

Wendell Foster



**HALF
MARATHON**

OWENSBORO, KY | NOVEMBER 13, 2021

PRESENTED BY  Owensboro
Health

14 WEEK TRAINING PLAN

Wendell Foster Half Marathon – 14 Week Training Plan (Created by John Gleason)

08/08/2021	OFF	OFF
08/09/2021	Easy Run	<ul style="list-style-type: none">• Run, easy pace, 35 minutes.• Stretch.
08/10/2021	OFF	OFF
08/11/2021	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.
08/12/2021	Easy Run	<ul style="list-style-type: none">• Run, Easy w/Owensboro Health (5:30pm from the Healthpark)
08/13/2021	OFF	OFF
08/14/2021	Long Run	<ul style="list-style-type: none">• Walk brisk pace, 10 minutes.• Run, easy pace, 40 minutes.• Walk, brisk pace, 10 minutes.

WEEK 1

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08/15/2021	OFF	Optional: Swim, Spin, or Yoga.
08/16/2021	Easy Run	<ul style="list-style-type: none">• Run, easy pace, 35 minutes.• Cool down, 5 to 10 minutes.• Stretch.
08/17/2021	OFF	OFF
08/18/2021	Steady Run	<ul style="list-style-type: none">• Run, steady pace, 40 minutes.• Stretch.
08/19/2021	Easy Run	<ul style="list-style-type: none">• Run, Easy w/Owensboro Health (5:30pm from the Healthpark)
08/20/2021	OFF	OFF
08/21/2021	Long Run	<ul style="list-style-type: none">• Walk, brisk pace, 10 minutes.• Run, easy pace, 40 minutes (or 4 miles with pace group @ Legends; 7:30am).• Cool down, brisk walk, 5 to 10 minutes.• Stretch.

WEEK 2

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08/22/2021	OFF	Optional: Swim, Spin, or Yoga.
08/23/2021	Easy Run	<ul style="list-style-type: none">• Run, easy pace, 40 minutes.• Stretch.
08/24/2021	OFF	OFF
08/25/2021	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.
08/26/2021	Easy Run	<ul style="list-style-type: none">• Run, Easy w/Owensboro Health (5:30pm from the Healthpark)
08/27/2021	Cross Training	Cross train, 40 minutes.
08/28/2021	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; 7:30am).• Cool down, brisk walk, 5 to 10 minutes.• Stretch.

WEEK 3

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08/29/2021	OFF	Optional: Yoga.
08/30/2021	Easy Run	<ul style="list-style-type: none">• Run, easy pace, 45 minutes.• Cool down, 5 to 10 minutes.• Stretch.
08/31/2021	OFF	Optional: Sports massage.
09/01/2021	Steady Run	<ul style="list-style-type: none">• Run, steady pace, 45 minutes.• Stretch.
09/02/2021	Easy Run	<ul style="list-style-type: none">• Run, Easy w/Owensboro Health (5:30pm from the Healthpark)
09/03/2021	Cross Training	Cross train, 45 minutes.
09/04/2021	Long Run	<ul style="list-style-type: none">• Walk, brisk pace, 10 minutes.• Run, easy pace, 50 minutes (We will not meet at Legends due to the holiday)• Cool down, brisk walk, 5 to 10 minutes.• Stretch.

WEEK 4

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09/05/2021	OFF	Optional: Yoga.
09/06/2021	Steady Run	<ul style="list-style-type: none">• Run, steady pace, 45 minutes.• Stretch.
09/07/2021	OFF	OFF
09/08/2021	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.
09/09/2021	Easy Run	<ul style="list-style-type: none">• Run, Easy w/Owensboro Health (5:30pm from the Healthpark)
09/10/2021	Cross Training	Cross train, 45 minutes.
09/11/2021	Long Run	Walk, brisk pace, 10 minutes. <ul style="list-style-type: none">• Run, easy pace, 60 minutes (or 6 miles with pace group @ Legends; 7:30am).• Cool down, brisk walk, 5 to 10 minutes.• Stretch.

WEEK 5

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09/12/2021	OFF	Optional: Yoga.
09/13/2021	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.
09/14/2021	OFF	OFF
09/15/2021	Easy Run	<ul style="list-style-type: none">• Run, easy pace, 25 minutes.• Stretch.
09/16/2021	Easy Run	<ul style="list-style-type: none">• Run, Easy w/Owensboro Health (5:30pm from the Healthpark)
09/17/2021	Easy Run	<ul style="list-style-type: none">• Run, easy pace, 25 minutes.• Stretch.
09/18/2021	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; 7:30am).• Cool down, brisk walk, 5 to 10 minutes.• Stretch.

WEEK 6

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09/19/2021	OFF	Optional: Yoga.
09/20/2021	Steady Run	<ul style="list-style-type: none">• Run, steady pace, 45 minutes.• Stretch.
09/21/2021	OFF	OFF
09/22/2021	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.
09/23/2021	Easy Run	<ul style="list-style-type: none">• Run, Easy w/Owensboro Health (5:30pm from the Healthpark)
09/24/2021	Cross Training	Cross train, 45 minutes.
09/25/2021	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; 7:30am).• Cool down, 5 to 10 minutes.• Stretch.

WEEK 7

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Wendell Foster Half Marathon – 14 Week Training Plan (Created by John Gleason)

09/26/2021	OFF	Optional: Yoga.
09/27/2021	Change Pace	<ul style="list-style-type: none">• Run, vary your intensity (easy to moderate) throughout the workout, 25 minutes.• Stretch
09/28/2021	OFF	OFF
09/29/2021	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.
09/30/2021	Easy Run	<ul style="list-style-type: none">• Run, Easy w/Owensboro Health (5:30pm from the Healthpark)
10/01/2021	Cross Training	Cross train, 45 minutes.
10/02/2021	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; 7:30am).• Cool down, 5 to 10 minutes.• Stretch.

WEEK 8

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10/03/2021	OFF	Optional: Yoga.
10/04/2021	Change Pace	<ul style="list-style-type: none">• Run, vary your intensity (easy to moderate) throughout the workout, 30 minutes.• Stretch
10/05/2021	OFF	Optional: Sports massage.
10/06/2021	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.
10/07/2021	Easy Run	<ul style="list-style-type: none">• Run, Easy w/Owensboro Health (5:30pm from the Healthpark)
10/08/2021	Cross Training	Cross train, 45 minutes.
10/09/2021	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; 7:30am).• Cool down, 5 to 10 minutes.• Stretch.

WEEK 9

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Wendell Foster Half Marathon – 14 Week Training Plan (Created by John Gleason)

10/10/2021	OFF	OFF
10/11/2021	Change Pace	<ul style="list-style-type: none">• Run, vary your intensity throughout the workout, 40 minutes.• Stretch.
10/12/2021	OFF	OFF
10/13/2021	Easy Run	<ul style="list-style-type: none">• Run, easy pace, 30 minutes.• Stretch.
10/14/2021	Easy Run	<ul style="list-style-type: none">• Run, Easy w/Owensboro Health (5:30pm from the Healthpark)
10/15/2021	OFF	OFF
10/16/2021	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; 7:30am).• Cool down, 5 to 10 minutes.• Stretch.

WEEK 10

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10/17/2021	OFF	OFF
10/18/2021	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.
10/19/2021	OFF	Optional: Yoga.
10/20/2021	Easy Run	<ul style="list-style-type: none">• Run, easy pace, 30 minutes.• Stretch.
10/21/2021	Easy Run	<ul style="list-style-type: none">• Run, Easy w/Owensboro Health (5:30pm from the Healthpark)
10/22/2021	OFF	OFF
10/23/2021	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; 7:30am).• Cool down, 5 to 10 minutes.• Stretch.

WEEK 11

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10/24/2021	OFF	OFF
10/25/2021	Steady Run	<ul style="list-style-type: none">• Run, steady pace, 45 minutes.• Stretch.
10/26/2021	OFF	Optional: Yoga.
10/27/2021	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.
10/28/2021	Easy Run	<ul style="list-style-type: none">• Run, Easy w/Owensboro Health (5:30pm from the Healthpark)
10/29/2021	OFF	Optional: Yoga.
10/30/2021	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; 7:30am).• Cool down, 5 to 10 minutes.• Stretch.

WEEK 12

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10/31/2021	Cross Training	Cross train, 30 minutes.
11/01/2021	Steady Run	<ul style="list-style-type: none">• Run, steady pace, 45 minutes.• Stretch.
11/02/2021	OFF	Optional: Sports massage.
11/03/2021	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.
11/04/2021	Easy Run	<ul style="list-style-type: none">• Run, Easy w/Owensboro Health (5:30pm from the Healthpark)
11/05/2021	OFF	OFF
11/06/2021	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; 7:30am).• Cool down, 5 to 10 minutes.• Stretch.

WEEK 13

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11/07/2021	OFF	OFF
11/08/2021	Easy Run	<ul style="list-style-type: none">• Run, easy pace, 30 minutes.• Stretch
11/09/2021	OFF	Optional: Sports massage.
11/10/2021	OFF	OFF
11/11/2021	VERY Easy Run	<ul style="list-style-type: none">• Run, Easy w/Owensboro Health (5:30pm from the Healthpark)
11/12/2021	Easy Run	<ul style="list-style-type: none">• Run easy pace, 15 minutes.• Stretch.
11/13/2021	HALF MARATHON	<ul style="list-style-type: none">• Warm Up• Race – do not get caught up in the front. Go off YOUR pace.

WEEK 14

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