

	<u>Running</u>	<u>Hiking</u>	<u>Elliptical</u>	<u>Total</u>
January	86.9		25.2	112.1
February	67.8		11.9	79.7
March	119.5		26.3	145.8
April				0.0
May				0.0
June				0.0
July				0.0
August				0.0
September				0.0
October				0.0
November				0.0
December				0.0
	<u>274.2</u>	<u>0.0</u>	<u>63.4</u>	<u>337.6</u>

Heart Rate Zones

New Shoes

1/21/2012

MHR 188
RHR 60

100% 188.0
90% 175.2
80% 162.4
70% 149.6
60% 136.8
50% 124.0

Training schedule - Plan							Estimated Total Miles	
Week	Cross Train	Pace Run	Easy run	5th workout	Long Run	Comments	Min	Max
1/2/2012	Didn't have a plan the first 2 weeks of the year							
1/9/2012	Didn't have a plan the first 2 weeks of the year							
1/16/2012	50 min	5.0	4.0	30 min	9.9	heart rate	23.9	26.9
1/23/2012	50 min	5.0	4.0	30 min	10.5	heart rate	24.5	27.5
1/30/2012	50 min	5.0	4.0	30 min	10.0	4 easy, 3 - 10:00, 3 - 9:10	24.0	27.0
2/6/2012	60 min	6.0	5.0	45 min	8.7	Cotton Patch race (9:20 goal)	25.7	30.2
2/13/2012	60 min	6.0	5.0	45 min	11.0	heart rate	28.0	32.5
2/20/2012	70 min	6.0	5.0	45 min	11.5	heart rate	29.5	34.0
2/27/2012	70 min	7.0	6.0	60 min	11.0	4 - easy, 4 - 9:45, 3 - 9:10	31.0	37.0
3/5/2012	80 min	7.0	6.0	60 min	4.0	Prairie Dog race	25.0	31.0
3/12/2012	80 min	8 X 400 - 8:20	7.0	60 min	12.0	heart rate	31.0	37.0
3/19/2012	90 min	8.0	8.0	60 min	13.0	heart rate	35.0	41.0
3/26/2012	90 min	8.0	8.0	45 min	12.0	4 - 10:00, 4 - 9:30, 4 - 9:00	37.0	41.5
4/2/2012	90 min	8.0	7.0	45 min	14.0	heart rate	38.0	42.5
4/9/2012	60 min	7.0	6.0	45 min	9.3	Run for Arts Race - (9:00 goal)	28.3	32.8
4/16/2012	50 min	6.0	5.0	30 min	10.0	heart rate	26.0	29.0
4/23/2012	50 min	0.0	4.0	none	13.1	Kentucky Derby 1/2 Marathon	22.1	22.1

Notes - Pace run is always at 9:10 per mile; Heart Rate run and Easy runs are at no more than 150bpm heart rate.

(effective 2/16, I moved the pace runs up to 9:00 per mile, this will give me a tiny bit of buffer on race day)

Long runs will be on Saturday or Sunday depending on schedule and what the weather is like.

Cross train is typically going to be elliptical and also working in the aerobic heart rate zone of no more than 150bpm.

5th workout is going to be completely optional. If I'm feeling good and want to get in some more workout and have the time I'll do it otherwise no big deal. This would also be in the aerobic heart rate zone. Probably cross training type.

Estimated total miles is assuming cross training and 5th workout are going to be around an average of 10:00 per mile.

None of this is set in stone! If I'm feeling poorly don't push it! If I miss a long run somewhere it isn't the end of the world.

Goal is to break 2 hours for the 1/2 Marathon which is a 9:09 pace.

