

To make your SmartCoach training plan interactive, you will need to create an account with the Runner's World Personal Trainer. Once that's done, the plan below will be applied to your Personal Trainer calendar. (If you already have an account, the plan will be applied to your existing Personal Trainer calendar.)

The Runner's World Personal Trainer, powered by TrainingPeaks.com, helps you monitor, analyze, and manage your workouts online.

The cost to make your SmartCoach plan interactive is \$9.99, which includes a basic Personal Trainer account. You may upgrade to a premium Personal Trainer account, which gives you many more tools and options, at any time. The next screen will prompt you to create a Personal Trainer account (or log in to your existing account), and enter your credit card information. Before proceeding, **please be sure the plan below is exactly how you want it.**

Here's your individualized training program:

Your current race time is: 1:30:00 for a Half-Marathon

Your distance training goal is: Half-Marathon

You currently train: 6 - 10 miles/week

How hard you want to train: Moderate

Your long-run day: Sunday

Your training program Starts: Monday, 5/3/2010 and Ends: Sunday, 8/8/2010

Length of your training schedule: 14 weeks

To make this training program interactive:

[Apply Schedule to Personal Trainer Account »](#)

[or, Revise your training program](#)

Wk	Date	Mon	Tues	Weds	Thurs	Fri	Sat	Sun	Total
1	5/3 5/9	Rest / XT	Easy Run Dist: 2 mi @8:02	Rest / XT	Easy Run Dist: 2 mi @8:02	Rest / XT	Rest / XT	Easy Run Dist: 2 mi @8:02	6 miles
2	5/10 5/16	Rest / XT	Easy Run Dist: 2 mi @8:02	Rest / XT	Easy Run Dist: 2 mi @8:02	Rest / XT	Rest / XT	Easy Run Dist: 3 mi @8:02	7 miles
3	5/17 5/23	Rest / XT	Easy Run Dist: 2 mi @8:02	Rest / XT	Easy Run Dist: 3 mi @8:02	Rest / XT	Rest / XT	Easy Run Dist: 4 mi @8:02	9 miles
4	5/24 5/30	Rest / XT	Easy Run Dist: 2 mi @8:02	Rest / XT	Easy Run Dist: 3 mi @8:02	Rest / XT	Rest / XT	Easy Run Dist: 5 mi @8:02	10 miles
5	5/31 6/6	Rest / XT	Easy Run Dist: 2 mi @7:57	Rest / XT	Tempo Run Dist: 5 mi, inc Warm; 3 mi @ 6:37; Cool	Rest / XT	Rest / XT	Long Run Dist: 6 mi @7:57	13 miles
6	6/7 6/13	Rest / XT	Easy Run Dist: 2 mi @7:57	Rest / XT	Speedwork Dist: 5 mi, inc Warm; 2x1600 in 6:14 w/800 jogs; Cool	Rest / XT	Rest / XT	Long Run Dist: 6 mi @7:57	13 miles
7	6/14 6/20	Rest / XT	Easy Run Dist: 2 mi @7:57	Rest / XT	Tempo Run Dist: 5 mi, inc Warm; 3 mi @ 6:37; Cool	Rest / XT	Rest / XT	Long Run Dist: 7 mi @7:57	14 miles
8	6/21 6/27	Rest / XT	Easy Run Dist: 2 mi @7:57	Rest / XT	Tempo Run Dist: 6 mi, inc Warm; 4 mi @ 6:40; Cool	Rest / XT	Rest / XT	Long Run Dist: 7 mi @7:57	15 miles
9	6/28 7/4	Rest / XT	Easy Run Dist: 4 mi	Rest / XT	Easy Run Dist: 3 mi	Rest / XT	Rest / XT	Easy Run Dist: 4 mi	11 miles

			@7:53		@7:53			@7:53	
10	7/5 7/11	Rest / XT	Easy Run Dist: 2 mi @7:53	Rest / XT	Speedwork Dist: 7 mi, inc Warm; 3x1600 in 6:11 w/800 jogs; Cool	Rest / XT	Rest / XT	Long Run Dist: 8 mi @7:53	17 miles
11	7/12 7/18	Rest / XT	Easy Run Dist: 2 mi @7:53	Rest / XT	Tempo Run Dist: 6 mi, inc Warm; 4 mi @ 6:36; Cool	Easy Run Dist: 2 mi @7:53	Rest / XT	Long Run Dist: 8 mi @7:53	18 miles
12	7/19 7/25	Rest / XT	Easy Run Dist: 2 mi @7:53	Rest / XT	Tempo Run Dist: 7 mi, inc Warm; 5 mi @ 6:40; Cool	Easy Run Dist: 2 mi @7:53	Rest / XT	Long Run Dist: 9 mi @7:53	20 miles
13	7/26 8/1	Rest / XT	Easy Run Dist: 2 mi @7:48	Rest / XT	Speedwork Dist: 8 mi, inc Warm; 4x1600 in 6:07 w/800 jogs; Cool	Easy Run Dist: 2 mi @7:48	Rest / XT	Long Run Dist: 9 mi @7:48	21 miles
14	8/2 8/8	Rest / XT	Easy Run Dist: 2 mi @8:02	Rest / XT	Tempo Run Dist: 5 mi, inc Warm; 3 mi @ 6:41; Cool	Rest / XT	Rest / XT	Race Day Dist: Half-Marathon @6:39 Time: 1:27:17	20 miles