Plan A is ideal for:
(1) Runners attempting their first half marathon or veterans recovering from an injury or extended layoff
(2) Runners with limited time to train.
(3) Runners who do better with more recovery time – for example, more mature runners, runners prone to injury, or runners who prefer paces slower than 10:30, etc.

Recommended base prior to beginning Plan A:
(1) Consistently running or run-walking 3 or more days a week for 6 months
(2) Comfortable with a long run of 5-6 miles

Monday and Wednesday Strength and/or Cross Training
At a minimum, you should do the BASIC 5 strength/balance routine. You can also do low impact cross training workout. Swimming, cycling, and/or yoga are good choices. A strength training workout at the gym that focuses on upper body, core, and hip strengthening is also a good choice. Keep your workout this day to less than an hour. Even just 15-20 minutes will make a big difference in your fitness level. With strength training workouts, dial it back a little. A little soreness and fatigue the next day is okay, but you should not be so sore and tired that it significantly affects your run.

Tuesday Moderate Run
Get comfortable being uncomfortable. Tuesday is the day to push yourself out of your comfort zone just a bit. Your coach or pace group leader will choose a workout option if you are able to attend the group run. If you can't make it, pick whichever option you wish.

Saturday Long Run
The Saturday long run is the key workout for the week. Take it slow enough, walking a bit if necessary, so that you aren't completely wiped out at the end of the run. You should feel tired, but not so tired that you just want to sit on the couch for the rest of the day.

Sunday Recovery Run
Get moving on Sunday to work out any stiffness or soreness from the Saturday long run. Ideally, this is a run or run-walk, but it's okay to occasionally substitute a hike with the family or other activity that gets your whole body moving.

Moving Days Around
Life happens. Sometimes you may need to move runs around. We recommend looking at your weekly schedule every Sunday evening, and planning into your week when you are going to do your runs. **Consistency is the key factor to success in running.** It is okay to move your weekday runs to other days within these rules:
(1) Don't run more than two days in a row.
(2) Keep a minimum of one day between a moderate run and a long run. (e.g. – moderate on Thursday, long on Sat)
(3) It is okay to do one of the CP runs on the same day as a strength training workout. Either run, immediately followed by the BASIC 5 or a strength workout, or separate your run and strength training by a minimum of 6-8 hours. Avoid doing a strength workout followed immediately by a run.
(4) If you absolutely must drop a run for a week, drop the Sunday mileage.
If you have further questions about what to do, please ask your coach.

Other Races
There are a number of fall races on the FSRC Calendar – Women's Distance Festival (Aug 4), Market Street Mile (Sept 8), Rick's Run (Sept 15). If you choose to do any of these races, please speak to your coaches about how to adjust your training program.

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7/23/18					OFF	5 Miles CP Informational Meet & Greet & Run – 8:00 AM	2-3 Miles RR
1 7/30/18	BASIC 5, Strength, and/or Cross Training	3-4 Miles CP	BASIC 5, Strength, and/or Cross Training	3 Miles CP	OFF	5 Miles CP	2-3 Miles RR
2 8/6/18	BASIC 5, Strength, and/or Cross Training	3-4 Miles Mod	BASIC 5, Strength, and/or Cross Training	3 Miles CP	OFF	6 Miles CP	2-3 Miles RR
3 8/13/18	BASIC 5, Strength, and/or Cross Training	3-4 Miles Mod	BASIC 5, Strength, and/or Cross Training	3 Miles CP	OFF	7 Miles CP	2-3 Miles RR
4 8/20/18 Recovery Week	BASIC 5, Strength, and/or Cross Training	3 Miles CP	BASIC 5, Strength, and/or Cross Training	3 Miles CP	OFF	4-5 mile CP	OFF
5 8/27/18	BASIC 5, Strength, and/or Cross Training	3-4 Miles Mod	BASIC 5, Strength, and/or Cross Training	4 Miles CP	OFF	8 Miles CP	3 Miles RR
6 9/3/18	BASIC 5, Strength, and/or Cross Training	3-4 Miles Mod	BASIC 5, Strength, and/or Cross Training	4 Miles CP	OFF	9 Miles CP	3 Miles RR
7 9/10/18	BASIC 5, Strength, and/or Cross Training	4 Miles Mod	BASIC 5, Strength, and/or Cross Training	4 Miles CP	OFF	10 Miles CP	3 Miles RR
8 9/17/18 Recovery Week	BASIC 5, Strength, and/or Cross Training	4 Miles CP	BASIC 5, Strength, and/or Cross Training	4 Miles CP	OFF	6 Miles CP	OFF
9 9/24/18	BASIC 5, Strength, and/or Cross Training	4-5 Miles Mod	BASIC 5, Strength, and/or Cross Training	5 Miles CP	OFF	11 Miles CP	3-4 Miles RR
10 10/1/18	BASIC 5, Strength, and/or Cross Training	4-5 Miles Mod	BASIC 5, Strength, and/or Cross Training	5 Miles CP	OFF	12 Miles CP	3-4 Miles RR
11 10/8/18	BASIC 5, Strength, and/or Cross Training	3-4 Miles Mod	BASIC 5, Strength, and/or Cross Training	5 Miles CP	OFF	8 Miles CP	3 Miles RR
12 10/15/18 Taper – Race Week	OFF	3 Miles CP	OFF	4 Miles CP	OFF	BALTIMORE HALF MARATHON	HERSHEY HALF MARATHON

HIGHLIGHTED=Group Run   HIGHLIGHTED=Goal Race

CP = Conversational Pace – you should be able to speak in full sentences

RR = Recovery Run – take your conversational pace and slow it down even more, walk hills if necessary

Mod = Moderate Run – get comfortable being a bit uncomfortable

After a minimum 1 mile warm-up, choose one of the following:

(1) 5-10 x 30 second fartlek – run just a touch faster than you are comfortable with

(2) run more – for run/walkers, run more, walk less

(3) run the hills – push every hill a bit, don't rest until you get to the top

(4) 5-10 repetitions up the ramp of the amphitheater – run up focusing on form, walk down

(5) 5-10 repetitions up the steps of Talley – run up easy, walk down

(6) 5-10 strides – 25 meters of a pace that is quick, but not a sprint, focus on running with good form

(7) 3 x 2 minutes at a pace that is comfortably hard, fully recover in between repetitions

(8) double hills – push every hill a bit, then walk back down, then push up it one more time