



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



Real Virtual Racing™ Training Program

WEEK #3: August 24–30

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: 30-40 minute tempo run. Tempo runs are meant to be comfortably hard.
- Runners should shoot for a pace slightly slower than goal half marathon pace.
- 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 5-7 miles

Weekend Run:

- Distance 10-12 miles conversation pace (peak training distance)

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