

# 2015 Summer Training Plan

Updated July 14, 2015



[boise-runwalk.com](http://boise-runwalk.com)

		Week#	Half Marathon	10K	Location	Coaching Session Topics
<b>Saturday</b>	18-Jul	1	5	1	Shoreline Park	Welcome! + Goals + Introductions Slow down = Run/Walk Intervals.
Sunday	19-Jul					
Monday	20-Jul					
Tuesday	21-Jul					
Wednesday	22-Jul					
Thursday	23-Jul					
Friday	24-Jul					
<b>Saturday</b>	25-Jul	2	6	2	Shoreline Park	Race Event Hydration + Carbs Dress Rehearsals Every Day
Sunday	26-Jul					
Monday	27-Jul					
Tuesday	28-Jul					
Wednesday	29-Jul					
Thursday	30-Jul					
Friday	31-Jul					
<b>Saturday</b>	1-Aug	3	7	2	Shoreline Park	Run/Walk Intervals + Q&A
Sunday	2-Aug					
Monday	3-Aug					
Tuesday	4-Aug					
Wednesday	5-Aug					
Thursday	6-Aug					
Friday	7-Aug					
<b>Saturday</b>	8-Aug	4	8	3	Camel's Back Park	Hill Run/Walk Form + Technique Fluids + Carbs + Training Intensity
Sunday	9-Aug					
Monday	10-Aug					
Tuesday	11-Aug					
Wednesday	12-Aug					
Thursday	13-Aug					
Friday	14-Aug					
<b>Saturday</b>	15-Aug	5	9	3	Shoreline Park	Race Week Nutrition Every week is a dress rehearsal.
Sunday	16-Aug					
Monday	17-Aug					
Tuesday	18-Aug					
Wednesday	19-Aug					
Thursday	20-Aug					
Friday	21-Aug					
<b>Saturday</b>	22-Aug	6	10	4	SE 2.3 off Parkcenter Blvd	Season Review, Q&A, Short Session Formula 4 success in 2 minutes or less
Sunday	23-Aug					
Monday	24-Aug					
Tuesday	25-Aug					
Wednesday	26-Aug					
Thursday	27-Aug					
Friday	28-Aug					
<b>Saturday</b>	29-Aug	7	7	4	Camel's Back Park	Race Strategy - Run Like You Train. Review H2O, Carbs and Pace.
Sunday	30-Aug					
Monday	31-Aug					
Tuesday	1-Sep					
Wednesday	2-Sep					
Thursday	3-Sep					

Friday	4-Sep					
<b>Saturday</b>	5-Sep	8	11	5	Shoreline Park	<b>Short Session: Q&amp;A, Warm-up &amp; Go Spirit of Boise Balloons! Routes around the balloons.</b>
Sunday	6-Sep					
Monday	7-Sep		35	30		
Tuesday	8-Sep		30	30		
Wednesday	9-Sep					
Thursday	10-Sep		45	35		
Friday	11-Sep					
<b>Saturday</b>	12-Sep	9	7	5	Shoreline Park	<b>Open Q&amp;A + Taper</b>
Sunday	13-Sep					
Monday	14-Sep		35	30		
Tuesday	15-Sep		45	40		
Wednesday	16-Sep					
Thursday	17-Sep		35	30		
Friday	18-Sep					
<b>Saturday</b>	19-Sep	10	12	6	SE 2.3 off Parkcenter Blvd	<b>No Topics - Warm-up and Go</b>
Sunday	20-Sep					
Monday	21-Sep		30	25		
Tuesday	22-Sep		30	25		
Wednesday	23-Sep					
Thursday	24-Sep		40	35		
Friday	25-Sep					
<b>Saturday</b>	26-Sep	11	6	5	Shoreline Park	<b>Strategy for 4 R4HG Half Marathons</b>
Sunday	27-Sep					
Monday	28-Sep		30	25		
Tuesday	29-Sep		35	30		
Wednesday	30-Sep					
Thursday	1-Oct		25	20		
Friday	2-Oct					
<b>Saturday</b>	3-Oct	12	13.1	6.2	Run for the Hills - Fruitland	
<b>Sunday</b>	11-Oct		13.1	6.2	City of Trees - Boise	
<b>Saturday</b>	24-Oct		13.1	6.2	Rush Creek Stampede - Cambridge, Idaho USA	
<b>Sunday</b>	1-Nov		13.1	6.2	Run 4 Heaven's Gate - Jesus rocks!	