

14 Week Training Plan

Wendell Foster



PRESENTED BY  Owensboro Health

WEEK 1

Wendell Foster Half Marathon – 14 Week Training Plan

12/16/2018	OFF	OFF
12/17/2018	Easy Run	<ul style="list-style-type: none">• Run, easy pace, 35 minutes.• Stretch.
12/18/2018	OFF	OFF
12/19/2018	Intervals	<ul style="list-style-type: none">• Warm up, 10 minutes.• Run, 5k pace, 2 minutes. Recovery run, 1 minute. Repeat 5 times.• Cool down, 5 to 10 minutes.• Stretch.
12/20/2018	Yoga	Yoga.
12/21/2018	OFF	OFF
12/22/2018	Long Run	<ul style="list-style-type: none">• Walk brisk pace, 10 minutes.• Run, easy pace, 40 minutes.• Walk, brisk pace, 10 minutes.

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WEEK 2

Wendell Foster Half Marathon – 14 Week Training Plan

12/23/2018	OFF	Optional: Swim, Spin, or Yoga.
12/24/2018	Easy Run	<ul style="list-style-type: none">• Run, easy pace, 35 minutes.• Cool down, 5 to 10 minutes.• Stretch.
12/25/2018	OFF	OFF
12/26/2018	Steady Run	<ul style="list-style-type: none">• Run, steady pace, 40 minutes.• Stretch.
12/27/2018	Yoga	Yoga
12/28/2018	OFF	OFF
12/29/2018	Long Run	<ul style="list-style-type: none">• Run, easy pace, 60 minutes.• Stretch.

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WEEK 3

Wendell Foster Half Marathon – 14 Week Training Plan

12/30/2018	OFF	Optional: Swim, Spin, or Yoga.
12/31/2018	Easy Run	<ul style="list-style-type: none">• Run, easy pace, 40 minutes.• Stretch.
01/01/2019	OFF	OFF
01/02/2019	Intervals	<ul style="list-style-type: none">• Warm up, 10 minutes.• Run, 5k pace, 2 minutes. Recovery run, 1 minute. Repeat 6 times.• Cool down, 5 to 10 minutes.• Stretch.
01/03/2019	OFF	OFF
01/04/2019	Cross Training	Cross train, 40 minutes.
01/05/2019	Long Run	<ul style="list-style-type: none">• Walk, brisk pace, 10 minutes.• Run, easy pace, 50 minutes (or 5 miles with pace group @ Legends).• Cool down, brisk walk, 5 to 10 minutes.• Stretch.

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WEEK 4

Wendell Foster Half Marathon – 14 Week Training Plan

01/06/2019	OFF	Optional: Yoga.
01/07/2019	Easy Run	<ul style="list-style-type: none">• Run, easy pace, 45 minutes.• Cool down, 5 to 10 minutes.• Stretch.
01/08/2019	OFF	Optional: Sports massage.
01/09/2019	Steady Run	<ul style="list-style-type: none">• Run, steady pace, 45 minutes.• Stretch.
01/10/2019	OFF	OFF
01/11/2019	Cross Training	Cross train, 45 minutes.
01/12/2019	Long Run	<ul style="list-style-type: none">• Walk, brisk pace, 10 minutes.• Run, easy pace, 50 minutes (or 5 miles with pace group @ Legends).• Cool down, brisk walk, 5 to 10 minutes.• Stretch.

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WEEK 5

Wendell Foster Half Marathon – 14 Week Training Plan

01/13/2019	OFF	Optional: Yoga.
01/14/2019	Steady Run	<ul style="list-style-type: none">• Run, steady pace, 45 minutes.• Stretch.
01/15/2019	OFF	OFF
01/16/2019	Intervals	<ul style="list-style-type: none">• Warm up, 10 minutes.• Run, 5k pace, 3 minutes. Recovery run, 90 seconds. Repeat 4 times.• Cool down, 5 to 10 minutes.• Stretch.
01/17/2019	OFF	OFF
01/18/2019	Cross Training	Cross train, 45 minutes.
01/19/2019	Long Run	<p>Walk, brisk pace, 10 minutes.</p> <ul style="list-style-type: none">• Run, easy pace, 60 minutes (or 6 miles with pace group @ Legends).• Cool down, brisk walk, 5 to 10 minutes.• Stretch.

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WEEK 6

Wendell Foster Half Marathon – 14 Week Training Plan

01/20/2019	OFF	Optional: Yoga.
01/21/2019	Intervals	<ul style="list-style-type: none">• Warm up, 10 minutes.• Run, 5k pace, 2 minutes. Recovery run, 1 minute. Repeat 4 times.• Cool down, 5 to 10 minutes.• Stretch.
01/22/2019	OFF	OFF
01/23/2019	Easy Run	<ul style="list-style-type: none">• Run, easy pace, 25 minutes.• Stretch.
01/24/2019	OFF	OFF
01/25/2019	Easy Run	<ul style="list-style-type: none">• Run, easy pace, 25 minutes.• Stretch.
01/26/2019	Long Run	<ul style="list-style-type: none">• Walk, brisk pace, 10 minutes.• Run, easy pace, 50 minutes (or 5 miles with pace group @ Legends).• Cool down, brisk walk, 5 to 10 minutes.• Stretch.

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WEEK 7

Wendell Foster Half Marathon – 14 Week Training Plan

01/27/2019	OFF	Optional: Yoga.
01/28/2019	Steady Run	<ul style="list-style-type: none">• Run, steady pace, 45 minutes.• Stretch.
01/29/2019	OFF	OFF
01/30/2019	Intervals	<ul style="list-style-type: none">• Warm up, 10 minutes.• Run, 5k pace, 4 minutes. Recovery run, 90 seconds. Repeat 4 times.• Cool down, 5 to 10 minutes.• Stretch.
01/31/2019	OFF	OFF
02/01/2019	Cross Training	Cross train, 45 minutes.
02/02/2019	Long Run	<ul style="list-style-type: none">• Walk, brisk pace, 15 minutes.• Run, easy pace, 70 minutes (or 7 miles with pace group @ Legends).• Cool down, 5 to 10 minutes.• Stretch.

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WEEK 8

Wendell Foster Half Marathon – 14 Week Training Plan

02/03/2019	OFF	Optional: Yoga.
02/04/2019	Change Pace	<ul style="list-style-type: none">• Run, vary your intensity (easy to moderate) throughout the workout, 25 minutes.• Stretch
02/05/2019	OFF	OFF
02/06/2019	Intervals	<ul style="list-style-type: none">• Warm up, 10 minutes.• Run, 5k pace, 4 minutes. Recovery run, 90 seconds. Repeat 5 times.• Cool down, 5 to 10 minutes.• Stretch.
02/07/2019	OFF	OFF
02/08/2019	Cross Training	Cross train, 45 minutes.
02/09/2019	Long Run	<ul style="list-style-type: none">• Walk, brisk pace, 15 minutes.• Run, easy pace, 90 minutes (or 9 miles with pace group @ Legends).• Cool down, 5 to 10 minutes.• Stretch.

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WEEK 9

Wendell Foster Half Marathon – 14 Week Training Plan

02/10/2019	OFF	Optional: Yoga.
02/11/2019	Change Pace	<ul style="list-style-type: none">• Run, vary your intensity (easy to moderate) throughout the workout, 30 minutes.• Stretch
02/12/2019	OFF	Optional: Sports massage.
02/13/2019	Intervals	<ul style="list-style-type: none">• Warm up, 10 minutes.• Run, 5k pace, 6 minutes. Recovery run, 3 minutes. Repeat 4 times.• Cool down, 5 to 10 minutes.• Stretch.
02/14/2019	OFF	OFF
02/15/2019	Cross Training	Cross train, 45 minutes.
02/16/2019	Long Run	<ul style="list-style-type: none">• Walk, brisk pace, 15 minutes.• Run, easy pace, 100 minutes (or 10 miles with pace group @ Legends).• Cool down, 5 to 10 minutes.• Stretch.

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WEEK 10

Wendell Foster Half Marathon – 14 Week Training Plan

02/17/2019	OFF	OFF
02/18/2019	Change Pace	<ul style="list-style-type: none">• Run, vary your intensity throughout the workout, 40 minutes.• Stretch.
02/19/2019	OFF	OFF
02/20/2019	Easy Run	<ul style="list-style-type: none">• Run, easy pace, 30 minutes.• Stretch.
02/21/2019	OFF	OFF
02/22/2019	Easy Run	<ul style="list-style-type: none">• Run, easy pace, 30 minutes.• Cool down, 5 to 10 minutes.• Stretch.
02/23/2019	Steady Run	<ul style="list-style-type: none">• Walk, brisk pace, 15 minutes.• Run, easy pace, 70 minutes (or 7 miles with pace group @ Legends).• Cool down, 5 to 10 minutes.• Stretch.

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WEEK 11

Wendell Foster Half Marathon – 14 Week Training Plan

02/24/2019	OFF	OFF
02/25/2019	Intervals	<ul style="list-style-type: none">• Warm up, 10 minutes.• Run 5k pace, 7 minutes. Recovery run, 3.5 minutes. Repeat 3 times.• Cool down, 5 to 10 minutes.• Stretch.
02/26/2019	OFF	Optional: Yoga.
02/27/2019	Easy Run	<ul style="list-style-type: none">• Run, easy pace, 30 minutes.• Stretch.
02/28/2019	OFF	OFF
03/01/2019	Easy Run	<ul style="list-style-type: none">• Run, easy pace, 20 minutes.• Stretch.
03/02/2019	Long Run	<ul style="list-style-type: none">• Walk, brisk pace, 15 minutes.• Run, easy pace, 110 minutes (or 11 miles with pace group @ Legends).• Cool down, 5 to 10 minutes.• Stretch.

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WEEK 12

Wendell Foster Half Marathon – 14 Week Training Plan

03/03/2019	OFF	OFF
03/04/2019	Steady Run	<ul style="list-style-type: none">• Run, steady pace, 45 minutes.• Stretch.
03/05/2019	OFF	Optional: Yoga.
03/06/2019	Intervals	<ul style="list-style-type: none">• Warm up, 10 minutes.• Run, 5k pace, 7 minutes. Recovery run, 3 minutes. Repeat 3 times.• Cool down, 5 to 10 minutes.• Stretch.
03/07/2019	OFF	OFF
03/08/2019	OFF	Optional: Yoga.
03/09/2019	Long Run	<ul style="list-style-type: none">• Walk, brisk pace, 15 minutes.• Run, easy pace, 120 minutes (or 12 miles with pace group @ Legends).• Cool down, 5 to 10 minutes.• Stretch.

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WEEK 13

Wendell Foster Half Marathon – 14 Week Training Plan

03/10/2019	Cross Training	Cross train, 30 minutes.
03/11/2019	Steady Run	<ul style="list-style-type: none">• Run, steady pace, 45 minutes.• Stretch.
03/12/2019	OFF	Optional: Sports massage.
03/13/2019	Intervals	<ul style="list-style-type: none">• Warm up, 10 minutes.• Run, 5k pace, 5 minutes. Recovery run, 2.5 minutes. Repeat 4 times.• Cool down, 5 to 10 minutes.• Stretch.
03/14/2019	OFF	OFF
03/15/2019	OFF	OFF
03/16/2019	Long Run	<ul style="list-style-type: none">• Walk, brisk pace, 15 minutes.• Run, easy pace, 6 minutes (or 6 miles with pace group @ Legends).• Cool down, 5 to 10 minutes.• Stretch.

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WEEK 14

Wendell Foster Half Marathon – 14 Week Training Plan

03/17/2019	OFF	OFF
03/18/2019	Easy Run	<ul style="list-style-type: none">• Run, easy pace, 30 minutes.• Stretch
03/19/2019	OFF	Optional: Sports massage.
03/20/2019	Easy Run	<ul style="list-style-type: none">• Run, easy pace, 25 minutes.• Stretch.
03/21/2019	OFF	OFF
03/22/2019	Easy Run	<ul style="list-style-type: none">• Run easy pace, 15 minutes.• Stretch.
03/23/2019	HALF MARATHON	<ul style="list-style-type: none">• Warm Up• Race – do not get caught up in the front. Go off YOUR pace.

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