



Safari Marathon Training
 Track Workouts at Western Michigan University
 Sessions at 5:45 am and 6:00 pm



1/2 Marathon Track Snapshot

Week	Date	Beginners	Social	P.R.
1	June 16,2009	1 mile E, 2 miles P, 1 Mile E	1 mile E, 2 x 1/2 mile LT w/ 1/4 mile rec., 1 mile E	1 mile E, 2 miles T, 1 mile E
2	June 23,2009	1 mile E, 2 miles P, 1 mile E	1 mile E, 1 mile T, 1 mile E	2 miles E, 2 miles T, 1 mile E
3	June 30,2009	1 mile E, 2 miles P, 1 mile E	2 miles E, 1 mile T, 1 mile E	2 miles E, 2 miles T, 2 miles E
4	July 7,2009	1 mile E, 5 x 1/4 mile LT, w/1/4 mile rec. 1 mile E	2 miles E, 2 x 1 mile LT, w/ 1/4 Mile rec., 1 mile E	1 mile E, 2 x 1.75 miles LT, 1 mile E
5	July 14,2009	1 mile E, 6 x 1/4 mile LT w/1/4 mile rec., 1 mile E	2 miles E, 2 x 1.5 miles LT, w/ 1/4 Mile rec., 1 mile E	1 mile E, 4 x 3/4 VO2 w/ 600 Meter rec., 1 mile E
6	July 21,2009	1 mile E, 3 Miles P, 1 mile E	1 mile E, 3x 1mile LT, w/ 1/4 Mile rec., 1 mile E	2 miles E, 2x2 miles LT w/ 1/4 mile rec, 1 mile E
7	July 28,2009	1 mile E, 3 x 1/2 mile LT w/ 1/4 mile rec., 1 mile E	1 mile E, 2 x 2 miles LT, w/ 1/4 Mile rec., 1 mile E	1 mile E, 4 x 1 mile VO2 w/ 1/2 mile rec, 1 mile E
8	August 4,2009	1 mile E, 4 x1/2 mile LT w/ 1/4 ml rec, 1 mile E	1 mile E, 4 x 3/4 mile LT, w/ 1/4 Mile rec., 1 mile E	1 mile E, 4 miles T, 1 mile E
9	August 11,2009	1 miles E, 3 x 3/4 mile LT w/1/4 mile rec., 1 mile E	1 mile E, 2 x 2 miles LT w/ 1/4 Mile rec., 1 mile E	4 Yassos, 1/2 mile @ your projected 1/2 marathon finish time with the same amount between sets
10	August 18,2009	2 miles E, 3 x 3/4 mile LT w/ 1/4 mile rec., 1 mile E	2 miles E, 3 x 1 mile VO2, 1/2 Mile rec., 1 mile E	5 Yassos
11	August 25,2009	1 mile E, 4 x 3/4 mile LT, w/1/4 mile rec., 1 mile E	1 mile E, 4 x 1 mile LT, w/ 1/4 Mile rec., 1 mile E	6 Yassos
12	September 1,2009	1 mile E, 3 x 1 mile LT w/ 1/4 mile rec. 1 mile E	1 mile E, 3 x 1.5 mile LT w/ 1/4 Mile rec., 1 mile E	7 Yassos
13	September 8,2009	1 mile E, 2 x 2 mile LT w/ 1/4 mile rec. 1 mile E	1 mile E, 2 x 2 mile LT, w/ 1/4 mile rec., 1 mile E	8 Yassos
14	September 15,2009	1 mile E, 3 x 1/2 mile LT w/ 1/4 mile rec. 1 mile E	1 mile E, 3 1/2 mile LT w/ 1/4 mile rec., 1 mile E	1 mile E, 2 x 1.5 mile LT w/ 1/4 Mile rec., 2 miles E
15	September 22,2009	1 mile E, 2 Miles P, 1 mile E	1 mile E, 2 Miles P, 1 mile E	1 mile E, 2 Miles P, 1 mile E
	September 26, 2009	Park to Park	Park to Park	Park to Park

end of 1/2 M training

E = Easy Run; T= Tempo Run; LT = Lactate Threshold Interval; P= Marathon Pace Run; VO2 = VO2 max Run; S = Sprint Run