest or 3 miles easy	14 1 mile warm up; 6 x :30 hill sprints with jog back down to recover; 1 mile cool down	15 Rest Day	16 3 miles easy	17 6 Mile Group Run	18 Rest Day
19 3 miles easy	20 Rest or 3 miles easy	21 1 mile warm up; 4 x 400 meters at goal race pace w/ 1 min rest; 1 mile easy cool down	22 Rest Day	23 3 miles easy	24 2 miles easy	25 AthHalf Race Day
26	27	28	29	30	31	