

East Nasty 2021 Half Marathon Training Plan

Week	Long Runs - Saturday Mornings, Various Locations						Suggested Weekday Schedule					
	Date	Location	Half Saturday		Marathon Saturday		Sun	Mon	Tues	Wed	Thurs	Fri
1	Aug 28	East Park	7 am	45 Min	10 Miles	7:00 am	Active Recovery	3 Miles or Xtrain	Xtrain	East Nasty +	2M or Xtrain	Rest
2	Sep 4	NRC	7 am	5 Miles	13 Miles	6:30 am	Active Recovery	3 Miles or Xtrain	Xtrain	East Nasty +	2M or Xtrain	Rest
3	Sep 11	Bicentennial Mall	7 am	6 Miles	11 Miles	6:30 am	Active Recovery	3 Miles or Xtrain	Xtrain	East Nasty +	2M or Xtrain	Rest
4	Sep 18	Nissan Stadium	7 am	7 Miles	14 Miles	6:30 am	Active Recovery	3 Miles or Xtrain	Xtrain	East Nasty +	2M or Xtrain	Rest
5	Sep 25	Percy Warner	7 am	6 Miles	12 Miles	6:30 am	Active Recovery	3 Miles or Xtrain	Xtrain	East Nasty +	2M or Xtrain	Rest
6	Oct 2	Bicentennial Mall	7 am	8 Miles	16 Miles	6:30 am	Active Recovery	3 Miles or Xtrain	Xtrain	East Nasty +	2M or Xtrain	Rest
7	Oct 9	East Park	7 am	9 Miles	13 Miles	6:30 am	Active Recovery	3 Miles or Xtrain	Xtrain	East Nasty +	2M or Xtrain	Rest
8	Oct 16	Percy Warner	7 am	10 Miles	18 Miles	6:30 am	Active Recovery	3 Miles or Xtrain	Xtrain	East Nasty +	2M or Xtrain	Rest
9	Oct 23	East Park	7 am	7 Miles	14 Miles	6:30 am	Active Recovery	3 Miles or Xtrain	Xtrain	East Nasty +	2M or Xtrain	Rest
10	Oct 30	Percy Warner	7 am	11 Miles	20 Miles	6:30 am	Active Recovery	3 Miles or Xtrain	Xtrain	East Nasty +	2M or Xtrain	Rest
11	Nov 6	Nissan Stadium	7 am	12 Miles	12 Miles	6:30 am	Active Recovery	3 Miles or Xtrain	Xtrain	East Nasty +	2M or Xtrain	Rest
12	Nov 13	NRC	7 am	60 Min Easy	8 Miles	6:30 am	Active Recovery	3 Miles or Xtrain Easy	Xtrain	East Nasty Easy	Rest	Rest
13	Nov 20	Race!					Recover!					

- Exact locations will be released by email prior to the Saturday run. Based on unforeseen events at scheduled start locations, last-minute location changes are likely and will be posted on social media accounts.

Half Marathon Runners:

- Can already run 5 miles.
- Will complete 1 run over 12 miles.
- Have the ability/desire to run 3 to 4 days per week.
- Should either run or crosstrain (for example Capital Steps Workouts, yoga, swim, strength train, etc.) five days each week.

Marathon Runners:

- Can already run 8+ miles.
- Will complete 1 run over 20 miles.
- Have the ability/desire to run 3 to 4 days per week.
- Should run 30-45 minutes on non-structured days.

GUIDELINES

Everyone should:

- Modify the plan according to your actual race date. This plan is designed for races occurring on the weekend of November 20th, but the plan should be easy to modify for earlier or later dates.
- Monday Runs: Monday runs should be either faster or hillier than other days of the week. The Capital Steps Workout series is an excellent option.
- Wednesday Runs: Plan to join the regular East Nasty Wednesday runs at 12th and Holly. Add miles either before or after the run to equal approximately half the distance of the planned Saturday run.
- Perform some sort of physical activity 6 days a week even if it's just walking. On rest or active recovery days, plan a lighter activity such as walking, hiking, yard work, etc.
- Get good shoes and run on soft surfaces as much as possible.