



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



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

WEEK #5: September 7–September 13

### **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: 35-45 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 3-5 miles

### **Weekend Run:**

- Distance 5K - 10K Shakeout Run (Taper Time)

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