



Silicon Valley Half
presented by Excite Credit Union
September 18–27, 2020



Real Virtual Racing™ Training Program

WEEK #1: August 10–16

Workout of the Week Run:

- 1-2 mile warm up followed by stretching and dynamic drills. This warm up is meant to be relaxed at your own leisure. This is also a great opportunity to meet and socialize with fellow runners.
- The workout: 6 x 400 meters at current 10k pace with 400 easy recovery jog between runs.
- This workout can be adjusted to 4 or 5 reps depending on the participants current fitness level.
- 1-2 mile cool down jog and stretch. Similar to the warm up, this is at your own leisure.

General Maintenance Run:

- Casual conversation pace jog suggested distance 3-5 miles

Weekend Run:

- Distance 6-8 miles conversation pace jog (progressive mileage build up)

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