



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



Real Virtual Racing™ Training Program

WEEK #4: August 31–September 6

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: 1-2-3-2-1 Fartlek
 - Run for 1 minute at 5k pace followed by a recovery jog for 1 minute
 - Run for 2 minutes at 10k pace followed by a recovery jog for 2 minutes
 - Run for 3 minutes at your goal half marathon pace followed by a recovery jog for 3 minutes
 - Run for 2 minutes at 10k pace followed by a recovery jog for 2 minutes
 - Run for 1 minute at 5k pace followed by a recovery jog for 1 minute to finish the workout.
- 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 7-9 miles (reduced mileage over final two weeks leading up to race day)

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