



**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)

[www.svhalfmarathon.com](http://www.svhalfmarathon.com)  
@runlocalevents #svhalf #runlocal

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## **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)

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## **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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## **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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## **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)

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

WEEK #6: September 14–20  
RACE WEEK

### **General Maintenance Run:**

- Casual conversation pace jog suggested distance 3-5 miles

### **Workout of the Week: Race Day!**

- You got this!
- Racing one of the live courses? Check your email and visit [www.svhalfmarathon.com](http://www.svhalfmarathon.com) for detailed instructions.
- Be mindful of guidelines as directed by Santa Clara County including:
  - 1) stay home if not feeling well
  - 2) face coverings
  - 3) minimum of 6ft+ of social distancing
  - 4) hand sanitizer/hand hygiene etiquette.
- Highly suggest having a water/electrolytes to stay hydrated and light snack for longer runs. Be sure to check weather forecast in advance and dress accordingly.

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