

MALIBU

VTRL

5K • HALF MARATHON • 50 MILE CHALLENGE

**TRAIN LIKE AN ATHLETE
SLEEP LIKE A BABY**

ADVANCED TRAINING PLAN

2020 OFFICIAL TRAINING PLAN

#RUNMALIBUVTRL

PRESENTED BY **RUSNAK**



ADVANCED TRAINING PLAN

This program is designed to be a general training plan for the advanced runner. This is not your first half marathon. You're looking to set a PR.

training plan. Feel free to switch workouts, change days and do what you can. If you do 80-90% of what is listed below you will be in great shape to crush the race!

We realise your schedule and/or training level may not accommodate every step of this

Good luck, have fun, and always reach out with questions if you have them.

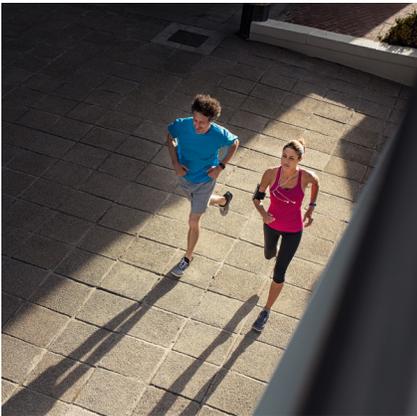
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	2-5 miles	Track - 100m	Recovery/ Yoga	Fartlek 2-5 miles	2-5 miles	4 miles	Recovery/ Yoga
Week 2	3-6 miles	Track - 200m		Hills 30-45 mins	3-5 miles	6 miles	
Week 3	4-7 miles	Track - 100m		Tempo 4+ miles	3-5 miles	8 miles	
Week 4	2-5 miles	Track - 200m		Fartlek 5+ miles	3-5 miles	5 miles	
Week 5	3-6 miles	Track - 100m		Hills 45-60 mins	3-5 miles	8 miles	
Week 6	4-7 miles	Track - 200m		Tempo 5-7 miles	3-5 miles	10 miles	
Week 7	5-7 miles	Track - 100m		Fartlek 6 miles	2-5 miles	12 miles	
Week 8	3-5 miles	Track - 200m		Hills 45-60 mins	3-5 miles	8 miles	
Week 9	4-6 miles	Track - 100m		Tempo 6+ miles	3-5 miles	11 miles	
Week 10	5-8 miles	Track - 200m		Fartlek 8 miles	3-5 miles	13 miles	
Week 11	4-6 miles	Track - 100m		Hills 45-60 mins	2-5 miles	10 miles	
Week 12	2-5 miles	Rest/ Recovery		Med Tempo 5 miles	3-4 miles	3 miles	Race Day!

THE WORKOUTS



TRACK WORKOUT

A very basic track workout to add to your training is as follows: 1 mile warm up, 100 meter sprint, 100 meter jog for 2 miles (8 times around a track) and 1/2 to 1 mile cool down. The idea here is to make your final two sprints as fast or faster than the average of your first two sprints. You can also do the same workout with 200 meter sprints.



FARTLEK RUN

This is the way I trained for my first marathon & it definitely helped me realize I was going to make it to the finish. It was as simple as running for 3 minutes and walking for 1 minute. My friends wound up running the entire race that way while I ran the first 14 miles, then did a 5 minute run and a 1 minute walk for the rest of the marathon. Feel free to run/walk/run/walk your way to the finish. There is actually science that proves you'll make it there just as fast as if you try to run the whole course.



HILL RUN

Find some hills or stairs and get yourself a good climbing workout. In trail running we rarely assign distance. Our workouts are all based on time. So get outside and go for 30 minutes or 45 or 60. Enjoy the outdoors and go off the beaten trail. There is nothing like training on trails, it will help you conquer the climbs during your half marathon, because there are some climbs!



TEMPO RUN

This will be one of your toughest workouts. The idea is to take the first mile to warm up, then choose a pace that you can maintain the entire run. For instance, if you're looking to run an 8 minute mile, take 9-10 minutes on the first mile, then do your best to keep that 8 minute pace the entire run.

READY TO RUN VIRTUAL?

MALIBU

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RUN FOR FREE WHEN YOU REFER YOUR FRIENDS



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EARN \$20 BACK



REFER **10** FRIENDS

EARN AN ADDITIONAL
\$20 BACK



REFER **15** FRIENDS

EARN AN ADDITIONAL
\$20 BACK



REFER **20** FRIENDS

RUN IN A NEW PAIR
OF NEW BALANCE

FIND OUT MORE:
[RUNMALIBU.COM/REFERRALPROGRAM](https://runmalibu.com/referralprogram)

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