

Half Marathon Recovery Schedule

The following 4 week schedule is designed to assist in recovery after a half marathon while getting ready to start back into a training regime. The following assumptions are made:

- You just ran a half marathon and preparing to get back into training.
- You are relatively healthy WITHOUT injury. If so, then get proper treatment.
- You trained decent and ran pretty hard. (I.e. you're pretty sore)
- You have some time (3-6 weeks before starting your next program) If it's shorter, you must approach your recovery different and more aggressively but should be done so with caution.

This program prepares you to pick up a typical 12-18 week training program running 4-5x per week up to 6-7 mile long runs and 18-25 miles per week. The recovery program employs the following principals

- Reverse Taper approach of 7-10 days.
- Use Active recovery during first few days, do not lay around on the couch.
- All runs during reverse taper are EASY in nature.
- By the end of 3-4 weeks should be ready to get into serious training again.

	MON	TUE	WED	THU	FRI	SAT	SUN
Wk 1	Rest and/or massage. ADV tip: Go for a walk to start the process	Rest or AR or massage	RR 3-4	Rest or AR	Rest	RR4-5	Rest
Wk 2	Easy 3-4	Easy 4-5	Rest	Easy 3-4	Rest	Easy 5-6	Rest
Wk 3	Easy 3-4	Easy 4-5 + Strides 4x100m	Rest	Easy 4-5	Rest or XT	Easy 6	Rest
Wk 4	Easy 4-5	Easy 4-5 + Strides 6x100m	Rest	Easy 4-5	Rest or XT	MLR 6-7	Rest

LEGEND

- AR Active Recovery: Low Intensity Exercise such as Brisk Walk, Easy Swimming, Easy Elliptical Trainer session, Easy Functional Training w/ Stretching.
- RR Recovery Runs: Done at an even slower pace than easy runs – not a slow jog, but not much faster either. Designed to keep time on your feet while recovering after race or hard workout.
- Easy Easy Run: Sometimes called general Aerobic Runs. Done at a steady pace throughout to improve basic aerobic fitness and running economy.
- MLR Medium Long Run. Done at Easy, general aerobic pace (slow, long run) in the 60-90 minute range.
- Strides Short, quick but controlled bouts of “pick up speed” to engage leg speed and proper form. Not all out sprint, close.
- XT Cross Training: Swimming, Yoga, Pilates, Elliptical Trainer. Most XT sessions are based on Minutes and are 40-60 depending on where you are in your schedule.
- W Walking at a BRISK pace. Designed to get your heart rate up while on your feet.
- INT Interval of Walk / Run. Start with walking, then introduce an easy Jog for the prescribed time. Repeat.