

# The Road to Cap City Half --> Training Challenge 2019

## Half Marathon Training // Living Fit Columbus

Week of...	Week	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	
2/3/19	1	CAP CITY KICKOFF RUN+SOCIAL // LandGrant 1PM	REST	Run	Wed Workout: Group Cross Train or Run	4 miles	REST	CBJ 5TH LINE 5K	<b>Base Building Phase</b>
2/10/19	2	Recovery // EZ miles or XT	REST	Run	WED WORKOUT // Rise Fitness RRC Power 7PM	4 miles	7PM HARBOR YOGA // Donation based class Wesley Grace Foundation	6 miles	
2/17/19	3	Recovery // EZ miles or XT	REST	Run	Cross Train or Run (No group meet up)	4 miles	REST	6-7 miles	
2/24/19	4	Recovery // EZ miles or XT	REST	Run	WED WORKOUT // Community class for runners at Barre3 Powell 5:45PM	4 miles	REST	6-7 miles	
3/3/19	5	Recovery // EZ miles or XT	REST	Run	Wed Workout: Group Cross Train or Run	4-5 miles	REST	7-8 MILES GAM GROUP RUN WITH RISE FITNESS!!	<b>Power/ Peak Phase</b>
3/10/19	6	Recovery // EZ miles or XT	REST	XT or run	Daylight Savings! Outdoor group runs resume!	4-5 miles	REST	8 miles or M3S St Patty's Day 4 Miler	
3/17/19	7	Recovery // EZ miles or XT	REST	XT or run	Group run	4-5 miles	REST	9 miles	
3/24/19	8	Recovery // EZ miles or XT	REST	XT or run	Group run	4-5 miles	REST	10 miles	
3/31/19	9	Recovery // EZ miles or XT	REST	XT or run	Group run	4-5 miles	REST	10-11 miles	
4/7/19	10	Recovery // EZ miles or XT	REST	XT or run	Group run	4-5 miles	REST	10-12 miles (last double digit run... and yoga tomorrow!!)	<b>Taper Phase</b>
4/14/19	11	NOON SLOW FLOW AT HARBOR YOGA	REST	XT or run	Group run	4-5 miles	REST	8 miles	
4/21/19	12	Rest/ Recovery	REST	XT or run	Group run	3-4 miles EZ	REST	OHIO HEALTH CAPITAL CITY HALF MARATHON & EVENTS	

**Base/EZ Run** Easy, conversational pace, usually 30-60 seconds slower than goal race pace

**"Push" Run** Push pace, tempo (faster middle miles) or progression/negative splits run // Outdoors or local favs RISE Fitness, Shred 415, OTF

**XT** Cross Train, Strength, Stretch, Yoga, etc. // Local favs include Harbor Yoga & Barre3 Powell

**EVENT!** EVENTS WE ARE PLANNING OR ATTENDING THROUGHOUT THE TRAINING SCHEDULE... KEEPS US MOTIVATED, CREATES COMMUNITY & ALLOWS FOR PHOTOS & FUN! WE ARE PLANNING TO MEET UP MOST WED EVENINGS AND ONCE PER WEEKEND AS SCHEDULES ALLOW

Resources: [https://capitalcityhalfmarathon.com/pdf/training\\_half\\_int.pdf](https://capitalcityhalfmarathon.com/pdf/training_half_int.pdf)  
[LivingFitColumbus.com](http://LivingFitColumbus.com)