

## Cecilia's Training Program for the 2007 Victoria Half Marathon (October 7, 2007)

Week	Mon	Tues	Weds	Thurs	Fri	Sat	Sun	Total
1 2-Jul to 8-Jul	Rest	Rest	Tempo Run Dist: 5mi, inc 3mi@8:54	Easy Run Dist: 4mi @10:29	Rest	Long Run Dist: 6mi @10:29	Easy Run Dist: 2mi @10:29	17 miles
2 9-Jul to 15-Jul	Rest	Easy Run Dist: 3mi @10:29	Speedwork Dist: 6mi, inc 2x1600@8:24	Cross train & weights	Rest	Long Run Dist: 7mi @10:29	Easy Run Dist: 2mi @10:29	18 miles
3 16-Jul to 22-Jul	Rest	Easy Run Dist: 4mi @10:29	Tempo Run Dist: 5mi, inc 3mi@8:54	Cross train & weights	Rest	Long Run Dist: 8mi @10:29	Easy Run Dist: 2mi @10:29	19 miles
4 23-Jul to 29-Jul	Rest	Easy Run Dist: 5mi @10:29	Easy Run Dist: 5mi @10:29	Cross train no weights	Rest	RACE DAY Dist: 8km Torchlight Run	Rest or 2mi easy	15 miles
5 30-Jul to 5-Aug	Easy Run Dist: 2mi @10:23	Easy Run Dist: 5mi @10:23	Tempo Run Dist: 6mi, inc 4mi@8:54	Rest  Travel Day	Long Run Dist: 8mi @10:23 London	Rest  St Catharines	Rest  Niagara-on- the-Lake	21 miles
6 6-Aug to 12-Aug	Rest  Travel Day	Easy Run Dist: 4mi @10:23 Victoria	Speedwork Dist: 7mi, inc 3x1600@8:19 Victoria	Cross train & weights Victoria	Rest  Victoria	Long Run Dist: 9mi @10:23 Victoria	Easy Run Dist: 2mi @10:23 Victoria	22 miles
7 13-Aug to 19-Aug	Rest	Easy Run Dist: 5mi @10:23	Tempo Run Dist: 6mi, inc 4mi@8:54	Cross train & weights	Rest	Long Run Dist: 10mi @10:23	Easy Run Dist: 2mi @10:23	23 miles
8 20-Aug to 26-Aug	Rest	Easy Run Dist: 6mi @10:23	Easy Run Dist: 5mi @10:23	Cross train & weights	Rest	Easy Run Dist: 6mi @10:23	Easy Run Dist: 2mi @10:23	19 miles
9 27-Aug to 2-Sep	Rest	Easy Run Dist: 6mi @10:17	Tempo Run Dist: 7mi, inc 5mi@8:53	Rest	Long Run Dist: 10mi @10:17	Easy Run Dist: 2mi @10:17	Rest	25 miles
10 3-Sep to 9-Sep	Speedwork Dist: 8mi, inc 4x1600@8:14	Easy Run Dist: 5mi @10:17	Rest	Long Run Dist: 10mi @10:17	Cross train no weights	Rest	RACE DAY Dist: 5km Iron Girl Seattle + 2mi to/from	27 miles
11 10-Sep to 16-Sep	Easy Run Dist: 4mi @10:17	Rest Dist: 4mi @10:17	Long Run Dist: 12mi @10:17	Rest  Travel Day	Rest  Copenhagen	Easy Run Dist: 4mi @10:17 Copenhagen	Rest  Copenhagen	24 miles
12 17-Sep to 23-Sep	Rest  Travel Day	Rest  Paris	Easy Run Dist: 3mi @10:17 Paris	Easy Run Dist: 4mi @10:17 Paris	Easy Run Dist: 3mi @10:17 Paris	Rest  Paris	Rest  Travel Day	10 miles
13 24-Sep to 30-Sep	Rest	Easy Run Dist: 5mi @10:10	Tempo Run Dist: 7mi, inc 5mi@8:53	Cross train & weights	Rest	Long Run Dist: 12mi @10:10	Easy Run Dist: 2mi @10:10	26 miles
14 1-Oct to 7-Oct	Rest	Easy Run Dist: 3mi @10:29	Easy Run Dist: 4mi @10:29	Tempo Run Dist: 5mi, inc 3mi@8:54	Rest	Rest  Victoria	RACE DAY Dist: 13.1mi Victoria Half Victoria	25 miles

The above program is an altered version of a Runner's World Smart Coach program based on a 4:25:13 marathon time

### Colour legend

Days in Seattle (blue)	Days away from Seattle (green)	Step back weeks (yellow)
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