

Rough Creek Trail Half Marathon Training Plan

Produced by Dale Cougot of the Texas Yeti Runner



Reach out to Dale for a plan specifically built for you with specific training paces!

This plan can be used after Rough Creek to prepare you for your next race at the Big Cedar Endurance Run.

Half Marathon at Rough Creek leading into the Big Cedar 50K is not an easy challenge, and here the plan is geared toward setting you up for completing the race.

Rough Creek Half Marathon	Big Cedar 50K		Monday	Tuesday	Wed	Thursday	Fri	Saturday	Sunday	Total	
Weeks Out	Weeks Out	Week Focus	Day Focus-->	Recovery Run	Tempo/Speed	Rest	Hills (400 to 600 yards)	Walk	Long Slow (similar to course)	Walk	Miles per Week
			Start -->	No Warmup	1 Mile Warmup		1 Mile Warmup		1st Mile Slow		
			Wrap up-->	No Cool Down	Cool Down wrap up Miles		Cool Down wrap up Miles		Cool Down wrap up Miles		
11	18	Build	7/4/2016	4 RPE <= 4	5 2x1 mile @ RPE=7, 0.25 @ RPE=3		4 3xHills Up @ RPE=7; Down @ RPE=3	1	9 5 miles @ RPE=4; mile 3 & 7 @ RPE=6	2	25
10	17	Build	7/11/2016	4 RPE <= 4	5 2x1 mile @ RPE=8, 0.25 @ RPE=3		4 4xHills Up @ RPE=7; Down @ RPE=3	1	10 6 miles @ RPE=4; mile 3 & 8 @ RPE=6	2	26
9	16	Build	7/18/2016	5 RPE <= 4	6 3x1 mile @ RPE=7, 0.25 @ RPE=3		5 5xHills Up @ RPE=7; Down @ RPE=3	1	11 6 miles @ RPE=4; mile 3, 5 & 7 @ RPE=6	2	30
8	15	Recovery	7/25/2016	4 RPE <= 4	5 2x1 mile @ RPE=6, 0.25 @ RPE=3		4 3xHills Up @ RPE=4; Down @ RPE=4	1	8 5 miles @ RPE=4; mile 6 @ RPE=6	2	24
7	14	Build	8/1/2016	4 RPE <= 4	7 2x2 mile @ RPE=7, 0.25 @ RPE=3		5 3xHills Down @ RPE=5; Up @ RPE=3	2	12 7 miles @ RPE=4; mile 3, 7 & 10 @ RPE=6	2	32
6	13	Build	8/8/2016	5 RPE <= 4	7 2x2 mile @ RPE=7, 0.20 @ RPE=3		5 4xHills Down @ RPE=5; Up @ RPE=3	2	13 8 miles @ RPE=4; mile 3, 5 & 7 @ RPE=6	2	34
5	12	Build	8/15/2016	5 RPE <= 4	6 1x3 mile @ RPE=8, 0.25 @ RPE=3		6 4xHills Up @ RPE=5; Down @ RPE=5 (1 min recovery)	2	14 7 miles @ RPE=4; mile 3-4 & 10-11 @ RPE=6	2	35
4	11	Recovery	8/22/2016	4 RPE <= 4	5 3x1 mile @ RPE=6, 0.20 @ RPE=3		4 3xHills UP @ RPE=4; Down @ RPE=4 (1 min recovery)	2	9 5 miles @ RPE=4; mile 7 & 10 @ RPE=6	2	26
3	10	Peak	8/29/2016	5 RPE <= 4	7 2x2 mile @ RPE=8, 0.25 @ RPE=3		6 5xHills Up @ RPE=4; Down @ RPE=4 (1 min recovery)	3	15 7 miles @ RPE=4; mile 3-5 & 11,12 @ RPE=6	2	38
2	9	Taper	9/5/2016	5 RPE <= 4	5 2x1 mile @ RPE=6, 0.25 @ RPE=3		4 4xHills Up @ RPE=5; Down @ RPE=5 (1 min recovery)	3	8 5 miles @ RPE=4; mile 6 @ RPE=6	2	27
1	8	Race	9/12/2016	4 RPE <= 4	3 Easy Peasy		Rest	1	13 Rough Creek	2	23
	7	Recovery	9/19/2016	4 RPE <= 4	4 @ RPE=3; mile 3 @ RPE=5		5 4xHills Up @ RPE=2; Down @ RPE=2 (no recovery)	2	13 @ RPE=4; Social Run with a Partner	3	31
	6	Build	9/26/2016	6 RPE <= 4	5 3x1 mile @ RPE=8, 0.25 @ RPE=5		5 5xHills Up @ RPE=4; Down @ RPE=4 (1 min recovery)	3	15 7 miles @ RPE=4; mile 3-5 & 11,12 @ RPE=6	3	37
	5	Build	10/3/2016	6 RPE <= 4	6 5x.50 mile @ RPE=8, 0.25 @ RPE=5		5 5xHills Up @ RPE=6; Down @ RPE=3 (1 min recovery)	3	18 @ RPE=4; mile 5,6,7 & 15 @ RPE=6	3	41
	4	Build	10/10/2016	6 RPE <= 4	6 4x1 mile @ RPE=8, 0.25 @ RPE=3		6 5xHills Up @ RPE=5; Down @ RPE=5 (1 min recovery)	3	21 @ RPE=4; mile 5,6,7, & 15,16, 17, @ RPE=6	3	45
	3	Peak	10/17/2016	6 RPE <= 4	6 4x1 mile @ RPE=8, 0.25 @ RPE=3		6 6xHills Up @ RPE=5; Down @ RPE=5 (1 min recovery)	3	24 @ RPE=4; mile 5,6, 10,11 & 15,16 @ RPE=6	3	48
	2	Taper	10/24/2016	5 RPE <= 4	5 2x1 mile @ RPE=6, 0.25 @ RPE=3		5 4xHills Up @ RPE=4; Down @ RPE=4 (no recovery)	2	13 Social Run (no technical training)	3	33
	1	Race	10/31/2016	5 RPE <= 4	5 RPE <= 4		0 Rest	2	31 Big Cedar	3	46