

Plan B is ideal for:

- (1) Runners with a solid running base, comfortable racing the half marathon distance, and just looking to fine tune or get back into race shape
- (2) Veteran half marathoners looking to set a significant PR

Recommended base prior to beginning Plan B:

- (1) Consistently running 4 or more days a week for several months, with total weekly mileage in the 15+ mile range
- (2) Comfortable with a long run of 6-8 miles
- (3) Comfortable running moderate hills

If in doubt, use Plan A. Both plans will get you to the finish line. Choosing Plan B if you don't have the required base and aren't ready for the level of intensity can lead to injury. Even when choosing Plan B, particularly on Tuesdays, you can always drop back and do the Plan A workout for that day on weeks you are feeling a bit spent.

Strength and/or Cross Training

Do a 30-60 minute low impact cross training or strength training workout. Swimming, cycling, and/or yoga are good choices. A strength training workout at the gym that focuses on upper body, core, and hip strengthening is also a good choice. With strength training workouts, dial it back a little. A little soreness and fatigue the next day is okay, but you should not be so sore and tired that it significantly affects your run.

Weekday Runs

Runners will run two of the three training runs for this program on their own. The Steeps have many opportunities throughout the week for runners to run with a small group or during a Pub Run. These are runs that you can push yourself and work on tempo runs and hill work.

Saturday Long Run

The Saturday long run is the key workout for the week. Take it slow enough that you aren't completely wiped out at the end of the run. You should feel tired, but not so tired that you just want to sit on the couch for the rest of the day.

Sunday Recovery Run

Get moving on Sunday to work out any stiffness or soreness from the Saturday long run.

Moving Days Around

Life happens. Sometimes you may need to move runs around. We recommend looking at your weekly schedule every Sunday evening, and planning into your week when you are going to do your runs.

Consistency is the key factor to success in running. It is okay to move your weekday runs to other days within these rules:

- (1) Don't run more than three days in a row.
- (2) Keep a minimum of one day between a tempo or bonus run and a long run. (e.g. – bonus on Thursday, long on Sat)
- (3) If you absolutely must drop a run for a week, drop the Sunday mileage.

If you have further questions about what to do, please ask your coach.

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 8/10/2026	Strength, and/or Cross Training	4 Miles CP	3 Miles CP + Strength	3-4 Miles CP	OFF	5 Miles CP	2-3 Miles RR
2 8/17/2026	Strength, and/or Cross Training	4-5 Miles 20-25 min at Tempo	3 Miles CP + Strength	3-4 Miles CP with 10 strides in last 2 miles	OFF	6 Miles CP	2-3 Miles RR
3 8/24/2026	Strength, and/or Cross Training	4-5 Miles 20-25 min at Tempo	3 Miles CP + Strength	3-4 Miles CP with 10 fartleks in last 2 miles	OFF	7 Miles CP	2-3 Miles RR
4 8/31/2026 Recovery Week	Strength, and/or Cross Training	4 miles CP	3 Miles CP + Strength	3-4 Miles CP	OFF	4-5 Miles CP	Off
5 9/7/2026	Strength, and/or Cross Training	4-5 Miles CP	4 Miles CP + Strength	3-4 Miles CP Fartleks, hills, or 800m intervals	OFF	8 Miles CP	3 Miles RR
6 9/14/2026	Strength, and/or Cross Training	5-6 Miles 20-30 min at Tempo	4 Miles CP + Strength	3-4 Miles CP	OFF	9 Miles CP	3 Miles RR
7 9/21/2026	Strength, and/or Cross Training	5-6 Miles 20-30 min at Tempo (or CP if M10M)	4 Miles CP + Strength	3-4 Miles CP Fartleks, hills, or 800m intervals	OFF	10 Miles CP	3 Miles RR
8 9/28/2026 Recovery Week	Strength, and/or Cross Training	5 Miles CP	4 Miles CP + Strength	3-4 Miles CP	OFF	6 Miles CP	OFF
9 10/5/2026	Strength, and/or Cross Training	5-6 Miles 20-30 min at Tempo	5 Miles CP + Strength	3-4 Miles CP Fartleks, hills, or 800m intervals	OFF	11 Miles CP	3-4 Miles RR
10 10/12/2026 Taper Week - Race Week	Strength, and/or Cross Training	5 Miles CP	5 Miles CP + Strength	3-4 Miles CP	OFF	OFF	BALTIMORE HALF MARATHON

HIGHLIGHTED=Group Run

HIGHLIGHTED=Goal Race

CP = Conversational Pace – you should be able to speak in full sentences

RR = Recovery Run – take your conversational pace and slow it down even more, walk hills if necessary

RP = Race Pace – goal race pace