



KOPF RUNNING

train · compete · achieve

Coach's Note:

The Intermediate Training Program consists of five main running days and is designed for anyone who fits the following criteria: has previously trained for and successfully completed a half-marathon, is able to do continuous runs of 7 miles or longer, can commit to running 5 days per week, or has averaged 20-25 miles per week in the previous six months.

Training Reminders:

1. Consistency is King - Stick to your training program. This leads to quicker gains in fitness and wards off injury. This is my #1 tip in running!
2. Train smart - Begin training from where you are currently from a running fitness standpoint and not from where you hope to be four months from now or have been in the past. Starting off too fast or aggressively is the quickest and surest way to injury and a lack of consistency.
3. Dynamic warm ups and stretching - Always perform a dynamic warm up for before running and cross training, which includes exercises like arm circles, neck rolls, leg swings, and hip rolls. Check out this awesome lunge warm-up sequence: https://www.youtube.com/watch?v=-K_CiRml-vQ. Static stretching, or performing stretches you hold for 30 seconds or longer, should only be practiced after your workouts, if at all. I prefer a 10-minute walk along with this sequence as a cool down routine: <https://www.youtube.com/watch?v=2GLrKr54yA0>. More info in the Program Key.
4. Please contact Coach Seth for help with any program modifications and/or questions.

Program Key:

After the Weekly Training Schedule section, which breaks down your training program day-by-day, you will find program details, including a workout key below the program. This key defines all of the terms and abbreviations used throughout the program. Please contact Coach Seth with any questions.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	6-Jul	7-Jul	8-Jul	9-Jul	10-Jul	11-Jul	12-Jul	Mileage
CRYSTAL LAKE HALF MARATHON TRAINING BEGINS								
Week 1					Warm up			
		Warm up	Warm up		Run - lesser of 20 minutes	Warm up		
	Rest	Run - 3 miles	Run - 6 miles	Cross Train	or 2 miles	Run - 7 miles	Rest	18
		Cool down	Cool down	30 minutes	Cool down	Cool down		
		Strength			Strength			
	13-Jul	14-Jul	15-Jul	16-Jul	17-Jul	18-Jul	19-Jul	Mileage
Week 2					Warm up			
		Warm up	Warm up		Run - lesser of 20 minutes	Warm up		
	Run - 3 miles	Rest	Run - 6 miles	Cross Train	or 2 miles	Run - 8 miles	Rest	19
		Cool down	Cool down	30 minutes	Cool down	Cool down		
		Strength			Strength			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	20-Jul	21-Jul	22-Jul	23-Jul	24-Jul	25-Jul	26-Jul	Mileage
Week 3					Warm up			
	Warm up		Warm up		Run - lesser of 30 minutes	Warm up		
	Run - 3 miles	Rest	Run - 6 miles total w/ miles 3 to 5 @ 10K pace	Cross Train 30 minutes	or 3 miles	Run - 9 miles	Rest	21
	Cool down				Cool down	Cool down		
	Strength		Cool down		Strength			
	27-Jul	28-Jul	29-Jul	30-Jul	31-Jul	1-Aug	2-Aug	Mileage
Week 4					Warm up			
	Warm up		Warm up		Run - lesser of 30 minutes	Warm up		
	Run - 3 miles	Rest	Run - 6 miles total w/ miles 3 to 5 @ 10K pace	Cross Train 30 minutes	or 3 miles	Run - 10 miles	Rest	22
	Cool down				Cool down	Cool down		
	Strength		Cool down		Strength			
	3-Aug	4-Aug	5-Aug	6-Aug	7-Aug	8-Aug	9-Aug	Mileage
Week 5					Warm up			
	Warm up		Warm up		Run - lesser of 30 minutes	Warm up	Rest OR Recovery Run:	
	Run - 4 miles	Rest	Run - 7 miles total w/ miles 3 to 6 @ 10K pace	Cross Train 30 minutes	or 3 miles	Run - 11 miles	Warm up	29
	Cool down				Cool down	Cool down	Run - 4 miles (EZ)	
	Strength		Cool down		Strength		Cool down	
	10-Aug	11-Aug	12-Aug	13-Aug	14-Aug	15-Aug	16-Aug	Mileage
Week 6					Warm up			
	Warm up		Warm up		Run - lesser of 30 minutes	Warm up	Rest OR Recovery Run:	
	Run - 4 miles	Rest	Run - 7 miles total w/ miles 3 to 6 @ 10K pace	Cross Train 30 minutes	or 3 miles	Run - 12 miles	Warm up	30
	Cool down				Cool down	Cool down	Run - 4 miles (EZ)	
	Strength		Cool down	(or Rest)	Strength		Cool down	
	17-Aug	18-Aug	19-Aug	20-Aug	21-Aug	22-Aug	23-Aug	Mileage
Week 7					Warm up			
	Warm up		Warm up	Cross Train	Run - lesser of 30 minutes	Warm up		
	Run - 3 miles	Rest	Run - 6 miles	30 minutes	or 3 miles	Run - 9 miles total w/ final 2 miles @ HMP	Rest	21
	Cool down		Cool down	(or Rest)	Cool down	Cool down		
	Strength				Strength	Cool down		
	24-Aug	25-Aug	26-Aug	27-Aug	28-Aug	29-Aug	30-Aug	Mileage
Week 8					Warm up			
	Warm up		Warm up	Cross Train	Run - lesser of 30 minutes	Warm up	Rest OR Recovery Run:	
	Run - 4 miles	Rest	Run - 8 miles total w/ miles 4 to 6 @ 10K pace	30 minutes	or 3 miles	Run - 12 miles	Warm up	31
	Cool down				Cool down	Cool down	Run - 4 miles (EZ)	
	Strength		Cool down		Strength		Cool down	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	31-Aug	1-Sep	2-Sep	3-Sep	4-Sep	5-Sep	6-Sep	Mileage
Week 9					Warm up			
	Warm up		Warm up		Run - lesser of 30 minutes or 3 miles	Warm up	Rest OR Recovery Run:	
	Run - 4 miles	Rest	Run - 8 miles total w/ miles 4 to 6 @ 10K pace	Cross Train 30 minutes		Run - 13 miles total w/ final 3 miles @ HMP	Warm up	32
	Cool down				Cool down		Run - 4 miles (EZ)	
	Strength		Cool down		Strength	Cool down	Cool down	
	7-Sep	8-Sep	9-Sep	10-Sep	11-Sep	12-Sep	13-Sep	Mileage
Week 10								
	Warm up		Warm up			Warm up	RACE DAY!	
	Run - 4 miles	Rest	Run - 6 miles total w/ final 2 miles @ HMP	Cross Train 30 minutes	Rest	Shakeout Run: 3 miles (EZ)	CRYSTAL LAKE	26.1
	Cool down					Cool down	HALF MARATHON	
	Strength		Cool down				13.1 MILES!	

CONGRATULATIONS ON FINISHING THE CRYSTAL LAKE HALF MARATHON!

Program Key:

1. **Warm up** - A non-negotiable. To skip a warm up is to leave performance on the table. If you have to cut your run short in order to fit in your warm up, do it.

Warm Up Routine Examples:

[Lunge Matrix](#)

[Leg Swings](#)

2. **Cool down** - Like your warm up, a non-negotiable. Coach Seth suggests walking for 10 minutes as an active cool down. This will jump start the recovery process.

3. **Strength** - Equally important as running in the program. Consider it insurance against injury. Focus on problem areas or weaknesses. Perform always AFTER your run.

Strength Routines:

[ITB Routine](#)

[Hip/Glute Routine](#)

[Core Routine](#)

4. **Run Pacing** - Your runs should follow the principles of the 3 C's - Controlled, Comfortable and Conversational (EZ). You should be able to carry on a conversation or sing a song without getting winded. If this isn't the case, then you need to slow down. Each day & run will feel different and that's due to various factors, so it's best to take each day as its own and run based on perceived effort. "Am I comfortable?" "Am I under control?" These are questions to ask yourself while on the run. Don't worry, speed is a product of improving endurance so getting faster will come.

5. **Run Long** - Your long runs will be done on the weekend when most people's schedules are the most flexible. Runs should be run according to the 3 C's - under control, comfortable & conversational.

6. **Rest** - The most important day in training. Whatever you do, absolutely DO NOT skip your rest days. Are you getting enough sleep? 7+ hours/night is best. Active fun simply means get outside and enjoy time with family & friends. Just don't overdo it and compromise the next day's workout.

7. **Cross Train (XT)** - Examples are yoga, Pilates, elliptical trainer, stationary bike, regular bike, pool running, etc. XT should be done at a moderate pace and should not compromise the next workout.

8. **Mileage Progression** - You will notice that some weeks repeat themselves in total mileage. This is to allow your body to adapt to the training load and to reduce the probability of injury.

9. **10K Pace** - Based off your most recent 10K race result; if you don't have a recent 10K result (within previous 6 months), then run based on perceived effort (on a scale from 1 to 10 this pace should feel like a 6 or 7).

10. **Half-Marathon Pace (HMP)** - Based off the pace that you realistically expect to & can run in the half-marathon