12 WEEK TRAINING PLAN

Wendell Foster
HALF
MARATHON & 5K
OWENSBORO, KY | MARCH 23, 2024
PRESENTED BY Owensboro Health

Wendell Foster Half Marathon – 12 Week Training Plan

| | | |
|---|---|---|
| 12/31/2024 | OFF | Optional: Swim, Spin, or Yoga. |
| 1/1/2024 | Easy Run | • Run, easy pace, 40 minutes.<br>• Stretch. |
| 1/2/2024 | OFF | OFF or light run at "Tuesday Night Run" @ ==Legends== (5:30pm) |
| 1/3/2024 | Intervals | • Warm up, 10 minutes.<br>• Run, 5k pace, 2 minutes. Recovery run, 1 minute. Repeat 6 times.<br>• Cool down, 5 to 10 minutes.<br>• Stretch. |
| 1/4/2024 | Easy Run | •  Run, Easy with Project Rise (5:29am, downtown by the ==RiverPark==) |
| 1/5/2024 | Cross Training | Cross train, 40 minutes. |
| 1/6/2024 | Long Run | • Walk, brisk pace, 10 minutes.<br>• Run, easy pace, 50 minutes (or 5 miles with pace group @ ==Legends==; 7am).<br>• Cool down, brisk walk, 5 to 10 minutes.<br>• Stretch. |

## WEEK 1

| Date | Activity | Details |
|---|---|---|
| 1/7/2024 | OFF | Optional: Yoga. |
| 1/8/2024 | Easy Run | • Run, easy pace, 45 minutes.<br>• Cool down, 5 to 10 minutes.<br>• Stretch. |
| 1/9/2024 | OFF | OFF or light run at "Tuesday Night Run" @ Legends (5:30pm) |
| 1/10/2024 | Steady Run | • Run, steady pace, 45 minutes.<br>• Stretch. |
| 1/11/2024 | Easy Run | •  Run, Easy with Project Rise (5:29am, downtown by the RiverPark) |
| 1/12/2024 | Cross Training | Cross train, 45 minutes. |
| 1/13/2024 | Long Run | • Walk, brisk pace, 10 minutes.<br>• Run, easy pace, 50 minutes (or 5 miles with pace group @ Legends; 7am).<br>• Cool down, brisk walk, 5 to 10 minutes.<br>• Stretch. |

## WEEK 2

| 1/14/2024 | OFF | Optional: Yoga. |
|---|---|---|
| 1/15/2024 | Steady Run | • Run, steady pace, 45 minutes.<br>• Stretch. |
| 1/16/2014 | OFF | OFF or light run at "Tuesday Night Run" @ <mark>Legends</mark> (5:30pm) |
| 1/17/2024 | Intervals | • Warm up, 10 minutes.<br>• Run, 5k pace, 3 minutes. Recovery run, 90 seconds. Repeat 4 times.<br>• Cool down, 5 to 10 minutes.<br>• Stretch. |
| 1/18/2024 | Easy Run | • Run, Easy with Project Rise (5:29am, downtown by the <mark>RiverPark</mark>) |
| 1/19/2024 | Cross Training | Cross train, 45 minutes. |
| 1/20/2024 | Long Run | Walk, brisk pace, 10 minutes.<br>• Run, easy pace, 60 minutes (or 6 miles with pace group @ <mark>Legends</mark>; 7am).<br>• Cool down, brisk walk, 5 to 10 minutes.<br>• Stretch. |

## WEEK 3

| Date | Type | Details |
|---|---|---|
| 1/21/2024 | OFF | Optional: Yoga. |
| 1/22/2024 | Intervals | • Warm up, 10 minutes.<br>• Run, 5k pace, 2 minutes. Recovery run, 1 minute. Repeat 4 times.<br>• Cool down, 5 to 10 minutes.<br>• Stretch. |
| 1/23/2024 | OFF | OFF or light run at "Tuesday Night Run" @ ==Legends== (5:30pm) |
| 1/24/2024 | Easy Run | • Run, easy pace, 25 minutes.<br>• Stretch. |
| 1/25/2024 | Easy Run | • Run, Easy with Project Rise (5:29am, downtown by the ==RiverPark==) |
| 1/26/2024 | Easy Run | • Run, easy pace, 25 minutes.<br>• Stretch. |
| 1/27/2024 | Long Run | • Walk, brisk pace, 10 minutes.<br>• Run, easy pace, 50 minutes (or 5 miles with pace group @ ==Legends==; 7am).<br>• Cool down, brisk walk, 5 to 10 minutes.<br>• Stretch. |

## WEEK 4

| 1/28/2024 | OFF | Optional: Yoga. |
| 1/29/2024 | Steady Run | • Run, steady pace, 45 minutes.<br>• Stretch. |
| 1/30/2024 | OFF | OFF or light run at "Tuesday Night Run" @ Legends (5:30pm) |
| 1/31/2024 | Intervals | • Warm up, 10 minutes.<br>• Run, 5k pace, 4 minutes. Recovery run, 90 seconds. Repeat 4 times.<br>• Cool down, 5 to 10 minutes.<br>• Stretch. |
| 2/1/2024 | Easy Run | • Run, Easy with Project Rise (5:29am, downtown by the RiverPark) |
| 2/2/2024 | Cross Training | Cross train, 45 minutes. |
| 2/3/2024 | Long Run | • Walk, brisk pace, 15 minutes.<br>• Run, easy pace, 70 minutes (or 7 miles with pace group @ Legends; 7am).<br>• Cool down, 5 to 10 minutes.<br>• Stretch. |

## WEEK 5

| 2/4/2024 | OFF | Optional: Yoga. |
|---|---|---|
| 2/5/2024 | Change Pace | • Run, vary your intensity (easy to moderate) throughout the workout, 25 minutes.<br>• Stretch |
| 2/6/2024 | OFF | OFF or light run at "Tuesday Night Run" @ ==Legends== (5:30pm) |
| 2/7/2024 | Intervals | • Warm up, 10 minutes.<br>• Run, 5k pace, 4 minutes. Recovery run, 90 seconds. Repeat 5 times.<br>• Cool down, 5 to 10 minutes.<br>• Stretch. |
| 2/8/2024 | Easy Run | •  Run, Easy with Project Rise (5:29am, downtown by the ==RiverPark==) |
| 2/9/2024 | Cross Training | Cross train, 45 minutes. |
| 2/10/2024 | Long Run | • Walk, brisk pace, 15 minutes.<br>• Run, easy pace, 90 minutes (or 9 miles with pace group @ ==Legends==; 7am).<br>• Cool down, 5 to 10 minutes.<br>• Stretch. |

## WEEK 6

Wendell Foster Half Marathon – 12 Week Training Plan

| Date | Activity | Details |
|---|---|---|
| 2/11/2024 | OFF | Optional: Yoga. |
| 2/12/2024 | Change Pace | • Run, vary your intensity (easy to moderate) throughout the workout, 30 minutes.<br>• Stretch |
| 2/13/2024 | OFF | Optional: Sports massage or light run at "Tuesday Night Run" @ ==Legends== (5:30pm) |
| 2/14/2024 | Intervals | • Warm up, 10 minutes.<br>• Run, 5k pace, 6 minutes. Recovery run, 3 minutes. Repeat 4 times.<br>• Cool down, 5 to 10 minutes.<br>• Stretch. |
| 2/15/2024 | Easy Run | • Run, Easy with Project Rise (5:29am, downtown by the ==RiverPark==) |
| 2/16/2024 | Cross Training | Cross train, 45 minutes. |
| 2/17/2024 | Long Run | • Walk, brisk pace, 15 minutes.<br>• Run, easy pace, 100 minutes (or 10 miles)- ==OR Run the Anchored in Hope 10k @ KWC- Wear your favorite WFHM shirt!==<br>• Cool down, 5 to 10 minutes.- ==NO Training Run @ Legends today==<br>• Stretch. |

## WEEK 7

| 2/18/2024 | OFF | OFF |
| --- | --- | --- |
| 2/19/2024 | Change Pace | • Run, vary your intensity throughout the workout, 40 minutes.<br>• Stretch. |
| 2/20/2024 | OFF | OFF or light run at "Tuesday Night Run" @ <mark>Legends</mark> (5:30pm) |
| 2/21/2024 | Easy Run | • Run, easy pace, 30 minutes.<br>• Stretch. |
| 2/22/2024 | Easy Run | • Run, Easy with Project Rise (5:29am, downtown by the <mark>RiverPark</mark>) |
| 2/23/2024 | OFF | OFF |
| 2/24/2024 | Steady Run | • Walk, brisk pace, 15 minutes.<br>• Run, easy pace, 70 minutes (or 7 miles with pace group @ <mark>Legends</mark>; 7am).<br>• Cool down, 5 to 10 minutes.<br>• Stretch. |

## WEEK 8

| 2/25/2024 | OFF | OFF |
|---|---|---|
| 2/26/2024 | Intervals | • Warm up, 10 minutes.<br>• Run 5k pace, 7 minutes. Recovery run, 3.5 minutes. Repeat 3 times.<br>• Cool down, 5 to 10 minutes.<br>• Stretch. |
| 2/27/2024 | OFF | Optional: Yoga or light run at "Tuesday Night Run" @ ==Legends== (5:30pm) |
| 2/28/2024 | Easy Run | • Run, easy pace, 30 minutes.<br>• Stretch. |
| 2/29/2024 | Easy Run | • Run, Easy with Project Rise (5:29am, downtown by the ==RiverPark==) |
| 3/1/2024 | OFF | OFF |
| 3/2/2024 | Long Run | • Walk, brisk pace, 15 minutes.<br>• Run, easy pace, 110 minutes (or 11 miles with pace group @ ==Legends==; 7am).<br>• Cool down, 5 to 10 minutes.<br>• Stretch. |

# WEEK 9

| 3/3/2024 | OFF | OFF |
|---|---|---|
| 3/4/2024 | Steady Run | • Run, steady pace, 45 minutes.<br>• Stretch. |
| 3/5/2024 | OFF | Optional: Yoga or light run at "Tuesday Night Run" @ <mark>Legends</mark> (5:30pm) |
| 3/6/2024 | Intervals | • Warm up, 10 minutes.<br>• Run, 5k pace, 7 minutes. Recovery run, 3 minutes. Repeat 3 times.<br>• Cool down, 5 to 10 minutes.<br>• Stretch. |
| 3/7/2024 | Easy Run | •  Run, Easy with Project Rise (5:29am, downtown by the <mark>RiverPark</mark>) |
| 3/8/2024 | OFF | Optional: Yoga. |
| 3/9/2024 | Long Run | • Walk, brisk pace, 15 minutes.<br>• Run, easy pace, 120 minutes (or 12 miles with pace group @ <mark>Legends</mark>; 7am).<br>• Cool down, 5 to 10 minutes.<br>• Stretch. |

## WEEK 10

| 3/10/2023 | Cross Training | Cross train, 30 minutes. |
| 3/11/2024 | Steady Run | • Run, steady pace, 45 minutes.<br>• Stretch. |
| 3/12/2024 | OFF | Optional: Sports massage or light run at "Tuesday Night Run" @ <mark>Legends</mark> (5:30pm) |
| 3/13/2024 | Intervals | • Warm up, 10 minutes.<br>• Run, 5k pace, 5 minutes. Recovery run, 2.5 minutes. Repeat 4 times.<br>• Cool down, 5 to 10 minutes.<br>• Stretch. |
| 3/14/2024 | Easy Run | •  Run, Easy with Project Rise (5:29am, downtown by the <mark>RiverPark</mark>) |
| 3/15/2024 | OFF | OFF |
| 3/16/2024 | Long Run | • Walk, brisk pace, 15 minutes.<br>• Run, easy pace, 60 minutes (or 6 miles with pace group @ <mark>Legends</mark>; 7am).<br>• Cool down, 5 to 10 minutes.<br>• Stretch. |

## WEEK 11

| 3/17/2024 | OFF | OFF |
| --- | --- | --- |
| 3/18/2024 | Easy Run | • Run, easy pace, 30 minutes.<br>• Stretch |
| 3/19/2024 | OFF | Optional: Sports massage. |
| 3/20/2024 | OFF | OFF |
| 3/21/2024 | VERY Easy Run | •  Run, Easy with Project Rise (5:29am, downtown by the <mark>RiverPark</mark>) |
| 3/22/2024 | Easy Run | • Run easy pace, 15 minutes.<br>• Stretch. |
| 3/23/2024 | HALF MARATHON | • Warm Up<br>• Race – do not get caught up in the front. Go off YOUR pace. |

## WEEK 12