

2024 Half & Half Challenge (Medtronic & Eau Claire Marathon)

Plan by: Coach Maria Long CoachMariaLong@gmail.com
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Rest Day Hydrate, Mobility Stretch/Foam Roll Prep for the week February 5	Dynamic Warmup E: 4-6 mi Strength Circuit 1	Dynamic Warmup E: 4-6mi + 3x20/40s strides	Rest or Cross Train 20-30min max	Dynamic Warmup E: 3-5mi Core Circuit	Dynamic Warmup E: 4-6mi + 3x20/40s strides	Dynamic Warmup LR: 6-8mi	1 21-31 Build
Rest Day Hydrate, Mobility Stretch/Foam Roll Prep for the week 12	Dynamic Warmup E: 5-7mi + 3x20/40s strides Strength Circuit 1	Dynamic Warmup E: 4-6mi	Dynamic Warmup Fartleks: 2mi warmup, 6x35sec fast, recover as needed. 4-6miles total Core Circuit	Rest or Cross Train 20-30min max	Dynamic Warmup E: 4-6mi + 3x20/40s strides	Dynamic Warmup Long Run: 6-8mi	2 23-33 Build
Rest Day Hydrate, Mobility Stretch/Foam Roll Prep for the week 19	Dynamic Warmup E: 5-7mi + 4x20/40s hill strides Strength Circuit 1	Dynamic Warmup E: 4-8mi	Dynamic Warmup Fartleks: 2mi warmup, 6x45sec fast, recover as needed. 5 miles total Core Circuit	Rest or Cross Train 20-30min max	Dynamic Warmup E: 4-6mi + 3x20/40s strides	Dynamic Warmup Long Run: 8-10mi	3 26-35 Build
Rest Day Hydrate, Mobility Stretch/Foam Roll Prep for the week 26	Dynamic Warmup E: 4-6mi + 4x20/40s hill strides Strength Circuit 2	Dynamic Warmup NS: 4-8mi 2mi easy, then progress the run as feels right to you	Dynamic Warmup R: 4-6mi Core Circuit	Rest or Cross Train 20-30min max March 1	Dynamic Warmup E: 5-6mi + 3x20/40s strides	Dynamic Warmup Long Run: 6-8mi	4 23-34 Cutback
Rest Day Hydrate, Mobility Stretch/Foam Roll Prep for the week 4	Dynamic Warmup E: 5-7mi + 4x20/40s strides Strength Circuit 2	Dynamic Warmup Tempo: 2mi warmup 3x5min @10kP/E Cooldown to 6-8mi	Dynamic Warmup R: 3-4mi Core Circuit	Rest or Cross Train 20-30min max	Dynamic Warmup E: 5-7mi + 3x20/40s strides	PT Warmup Long Run: 10-11mi	5 29-37 Build

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Rest Day Hydrate, Mobility Stretch/Foam Roll Prep for the week 11	Dynamic Warmup E: 5-7mi Strength Circuit 2 12	Dynamic Warmup Hill Repeats: 2mi WU 4x45s hard uphill, slow downhill to recover. Cooldown to 6-8mi total 13	Dynamic Warmup Recovery: 4mi Core Circuit 14	Rest or Cross Train 20-30min max 15	Dynamic Warmup E: 6-8mi + 3x20/40s strides 16	Dynamic Warmup Long Run: 10-12mi, last 10min strong finish 17	6 31-39 Build
Rest Day Hydrate, Mobility Stretch/Foam Roll Prep for the week 18	Dynamic Warmup E: 5-7mi + 4x20/40s hill strides Strength 1, w/weights 19	Dynamic Warmup NS: 6mi (4, 2) 2mi easy, then progress the run as feels right to you 20	Dynamic Warmup R: 5-6mi Core Circuit 21	Rest or Cross Train 20-30min max 22	Dynamic Warmup E: 5-7mi + 3x20/40s strides 23	Dynamic Warmup LR: 9-11mi 24	7 30-37 Cutback
Rest Day Hydrate, Mobility Stretch/Foam Roll Prep for the week 25	Dynamic Warmup E: 5-7mi + 4x20/40s hill strides Strength 1, w/weights 26	Dynamic Warmup Tempo: 2mi warmup 4x5min @10kP/E Cooldown to 6-8mi total 27	Dynamic Warmup E: 5-6mi Strength Circuit 2 28	Rest or Cross Train 20-30min max 29	Core Circuit Dynamic Warmup E: 6-8mi + 3x20/40s strides 30	Dynamic Warmup LR: 12-14mi 31	8 34-43 Build
Rest Day Hydrate, Mobility Stretch/Foam Roll Prep for the week April 1	Dynamic Warmup E: 5-7mi + 4x20/40s strides Strength 1, w/weights 2	Dynamic Warmup Hill Repeats: 2mi WU 4x45s hard uphill, slow downhill to recover. Cooldown to 7-9mi total 3	Rest or Cross Train 20-30min max 4	Dynamic Warmup E: 4-6mi Strength Circuit 2 5	Core Circuit Dynamic Warmup E: 7-9mi + 3x20/40s strides 6	Dynamic Warmup LR: 12-15mi, last 10min strong finish 7	9 35-46 Build
Rest Day Hydrate, Mobility Stretch/Foam Roll Prep for the week 8	Dynamic Warmup E: 5-7mi + 4x20/40s hill strides Strength 1, w/weights 9	Dynamic Warmup Tempo: 2mi WU 2x10min @10kP/E Cooldown to 6mi 10	Dynamic Warmup E: 4mi Strength Circuit 2 11	Rest or Cross Train 20-30min max 12	Core Circuit Dynamic Warmup E: 5-7mi + 4x20/40s hill strides 13	Dynamic Warmup LR: 8-10mi 14	10 28-34 Taper

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Rest Day Hydrate, Mobility Stretch/Foam Roll Prep for the week 15	Dynamic Warmup E: 3-5mi + 4x20/40s strides Strength 1, w/weights 16	Dynamic Warmup Fartlek Ladder: 2mi WU 30s/30sR, 60s/60sR, 90s/90sR, 60/60, 30/30 Cooldown to 5mi total 17	Rest E: 3mi Core Circuit 18	Rest or Cross Train 20-30min max 19	Dynamic Warmup E: 3-5mi 20	Dynamic Warmup LR: 6-8mi, last 10min strong finish 21	11 20-26 Taper
Rest Day Hydrate, Mobility Stretch/Foam Roll Prep for the week 22	Dynamic Warmup E: 3-5mi Strength 1, no weights 23	Dynamic Warmup E: 3mi + 4x20/40s strides 24	Rest Hydrate, Mobility Stretch/Foam Roll Prep/Pack for the weekend 25	Core Circuit Dynamic Warmup E: 2-3mi with 2-3 strides 26	Get in Gear Medtronic Half Dynamic Warmup 13.1 miles!!! 27	EC Half Marathon Dynamic Warmup 13.1 miles!!! 28	12 8-11 Taper

Strength Circuit 1

Body weight or low-moderate weight dumbbells

2-3 Sets of:

- 10-15 Squats
- 10-15 Walking Lunges
- 10-15 Pushups
- 30-60sec Plank

Core Circuit

Body weight

2-3 Sets of:

- 10-15 Mountain Climbers
- 10-15 Plank Shoulder Taps
- 10-16 Bicycles
- 10-15 Bridges
- 30-60sec Side Plank (each side)

Strength Circuit 2

Body weight or low-moderate weight dumbbells

2-3 Sets of:

- 16-20 Side Lunges (8-10 each leg)
- 16-20 Single Leg step ups (8-10 each leg)
- 10-16 Single Leg Dumbbell curl to press (5-8 standing on 1 leg, 5-8 standing on the other leg)
- 10-15 Dead Bugs

Dynamic Warmup

5-10min before your run

2-3 Sets of:

- Knee to Chest, 5-8 each leg
- Reach & Drive, 5-8 each leg
- Side steps with a band, 8-10 left and 8-10 right
- Donkey Kicks, 5-8 each leg

*By participating in this program, you are assuming all risks inherent to participation in running and conditioning programs, and release Maria Long, Eau Claire Marathon, and any affiliates from liability for any and all claims.