



BASIC TRAINING

A unique fitness course based on the exercises of the U.S. Navy SEAL Teams.

BASIC TRAINING ENDURANCE RUNNING PROGRAM (½ MARATHON)

This program is designed for runners who can now comfortably run 3 miles or so 3 to 4 times per week. It is designed to comfortably and safely increase your running endurance up to the point at which you can complete a 13.1 mile run (a ½ marathon!).

This is a great off-season plan for sprint and Olympic distance triathletes. This plan will help you build the best base possible before you start your build training in the early spring.

As with all training plans, we recommend that you consult your doctor before starting this program.

Important Terms

PACE: These runs should be Level 2 runs, or a pace at which you can comfortably carry on a conversation. If you're wearing a heart rate monitor, you should be aiming for something around 65-75% of your maximum heart rate.

DISTANCE: Try to get as close as you can to the distances shown here. This may require some pre-planning on your part, such as taking the car out to measure before your runs.

CROSS: If you prefer, you can do the optional cross training when called for. Plan on cycling, spin class, swimming, or stairstepping if you opt for crosstraining.

LONG RUNS: The weekend long run are the key to this program. Be very consistent in your weekly long runs!

TAKE YOUR TIME: If this program seems too aggressive, lengthen it and go slowly. Repeat each week if you need to, or step back one week every three weeks. I'm not a fan of long distance training, because it seems that's where most athletes tend to get injured, so take it slow, if you need to—just be very consistent.

This program is written with the assumption you are taking Basic Training on Monday, Wednesday, and Saturday, but it will work just as well if you're taking the class on other days. Just juggle the days shown here to fit your actual schedule.

Drills

You should either start every run with drills, or incorporate drills into every run.



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THE PLAN – ½ MARATHON

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Total (w/o opt)
1	BT/ opt 2 mi	Cross	BT/3 mi	3 mi run	Rest	BT	4 mi run	10
2	BT/ opt 2 mi	Cross	BT/ 3 mi run	3 mi run	Rest	BT	4.5 mi run	10.5
3	BT/ opt 2 mi	Cross	BT/ 3.5 mi run	3 mi run	Rest	BT	5 mi run	11.5
4	BT/ opt 2 mi	Cross	BT/ 3.5 mi run	3.5 mi run	Rest	BT	5 mi run	12
5	BT/ opt 2 mi	Cross	BT/3.5 mi run	4 mi run	Rest	BT	6 mi run	13.5
6	BT/ opt 2 mi	Cross	BT/ 4 mi run	4 mi run	Rest	BT	5K time trial	11
7	BT/ opt 2 mi	Cross	BT/ 4 mi run	4 mi run	Rest	BT	7 mi run	13
8	BT/ opt 2 mi	Cross	BT/ 4 mi run	4.5 mi run	Rest	BT	8 mi run	17.5
9	BT/ opt 2 mi	Cross	BT/ 5 mi run	6 mi run	Rest	BT	10K time trial	17
10	BT/ opt 2 mi	Cross	BT/ 5 mi run	5 mi run	Rest	BT	9 mi run	19
11	BT/ opt 2 mi	Cross	BT/ 5 mi run	4 mi run	Rest	BT	10 mi run	19
12	BT/ opt 2 mi	Cross	BT/ 2 mi run	2 mi run	Rest	BT	13.1 mi run	17