



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



## **Real Virtual Racing™ Training Program**

WEEK #2: August 17–23

### **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 5k 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. Similar to the previous week but the speed is increased approximately 3-5 seconds per 400 repetition.
- 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 4-6 miles

### **Weekend Run:**

- Distance 9-11 mile conversation pace jog (progressive mileage build up)

[www.svhalfmarathon.com](http://www.svhalfmarathon.com)  
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