

Las Vegas Rock and Roll Half Marathon

Walk Training Schedule - 1st 7 weeks

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week #1- Aug. 23rd				Kick off	easy 20 min	1 mile	Off
Week #2- Aug. 31st	1 mile	X-Training or Speed	1 mile- start easy, build to a fast finish (80-90%)	Weight/Strength	easy 30 min	2 miles	Off
Week #3- Sept. 7th	2 miles	X-Training or Speed	2 miles- 70% capacity	Weight/Strength	easy 30 min	3 miles start easy, last 1 mile fast (90%)	Off
Week #4- Sept. 14th	3 miles	X-Training or Speed	2 miles- start easy, build to a fast finish (90%)	Weight/Strength	easy 30 min	4 miles	Off
Week #5- Sept. 21st	4 miles	X-Training or Speed	3 miles - 70% capacity	Weight/Strength	easy 30 min	5 miles start slow, miles 2-3 fast (90%), finish slow	Off
Week #6- Sept. 28th	4 miles	X-Training or Speed	3 miles- 70% capacity	Weight/Strength	easy 30 min	5 miles at 90% capacity	Off
Week #7- October 5th	4 miles	X-Training or Speed	3 miles- - start easy, build to a fast finish (90%)	Weight/Strength	easy 30 min	6 miles start slow, mile 3-6 fast (90%)	Off

Tuesday-Cross Training- This is a great way to give muscles, tendons, and ligaments a chance to recover from the efforts of the week.

Try swimming, biking, rowing, the elliptical machine, basketball, soccer, etc.

Tuesday-Speed – Practice speed by doing short intervals at a fast pace and resting (jog at a comfortable pace) between intervals. ALWAYS warm up well before doing any intervals.

Thursday –Weight or Strength Training- See the Participant Manual online for examples.

Saturday-Long Walks- will add muscle strength and endurance.

To keep muscles loose and healthy, stretch for a minimum of ten minutes after each workout, and for 15 minutes after your long runs.

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Run Training Schedule - 1st 7 weeks

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week #1- Aug. 23rd				Kick off	easy 20 min	1 mile	Off
Week #2- Aug. 31st	1 mile	X-Training or Speed	1 mile- start easy, build to a fast finish (80-90%)	Weight/Strength	easy 30 min	2 miles	Off
Week #3- Sept. 7th	2 miles	X-Training or Speed	2 miles- 70% capacity	Weight/Strength	easy 30 min	3 miles start easy, last 1 mile fast (90%)	Off
Week #4- Sept. 14th	3 miles	X-Training or Speed	2 miles- start easy, build to a fast finish (90%)	Weight/Strength	easy 30 min	4 miles start easy, mile 2-3 fast (90%), finish slow	Off
Week #5- Sept. 21st	4 miles	X-Training or Speed	3 miles - 70% capacity	Weight/Strength	easy 30 min	5 miles start slow, miles 2-3 fast (90%), finish slow	Off
Week #6- Sept. 28th	4miles	X-Training or Speed	3 miles- 70% capacity	Weight/Strength	easy 30 min	5 miles at 90%capacity	Off
Week #7- Oct. 5th	4miles	X-Training or Speed	3 miles- - start easy, build to a fast finish (90%)	Weight/Strength	easy 30 min	6 miles start slow, mile 3-6 fast (90%)	Off

Group Training - Location is indicated on the Team Calendar. An email confirming location with directions will be sent the week prior to each group activity.

Tuesday-Cross Training- This is a great way to give muscles, tendons, and ligaments a chance to recover from the efforts of the week.

Try swimming, biking, rowing, the elliptical machine, basketball, soccer, etc.

Tuesday-Speed – Practice speed by doing short intervals at a fast pace and resting (jog at a comfortable pace) between intervals. ALWAYS warm up well before doing any intervals.

Thursday –Weight or Strength Training- See the Participant Manual online for examples.

Saturday-Long Runs- will add muscle strength and endurance.

To keep muscles loose and healthy, stretch for a minimum of ten minutes after each workout, and for 15 minutes after your long runs.