

11 Week Half Marathon Training plan based on Power

This is an 11 week half marathon training plan where the training intensity is based on Power rather than pace or heart rate. Power is measuring the effort you are putting in as you run. Running up a hill or into a headwind requires more effort - power number increases at the same speed, and of course power number decreases at the same speed as you run down a hill, so you would slow down up a hill or speed up down a hill to maintain the same power level.

The target intensity is a percentage of what is known as your Critical Power

The definition of Critical Power (CP)

Critical Power is the threshold at which the dominant type of fatigue your body experiences changes. This number is used to determine your optimal training intensities (Power Zones) which trigger specific fitness gains and guide your race day effort.

Plan - Steve Palladino's Power based Half Marathon training plan for Stryd users

Using Stryd footpod(s) to measure power I'm running at (www.stryd.com) but different brand running watches now also try to measure power, e.g. Garmin, Polar, etc

In addition to the plan below there are pre-run drills, post-run stretches and on days with tempo / interval sessions optional Plyometrics and Strength work after the run. No pre/post work on long run day

Pre-run drill: to be done before all runs except long run

1) Perform 3 lunges each leg of the following exercises

Front Step Lunge: <https://www.youtube.com/watch?v=PI2W1NosCog>, Back Step Lunge: https://www.youtube.com/watch?v=PT2_Sell7kA, Side Step Lunge: <https://www.youtube.com/watch?v=KH4tHHvqGis>

2) Fence drills (aka wall drills)

- Front side and back side fence drills - 5 reps each leg for 'front side' and 'back side'
- Front side <https://www.youtube.com/watch?v=MSSvEw4R2iU>
- Back side <https://www.youtube.com/watch?v=VG2BtO4U2x8>

3) "Form Drills"

2 x 15 - 20 meters for each of three drills:

- Runner's Pose: <https://www.youtube.com/watch?v=gl9atwE2Hhc>
- High Knees: <https://youtu.be/4FZyL73aiME>
- A-Skips: <https://www.youtube.com/watch?v=692E8jdhSA8>

Post-run:

Core and Mobility work: This session is OPTIONAL, but recommended. Ideally, perform this session after running, as an evening session.

Components should include:

- 1) Planks
- 2) Mobility work.

Emphasis should be on proper form, and very gradual progression every 1-3 weeks.

PLANKS

- perform one set of each: regular front plank and side plank on each side. Typically, side planks are 1/2 the duration of a front plank. Start with something easily accomplished, then progress 10s on the front planks and 5s on the side planks every two weeks.
- other forms of core work may be added at the runner's discretion, but are not necessary
- video:
 - Plank: <https://www.youtube.com/watch?v=kPTriXtULa4>
 - Side Plank: <https://www.youtube.com/watch?v=CTSc55CeljQ>

MOBILITY WORK

- calf stretching with knee straight - 30 s each leg: https://www.youtube.com/watch?v=Ajwcz_k5tNU
- seated hamstring stretch - use towel or Resistance band to help stretch 30-60s: <https://www.youtube.com/watch?v=8zmtSk6oCYo>
- quad stretch 30s each leg: <https://www.youtube.com/watch?v=k0tW715sPPI>
- glute stretch lying down - bring knee to opposite shoulder, hold for 30s each
- hip flexor stretching <https://www.youtube.com/watch?v=PSikcROWGKg>
- donkey kicks <https://www.youtube.com/watch?v=CwjKF0994qo>
- foam rolling or other stretching as needed. E.g. <https://www.youtube.com/watch?v=JMMApNkdn7c>

Plyometrics: after Interval/Tempo sessions

This session is OPTIONAL, but recommended. Ideally, perform this session immediately after running. It may also be performed as an evening session (in conjunction with other supplemental post-run/evening components).

If you have not done plyometrics before:

- make sure that you are adequately warmed up
- consider adding only one element at first (eg, the box jumps), and add each subsequent element every 1-2 weeks.

Exercises:

- 1) box jumps <https://www.youtube.com/watch?v=mvP-NCdhLA0>
- 2) single legged hops (or single legged stair hops if available) https://www.youtube.com/watch?v=i_q11VVQWjs
- 3) big bounding for distance (last one in this series): <https://www.youtube.com/watch?v=ykfxaZSJUNk>

Reps:

- start with easily accomplished # of reps (4), progress 1 rep every month
- except for box jumps, reps refer to each leg

Strength Work: after Interval/Tempo sessions

This session is OPTIONAL, but recommended. Ideally, perform this session after running, as an evening session (or in conjunction with other supplemental post-run/evening components)

NOTE: do not do lower extremity strength work on easy running recovery days or rest days.

NOTE: may omit components of this session as you wish.

Upper body strength work:

- pushups, arm curls with dumbbells, military press with dumbbells, runners arm swings with dumbbells, bent over rows with dumbbells, and if available: pull-ups and bar dips
- for weights, start with easily accomplished weight for 8 reps, progress 1 rep every 1-2 weeks. Advance weight once you get to 15 reps.
- for body weight movements (pushups, etc), start with easily accomplished number of reps, and progress 1 rep every two weeks

Lower extremity strength:

- walking lunges with dumbbells. Start with weight and # of reps that is easily accomplished, progress 1 rep every 1-2 weeks. Advance weight once you get to 15 reps.

- glute/hip thrusts (without or with weight). Start with weight and # of reps that is easily accomplished, progress 1 rep progress 1 rep every 1-2 weeks.

Week	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1		EZ run @ <=80% of CP for 35 mins	EZ run @ <=80% of CP - include 3x 10s (or ~50m) gradual accelerations to near top speed. Stay fluid. Don't strain. (1:50 easy running recoveries)	Maximal Aerobic power / VO2 Max 12 min warmup 2 x 1 min @ 97-110% CP with 2 min recovery Extra 2 min recovery 4x 2:40 @ 101-120% CP with 2:30 recovery 9 mins cooldown		EZ run @ <=80% of CP - include 3x 10s (or ~50m) gradual accelerations to near top speed. Stay fluid. Don't strain. (1:50 easy running recoveries)	Long run 10 mins warmup 55 mins @ 75-80% of CP 5 x 1 min @ 101-105% CP followed by 2 mins recovery 6 mins cooldown
2		Near-threshold interval workout 8 min warmup @75-80% CP 2x 1 min @ 78-101% CP with 2 min recovery Extra 1 min recovery 3 x 7mins @ 78-101% CP with 3 mins recovery 5 mins cooldown	EZ run @ <=80% CP for 30 mins	HM Power Tempo 12 mins <=80% CP 2x 1 min @97-103% CP with 2 mins recovery 2 mins recovery 2x 11 mins @ 91-96% CP with 3 mins recovery 2 mins recovery		EZ run 17 mins @ 70-80% CP 3 x 10 sec @ 100-200% with 1:50 recovery 5 min cooldown	Long run 10 mins @ 65-80% CP 1 hour @ 75-82% CP 5 x 1 min @101-106% CP with 2 min recovery 7 min cooldown

Week	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
3		Supra-threshold interval workout 8 min warmup, 75-80% 2x 1 min @ 78-101% CP with 2 min recovery 1 min recovery 4 x 5 mins @ 98-104% with 2:45 recovery 4 mins cooldown	EZ run @ <=80% CP for 30 mins	HM Power Tempo 12 mins warmup 2 x 1 min @97-103% CP with 2 mins recovery 2 min recovery 12 mins @ 93-98% CP with 3 mins recovery 4 mins cooldown		EZ run 17 mins @ 70-80% CP 3 x 10 sec @ 100-200% with 1:50 recovery 5 min cooldown	Long run 10 mins @ 65-80% CP 1h 5 min @ 75-82% CP 6 x 1 min @101-106% CP with 2 min recovery 5 min cooldown
4		EZ run @ <=80% of CP for 35 mins	EZ aerobic/ recovery 24 min warmup @ 70-80% CP 3 x 10sec @100-200% CP with 1:50 recovery 5 min cooldown	Maximal aerobic power / VO2max workout 12 min warmup @ 70-80%CP 2 x 1 min @ 97-103% CP with 2 min recovery 2 min recovery 4 x 2:50 @ 101-106% CP with 2:30 recovery 10:40 cooldown		EZ Aerobic/ recovery 23 mins warmup 3 x 10 sec @ 100-200% with 1:50 recovery 5 min cooldown	Long run 10 min warmup 1h 10 @ 75-82% CP 6x 1 min @ 101-106% CP with 2 min recovery 6 min cooldown

Week	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
5		<p>Near-threshold interval workout 8 min warmup @75-80% CP 2x 1 min @ 97-103% CP with 2 min recovery Extra 1 min recovery 3 x 7:30 mins @ 96-102% CP with 3 mins recovery 3:30 mins cooldown</p>	<p>EZ run @ <=80% CP for 30 mins</p>	<p>HM Power Tempo 12 min warmup @ 70-80% CP 2 x 1min @97-103% CP with 2 mins recovery 2 min recovery 2 x 12 min @ 91-96% CP with 3 min recovery 5 min cooldown</p>		<p>EZ Aerobic/recovery run 14 min warmup 3 x 10 sec @ 100-200% CP with 1:50 recovery 5 min cooldown</p>	<p>Long Run 10 min warmup 1h 15m @ 75-82% CP 6 x 1min @ 101-106% CP with 2 mins recovery 7 mins cooldown</p>

Week	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
6		EZ aerobic/ recovery 30 mins @ 70-80% CP	EZ aerobic/ recovery 19 min warmup @ 70-80% CP 3 x 10sec @100-200% CP with 1:50 recovery 5 min cooldown	Testing 12 mins warmup ≤ 80%CP 1 min @ 97-103% CP, 2 min recovery 30 sec @ 102-107% CP, 1:30 recovery 1x10 sec @100-200% CP with 1:50 recovery Stop, walk, recover for 3 mins 3 mins build to max effort Stop, walk, recover for 5 mins 13 mins cooldown		EZ Aerobic/ recovery run 19 min warmup 3 x 10 sec @ 100-200% CP with 1:50 recovery 5 min cooldown	Testing 12 mins @ ≤80% CP 1 min @ 97-103% CP, 2 min recovery 30 sec @102-107% CP, 1:30 recovery 1x10 sec gradual access to top speed, 1:50 recovery Stop, walk, recover for 3 mins 20 mins fast steady start ending at max effort Stop, walk, recover for 5 mins 9:30 mins cooldown

Week	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
7		Supra-threshold interval workout 8 min warmup, 70-80% CP 2x 1 min @ 97-103% CP with 2 min recovery 1 min recovery 5 x 4:30 mins @ 98-104% with 2:45 recovery 3:45 mins cooldown	EZ Aerobic/ Recovery run 30 mins @ <= 80%	HM Power Tempo 12 min warmup <=80% CP 2 x 1 min @97-103% with 2 min recovery 2 mins easy 2 x 13 mins @ 91-96% CP with 3 mins recovery 3 mins cooldown		EZ Aerobic/ recovery run 15 min warmup 3 x 10 sec @ 100-200% CP with 1:50 recovery 3 min cooldown	Long Run 10 min warmup 1h 20min @ 75-82% 7 x 1 mins @ 101-106% CP with 2 min recovery 5 min cooldown
8		EZ aerobic/ recovery 30 mins @ 70-80% CP	EZ Aerobic/ Recovery run 24 mins warmup @ 70-80% CP 3 x 10 sec @ 100-200% CP with 1:50 recovery 5 min cooldown	Maximal Aerobic power / VO2 Max 12 min warmup 2 x 1 min @ 97-103% CP with 2 min recovery Extra 2 min recovery 4x 3 mins @ 101-106% CP with 2:30 recovery 11 mins cooldown		EZ Aerobic/ recovery 23 mins warmup 3 x 10 sec @ 100-200% with 1:50 recovery 5 min cooldown	Long Run 10 min warmup 1h 25m @ 75-82% CP 7 x 1min @ 101-106% CP with 2 mins recovery 7 min cooldown

Week	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
9		Near-threshold interval workout 8 min warmup @75-80% CP 2x 1 min @ 97-103% CP with 2 min recovery Extra 1 min recovery 3 x 8mins @ 96-102% CP with 3 mins recovery 3 mins cooldown	EZ Aerobic/ Recovery run 30 mins @ <= 80%	HM Power Tempo 12 mins <=80% CP 2x 1 min @97-103% CP with 2 mins recovery 2 mins recovery 2x 13 mins @ 91-96% CP with 3 mins recovery 3 mins cooldown		EZ Aerobic/ recovery run 15 min warmup 3 x 10 sec @ 100-200% CP with 1:50 recovery 3 min cooldown	Long Run 10 min warmup 1h 30m @ 75-82% CP 7 x 1min @ 101-106% CP with 2 mins recovery 9 min cooldown
10		EZ run @ <=80% of CP for 35 mins	EZ Aerobic/ Recovery run 24 mins warmup @ 70-80% CP 3 x 10 sec @ 100-200% CP with 1:50 recovery 5 min cooldown	Supra-Threshold Interval workout 8 min warmup 2 x 1min @ 97-103% CP with 2 min recovery 1 min recovery 4 x 4:30min 98-104% CP with 2:45min recovery 6 min cooldown		EZ Aerobic/ recovery run 24 min warmup 3 x 10 sec @ 100-200% CP with 1:50 recovery 5 min cooldown	Long Run 10 min warmup 50min @ 75-82% 5 x 1 mins @ 101-106% CP with 2 min recovery 5 min cooldown
11		Fartlek 15 min warmup 4x 1min @ 97-103% CP with 2 min recovery 3 min cooldown	EZ Aerobic/ Recovery run 20 mins @ <= 80%	Fartlek 15 min warmup 4 x 1min @ 97-103% CP with 2 min recovery 3 min cooldown		Pre Race 10 min warmup 2 x 1min @ 97-103% with 2 min recovery 4 min cooldown	

-> Race on the Sunday