

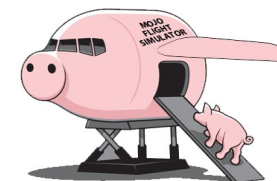
MOJO Running

Beginner/Intermediate Half Marathon Training Program

Spring 2017

Week #	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total	Sat Date
1	30-40min	Rest/XT	3-5M	XT	4M Free	Rest	3-5M	13-18M	Jan 14th
2	30-45min recovery	Rest/XT	3-5M	XT	4M Free	Rest	4-6M	14-20M	Jan 21st
3	30-45min recovery	Rest/XT	4-5M/SP	XT	4M Free	Rest	4-6M	16-20M	Jan 28th
4	35-50min recovery	Rest/XT	4-5M/SP	XT	35-50min tempo	Rest	5-7M	18-22M	Feb 4th
5	35-50min recovery	Rest/XT	Speed	XT	5M Free	Rest	6-8M	19-22M	Feb 11th
6	35-55min recovery	Rest/XT	4-7M/SP	XT	35-50min tempo	Rest	7-9M	20-27M	Feb 18th
7	40-55min recovery	Rest/XT	4-7M/SP	XT	40-60min tempo	Rest	7-9M	21-28M	Feb 24th
8	45-60min recovery	Rest/XT	4-7M/SP	XT	40-60min tempo	Rest	8-10M	22-29M	Mar 4th
9	45-60min recovery	Rest/XT	Speed	XT	4M Free	Rest	8-10M or	20-24M	Mar 11th
10	9.3 HMM	Rest/XT	4-7M/SP	XT	35-50min tempo	Rest	8-10M	18-22M	Mar 18th
11	30-40min recovery	Rest/XT	4-7M/SP	XT	35-50min tempo	Rest	8-10M	26-31M	Mar 24th
12	30-50min recovery	Rest/XT	4-7M/SP	XT	5M Free	Rest	6-8M	19-25M	Apr 1st
13	45-60min recovery	Rest/XT	Speed	XT	4M Free	Rest	9-12M	23-26M	Apr 8th
14	30-50min recovery	Rest/XT	4-6M/SP	XT	4M Free	Rest	8-10M	23-27M	Apr 15th
15	40-60min recovery	Rest/XT	4-5M/SP	XT	30-45min tempo	Rest	6-8M	18-23M	Apr 22nd
16	45-60min recovery	Rest/XT	3-5M/SP	XT	3M Easy	Rest	4-5M	14-19M	Apr 29th
17	30-50min recovery	Rest	3-4M	Rest	3M Easy	Rest	REST	9-12M	May 6th
18	May 7 Flying Pig	Rest	Rest	Rest	2-5 Easy	Rest	2-5 Easy		

Notes:	Saturday	Feb 24th	Downtown FP Course	12-14M
	Sunday	Mar 12th	Heart Mini Marathon	13.1M
	Saturday	Mar 18th	Shamrock Shuffle	10K+
	Saturday	April 1st	Hamilton Run	15-16M
	Saturday	Apr 15th	Downtown FP Course	20M



Training For Flight
CINCINNATI FLYING PIG MARATHON

Recovery run low intensity effort

Free run a run without technology; run to a moderately hard effort or feel to a moderately hard feeling

Tempo run a run where the middle 20 minutes are run 10-15 seconds below goal pace, i.e. 15 w-u, 20 tempo, 15 c-d

MOJO Running

Advanced Half Marathon Training Program

Spring 2017

Week #	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total	Sat Date
1	30-40min easy	Rest/XT	3-5M/SP	XT	4M Free	Rest	4-6M	13-18M	Jan 14th
2	30-45min recovery	Rest/XT	3-5M/SP	XT	4M Free	Rest	5-7M	14-20M	Jan 21st
3	30-45min recovery	Rest/XT	4-5M/SP	XT	4M Free	Rest	5-7M	16-20M	Jan 28th
4	35-50min recovery	Rest/XT	4-5M/SP	XT	35-50min tempo	Rest	6-8M	19-23M	Feb 4th
5	35-50min recovery	Rest/XT	Speed	XT	5M Free	Rest	6-8M	21-24M	Feb 11th
6	35-55min recovery	Rest/XT	4-7M/SP	XT	35-50min tempo	Rest	7-9M	20-27M	Feb 18th
7	40-55min recovery	Rest/XT	4-7M/SP	XT	40-60min tempo	Rest	7-9M	21-28M	Feb 24th
8	45-60min recovery	Rest/XT	4-7M/SP	XT	40-60min tempo	Rest	8-10M	22-29M	Mar 4th
9	45-60min recovery	Rest/XT	Speed	XT	4M Free	Rest	8-10M or	19-21M	Mar 11th
10	9.3 HMM	Rest/XT	4-7M/SP	XT	35-50min tempo	Rest	6-8M	19-26M	Mar 18th
11	40-55min recovery	Rest/XT	4-7M/SP	XT	35-50min tempo	Rest	8-10M	26-31M	Mar 24th
12	50-70min recovery	Rest/XT	4-7M/SP	XT	5M Free	Rest	6-8M	20-27M	Apr 1st
13	50-70min recovery	Rest/XT	Speed	XT	4M Free	Rest	9-12M	23-28M	Apr 8th
14	45-60min recovery	Rest/XT	4-6M/SP	XT	4M Free	Rest	12M	25-29M	Apr 15th
15	40-60min recovery	Rest/XT	4-5M/SP	XT	30-45min tempo	Rest	6-8M	18-23M	Apr 22nd
16	45-60min recovery	Rest/XT	3-5M/SP	XT	3M Easy	Rest	4-5M	14-18M	Apr 29th
17	30-50min recovery	Rest	3-4M	Rest	3M Easy	Rest	Rest	9-12M	May 6th
18	May 7 Flying Pig	Rest	Rest	Rest	2-5 Easy	Rest	2-5 Easy		

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	Saturday	April 1st	Hamilton Run	15-16M
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