

CONSCIOUS PILGRIM

Half-Marathon Training

	Mon	Wed	Thur	Fri	Sat	Sun
Week 1 05/08/2022	Run Z2 60 min	BRICK & Lift 1	Run 5 km	BRICK & Lift 2	Run 6.75 km	Run EZ 4 km
Week 2 05/15/2022	Run Z2 60 min	BRICK & Lift 1	Run 5 km	BRICK & Lift 2	Run 6.75 km	Run EZ 4 km
Week 3 05/22/2022	Run Z2 60 min	BRICK & Lift 1	Run 6 km	BRICK & Lift 2	Run 8.3 km	Run EZ 4 km
Week 4 05/29/2022	Run Z2 60 min	BRICK & Lift 1	Run 6.75 km	BRICK & Lift 2	Run 6.75 km	Run EZ 4 km
Week 5 06/05/2022	Run Z2 75 min	BRICK & Lift 1	Run 6.75 km	BRICK & Lift 2	Run 8.3 km	Run EZ 4 km
Week 6 06/12/2022	Run Z2 75 min	BRICK & Lift 1	Run 8.3 km	BRICK & Lift 2	Run 10 km	Run EZ 5 km
Week 7 06/19/2022	Run Z2 75 min	BRICK & Lift 1	Run 1.7 km w.u. 1.7 km r.p. 1.7 km c.d.	BRICK & Lift 2	Run 11.7 km	Run EZ 5 km
Week 8 06/26/2022	Run Z2 75 min	BRICK & Lift 1	Run 1.7 km w.u. 3 km r.p. 1.7 km c.d.	BRICK & Lift 2	Run 13.3 km	Run EZ 6 km
Week 9 07/03/2022	Run Z2 90 min	BRICK & Lift 1	Run 1.7 km w.u. 3 km r.p. 1.7 km c.d.	BRICK & Lift 2	Run 15 km	Run EZ 6 km
Week 10 07/10/2022	Run Z2 90 min	BRICK & Lift 1	Run 1.7 km w.u. 4.25 km r.p. 1.7 km c.d.	BRICK & Lift 2	Run 16.7 km	Run EZ 6 km

Week 11 07/17/2022	Run Z2 90 min	BRICK & Lift 1	Run 1.7 km w.u 5 km r.p. 1.7 km c.d.	BRICK & Lift 2	Run 13.3 km	Run EZ 6.7 km
Week 12 07/24/2022	Run Z2 90 min	BRICK & Lift 1	Run 1.7 km w.u 5 km r.p. 1.7 km c.d.	BRICK & Lift 2	Run 16.7 km	Run EZ 5 km
Week 13 07/31/2022	Run Z2 105 min	BRICK & Lift 1	Run 1.7 km w.u 6.7 km r.p. 1.7 km c.d.	BRICK & Lift 2	Run 20 km	Run EZ 5 km
Week 14 08/07/2022	Run Z2 105 min	BRICK & Lift 1	Run 1.7 km w.u 3.5 km r.p. 1.7 km c.d.	BRICK & Lift 2	Run 20 km	Run EZ 4 km
Week 15 08/14/2022	Run 1.7 km w.u 2.5 km r.p. 1.7 km c.d.	Lift 1	Run 30 min	Lift 2	Run 20 min.	RACE DAY AUG 21, 2022

BRICK = Bike & Run, typically 45 minute bike ride and 15 minute run, or 60 minutes on the bike

‘Lift’ Days are as indicated below.

Z2: Zone 2 training (BRICKs are also Z2)

- days are not always consecutive, but weeks are -

We take each week’s schedule as it comes, but finish every training day in each week.

Lift Day 1 (Pull Motions) - Back & Triceps

Cable Machines:	Resistance	Last Week	Target	Add Weight?
Row:				
Pull-down:				
Rope triceps pull				
Overhead rope pull:				
Dumbbell:				
Bent over flys				
Bent over triceps extension				
Barbell:				
Dead lift				
Two-arm row				
Clean & Press				

Lift Day 2 (Push Motions) - Chest & Biceps

Dumbbell:	Resistance	Last Week	Target	Add Weight?
Straight Arm Curl				
Iso Curl				
Bench Press				
Inclined Bench Press				
Bench Fly				
Inclined Bench Fly				
Barbell:				
Curl				
Overhand Curl				
Clean & Press				