



P90X3 Half Marathon Training Plan

Glossary of Workouts

BASE Run

Duration of BASE Runs is indicated by the number in the title (e.g. BASE Run 30 indicates that the duration of the workout is 30 minutes) or by mileage. All BASE Runs are to be done between 55 and 75% of maximum heart rate. You can use an online formula or a field test to get your max heart rate if you wish. However, in general, this means that the run should be done at a “conversational” pace. It’s ok to be a little “breathy” but you should be able to have a conversation with only a little trouble during these runs. I even recommend walking periodically to get heart rate back under control if you can’t run the entire duration in a conversational state at first.

BASE Run SI 35

Total workout duration is 35 minutes. SI stands for speed intervals.

10 min warmup easy

6 x 30 sec controlled sprint

2 min walking recovery between sprints

Cooldown to reach total time

BASE Run SI 35 (1 minute intervals)

Total workout duration is 35 minutes. SI stands for speed intervals.

10 min warmup easy

6 x 1 min controlled sprint

2 min walking recovery between sprints

Cooldown to reach total time



BASE Run Tempo

Total workout duration is indicated by the number in the title.

10 min warm-up easy

20 min tempo pace

10 min cooldown descending in effort

Tempo pace is approximately 80% of max heart rate. This means you should NOT be able to hold a conversation. You should be on the line between “I need to stop” and “I can keep going but it’s challenging”. Short gasps are necessary to talk. It is tough but doable. This is also sometimes described as “10K race pace”.

P90X3 Workouts

Workouts with “P90X3” in the title indicate a specific workout DVD available through the Beachbody P90X3 DVD workout program. This training plan cannot be accomplished as planned without that DVD set. If you already have a Beachbody Coach that you work with, please get it from them. If you do not have a coach, please get it through me by contacting me at ryan@tribasetraining.com. I will help you get it on demand or via DVD for the best price.



Daily Training Schedule

Day 1 P90X3 Dynamix	Day 2 BASE Run 30	Day 3 P90X3 - Total Synergistics	Day 4 BASE Run 30	Day 5 P90X3 - The Warrior	Day 6 BASE Run 45	Day 7 BASE Run 25 P90X3 - X3 Yoga
Day 8 P90X3 Dynamix	Day 9 BASE Run 30	Day 10 P90X3 - Total Synergistics	Day 11 BASE Run 30	Day 12 P90X3 - The Warrior	Day 13 BASE Run 50	Day 14 BASE Run 25 P90X3 - X3 Yoga
Day 15 P90X3 Dynamix	Day 16 BASE Run 30	Day 17 P90X3 - Total Synergistics	Day 18 BASE Run 30	Day 19 P90X3 - The Warrior	Day 20 BASE Run 55	Day 21 BASE Run 25 P90X3 - X3 Yoga
Day 22 P90X3 Dynamix	Day 23 BASE Run 30	Day 24 P90X3 - Total Isometrics	Day 25 BASE Run 30	Day 26 P90X3 - Pilates	Day 27 BASE Run 60	Day 28 BASE Run 25 P90X3 - X3 Yoga



Day 29 P90X3 Dynamix	Day 30 BASE Run 40	Day 31 P90X3 - Total Synergistics	Day 32 BASE Run 30 P90X3 - Agility X	Day 33 P90X3 - The Warrior	Day 34 BASE Run (6 miles)	Day 35 BASE Run 25 P90X3 - Yoga
Day 36 P90X3 Dynamix	Day 37 BASE Run 45	Day 38 P90X3 - Total Synergistics	Day 39 BASE Run 30 P90X3 - Agility X	Day 40 P90X3 - The Warrior	Day 41 BASE Run (7 miles)	Day 42 BASE Run 25 P90X3 - Yoga
Day 43 P90X3 Dynamix	Day 44 BASE Run 50	Day 45 P90X3 - Total Synergistics	Day 46 BASE Run 30 P90X3 - Agility X	Day 47 P90X3 - The Warrior	Day 48 BASE Run (8 miles)	Day 49 BASE Run 25 P90X3 - Yoga
Day 50 P90X3 Dynamix	Day 51 BASE Run 45	Day 52 P90X3 - Isometrics	Day 53 BASE Run 30	Day 54 P90X3 Pilates	Day 55 BASE Run (9.5 miles)	Day 56 BASE Run 25 P90X3 - Yoga



Day 57 P90X3 Dynamix	Day 58 BASE Run SI 35 P90X3 Triometrics	Day 59 P90X3 - Eccentric Lower	Day 60 BASE Run Tempo 40	Day 61 P90X3 - Eccentric Upper	Day 62 BASE Run (11 miles)	Day 63 BASE Run 25 P90X3 - Yoga
Day 64 P90X3 Dynamix	Day 65 BASE Run SI 35 (1 Minute Intervals) P90X3 - Decelerator	Day 66 P90X3 - Eccentric Lower	Day 67 BASE Run Tempo 40	Day 68 P90X3 - Eccentric Upper	Day 69 BASE Run (12 miles)	Day 70 BASE Run 25 P90X3 - Yoga
Day 71 P90X3 Dynamix	Day 72 BASE Run SI 35 P90X3 - Triometrics	Day 73 P90X3 - Eccentric Lower	Day 74 BASE Run Tempo 40	Day 75 P90X3 - Eccentric Upper	Day 76 BASE Run (8 miles)	Day 77 BASE Run 25 P90X3 - Yoga
Day 78 P90X3 Dynamix	Day 79 BASE Run 30	Day 80 P90X3 - Yoga	Day 81 BASE Run 30	Day 82 Rest Day	Day 83 BASE Run 30 (super easy with a few bursts to race pace)	Day 84 Half Marathon Race Day