

BARA Spring Training Group 2019

Full marathon training mileage is listed on Saturday. Half marathon mileage is listed on Sunday. Choose one.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
24-Dec	25-Dec	26-Dec	27-Dec	28-Dec	29-Dec	30-Dec
Runs by importance: 1. Saturday OR Sunday (long run) 2. Thurs, 3. Mon, 4. Tues, 5. Wed (optional), 6. Fri (optional)			Hill Reps	(optional)	Road Long Run+	
			Tour de Parking Garages	easy run	Easy + last .25mi HARD	
3		5	5		11	7
31-Dec	1-Jan	2-Jan	3-Jan	4-Jan	5-Jan	6-Jan
Easy + Strides	Fartlek	(optional)	Cut-Down Run	(optional)	Pace Run	
Post run: 6-10x100m	10 x 1min ON / 1min OFF	easy run	Easy to Goal HM Pace	easy run	6 mi @ race pace	
5	5		5		9	6
7-Jan	8-Jan	9-Jan	10-Jan	11-Jan	12-Jan	13-Jan
Easy + Strides	Repeats	(optional)	Cruise Intervals	(optional)	Road Long Run	
Post run: 6-10x100m	6 x 200m run 200m jog	easy run	6-10 x 800m w/2min rest	easy run		
5	5		7		10	7
14-Jan	15-Jan	16-Jan	17-Jan	18-Jan	19-Jan	20-Jan
Easy + Strides	Time Trial	(optional)	Hill Reps	(optional)	Road Long Run+	
Post run: 6-10x100m	Mile	easy run	3-6 x Morton Garage	easy run	Easy + last .5mi HARD	
5	5		8		14	10
21-Jan	22-Jan	23-Jan	24-Jan	25-Jan	26-Jan	27-Jan
Easy + Strides	Fartlek	(optional)	Cut-Down Run	(optional)	Pace Run	
Post run: 6-10x100m	10 x 1min ON / 1min OFF	easy run	Easy to Goal HM Pace	easy run	8 mi @ race pace	
5	7		8		12	7
28-Jan	29-Jan	30-Jan	31-Jan	1-Feb	2-Feb	3-Feb
Easy + Strides	Repeats	(optional)	Cruise Intervals	(optional)	Road Long Run	
Post run: 6-10x100m	6x400m run/200m jog	easy run	8-12 x 800m w/2min rest	easy run		
5	6		7		13	8
4-Feb	5-Feb	6-Feb	7-Feb	8-Feb	9-Feb	10-Feb
Easy + Strides	Time Trial	(optional)	Hill Reps	(optional)	Road Long Run+	
Post run: 6-10x100m	Mile	easy run	Tour de Parking Garages	easy run	Easy + last .75mi HARD	
6	7		7		17	10
11-Feb	12-Feb	13-Feb	14-Feb	15-Feb	16-Feb	17-Feb
Easy + Strides	Fartlek	(optional)	Cut-Down Run	(optional)	Pace Run	
Post run: 6-10x100m	15 x 1min ON / 1min OFF	easy run	Easy to 5k Race Pace	easy run	12 mi. @ race pace	
6	8		8		15	9
18-Feb	19-Feb	20-Feb	21-Feb	22-Feb	23-Feb	24-Feb
Easy + Strides	Repeats	(optional)	Cruise Intervals	(optional)	Road Long Run	
Post run: 6-10x100m	800s	easy run	4-6 x 1mi w/2min rest	easy run		
5	7		8		16	10

25-Feb	26-Feb	27-Feb	28-Feb	1-Mar	2-Mar	3-Mar
Easy + Strides	Time Trial	(optional)	Hill Reps	(optional)	Road Long Run+	
Post run: 6-10x100m	Mile	easy run	4-6 x Morton Garage	easy run	Easy + last 1mi HARD	
6	7		7		20	12

4-Mar	5-Mar	6-Mar	7-Mar	8-Mar	9-Mar	10-Mar
Easy + Strides	Fartlek	(optional)	Cut-Down Run	(optional)	Pace Run	
Post run: 6-10x100m	15 x 1min ON / 1min OFF	easy run	Easy to 5k Race Pace	easy run	15 mi. @ race pace	
6	8		8		18	10

11-Mar	12-Mar	13-Mar	14-Mar	15-Mar	16-Mar	17-Mar
Easy + Strides	Repeats	(optional)	Cruise Intervals	(optional)	Road Long Run	
Post run: 6-10x100m	4x1000m	easy run	6 x 1mi w/2min rest	easy run		
5	7		8		19	11

18-Mar	19-Mar	20-Mar	21-Mar	22-Mar	23-Mar	24-Mar
Easy + Strides	Time Trial	(optional)	Hill Reps	(optional)	Road Long Run+	
Post run: 6-10x100m	5000m	easy run	5-8 x Monastery Hill	easy run	Sam Costa Half	last 1.5 mi HARD
6	7		10		23	13

25-Mar	26-Mar	27-Mar	28-Mar	29-Mar	30-Mar	31-Mar
Easy + Strides	Fartlek	(optional)	Cut-Down Run	(optional)	Pace Run	
Post run: 6-10x100m	10 x 2min ON / 1min OFF	easy run	Easy to ALL OUT	easy run	Carmel Marathon	
6	10		9		21	8

1-Apr	2-Apr	3-Apr	4-Apr	5-Apr	6-Apr	7-Apr
Easy + Strides	Repeats	(optional)	Cruise Intervals	(optional)	Road Long Run	
Post run: 6-10x100m	800s	easy run	3 x 2mi w/2min rest	easy run	Hoosier Half	
5	9		7		13.1	

8-Apr	9-Apr	10-Apr	11-Apr	12-Apr	13-Apr	14-Apr
Easy + Strides	Time Trial	(optional)	Hill Reps	(optional)	Road Long Run	
Post run: 6-10x100m	Mile	easy run	5-8 x Monastery Hill	easy run		
5	4		3		8	

15-Apr	16-Apr	17-Apr	18-Apr	19-Apr	20-Apr	21-Apr
Easy + Strides	Fartlek	(optional)	Cut-Down Run	(optional)	Road Long Run	
Boston Marathon	10 x 2min ON / 1min OFF	easy run	Easy to 5k Race Pace	easy run		
26.2			5		8	

22-Apr	23-Apr	24-Apr	25-Apr	26-Apr	27-Apr	28-Apr
Easy + Strides	Repeats	(optional)	Cut-Down Run	(optional)	Road Long Run	
Post run: 6-10x100m	800s	easy run	Easy to 5k Race Pace	easy run	Kentucky Derby Fest	
5	4		5		8	