

Murphy Half Marathon 2020 Training Plan

Week	Craig Ranch Fitness 6:30 PM		Scoggins Middle School 6:00 PM	Craig Ranch Fitness 6:30 PM			Craig Ranch Fitness 6:15 AM	Total Miles
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
1	3-Feb	4-Feb	5-Feb	6-Feb	7-Feb	8-Feb	9-Feb	
	2 miles	Rest/CT	1 mile w/u 4 x 400	2 miles	Rest/CT	Rest/CT	3-4 miles	12
2	10-Feb	11-Feb	12-Feb	13-Feb	14-Feb	15-Feb	16-Feb	
	2-3 miles recovery	Rest/CT	1 mile w/u 4 x 400	2-3 miles	Rest/CT	Rest/CT	5-6 miles	14
3	17-Feb	18-Feb	19-Feb	20-Feb	21-Feb	22-Feb	23-Feb	
	3 miles recovery	Rest/CT	1 mile w/u 2 x 800	3-4 miles	Rest/CT	Rest/CT	7-8 miles	17
4	24-Feb	25-Feb	26-Feb	27-Feb	28-Feb	29-Feb	1-Mar	
	3-4 miles recovery	Rest/CT	1 mile w/u 3 x 800	4 miles	Rest/CT	Rest/CT	8 miles	18
5	2-Mar	3-Mar	4-Mar	5-Mar	6-Mar	7-Mar	8-Mar	
	3-4 miles recovery	Rest/CT	1 mile w/u 4 x 800	4-5 miles	Rest/CT	Rest/CT	6 miles	17
6	9-Mar	10-Mar	11-Mar	12-Mar	13-Mar	14-Mar	15-Mar	
	3-4 miles recovery	Rest/CT	1 mile w/u 6-10 Hills	5 miles	Rest/CT	Rest/CT	7 miles	19
7	16-Mar	17-Mar	18-Mar	19-Mar	20-Mar	21-Mar	22-Mar	
	4 miles recovery	Rest/CT	1 mile w/u 5 x 800	5 miles	Rest/CT	Rest/CT	8-9 miles	21
8	23-Mar	24-Mar	25-Mar	26-Mar	27-Mar	28-Mar	29-Mar	
	4 miles recovery	Rest/CT	1 mile w/u 3 x 1 mile	4 miles	Rest/CT	Rest/CT	10-11 miles	23
9	30-Mar	31-Mar	1-Apr	2-Apr	3-Apr	4-Apr	5-Apr	
	4-5 miles recovery	Rest/CT	1 mile w/u 4 x 1 mile	5 miles	Rest/CT	Rest/CT	8 miles	21
10	6-Apr	7-Apr	8-Apr	9-Apr	10-Apr	11-Apr	12-Apr	
	4 miles recovery	Rest/CT	1 mile w/u 8-12 hills	4 miles	Rest/CT	Rest/CT	12-13 miles	22
11	13-Apr	14-Apr	15-Apr	16-Apr	17-Apr	18-Apr	19-Apr	
	3-4 miles recovery	Rest/CT	1 mile w/u 6 x 400	3 miles	Rest/CT	Rest/CT	10-11 miles	24
12	20-Apr	21-Apr	22-Apr	23-Apr	24-Apr	25-Apr	26-Apr	
	3-4 miles recovery	Rest/CT	1 mile w/u 6 x 400	3 miles	Rest/CT	Rest/CT	8 miles	17
13	27-Apr	28-Apr	29-Apr	30-Apr	1-May	2-May	3-May	
	3 miles recovery	Rest/CT	1 mile w/u 4 x 400	Rest	2 Miles Easy	Rest	Race Day 13.1	20

Recovery = Easy pace (can be run/walk)

CT = Cross Training (Strength or Yoga)

w/u = Warm Up

All runs (not including track workout) should be at an easy pace. This should be about 65-75% of your 5K pace.

Craig Ranch Fitness: 7910 Collin McKinney Pkwy, McKinney, TX 75070

Scoggins Middle School: 7070 Stacy Rd, McKinney, TX 75070

Hill Workout: 8450 TX-121, McKinney, TX 75070