



**CNO**  
FINANCIAL GROUP

**INDIANAPOLIS  
MONUMENTAL  
HALF MARATHON**



*Photo credit: Matt Ebersole*

# TRAINING PLANS

*Provided by Personal Best Training (PBT)  
and Coach Matt Ebersole*



## HOW TO USE THESE TRAINING PLANS

Training plans for the CNO Financial Indianapolis Monumental Half Marathon are provided by Coach Matt Ebersole and Personal Best Training (PBT).

Below is a list of the plans provided, which may be found at the end of this document.

- » The **“Finisher”** plan is designed for a runner currently comfortable with 3-5 miles, a long run of 6 miles, and 4 days of running per week. The primary goal is to finish a half marathon happily and healthfully. This plan averages 22 miles a week and builds up to a peak of 28.
- » The **“Pacer”** plan is designed for a runner currently comfortable with 5-7 miles, a long run of 8 miles, and 5 days of running per week. Pacers’ primary concern is to achieve a goal time. This plan averages 32 miles a week and builds up to a peak of 38.
- » The **“Racer”** plan is designed for a runner currently comfortable with 6-8 miles, a long run of 10 miles, and 5 days of running per week. Racers are concerned with time and place and are looking to be challenged. This plan averages 38 miles a week and builds up to a peak of 46.

If these plans appear to be beyond your ability or lack sufficient challenge, contact Matt Ebersole at [pbtou@hotmail.com](mailto:pbtou@hotmail.com).

## COACH MATT EBERSOLE AND PERSONAL BEST TRAINING



Since founding Personal Best Training in 1991, Matt has worked with more than 7,000 athletes. They have ranged from beginners to national class and have included 1,000’s of first time marathoners, 100’s of Boston Marathon qualifiers, 9 Olympic Trials qualifiers, and 3 CNO Financial Indianapolis Monumental Marathon winners.

Through working with a range from charity to elite development programs, Coach Ebersole has learned to connect with runners of all abilities, goals, and life situations. If you want to have more fun, pursue a greater challenge, or become more competitive, Matt can help you succeed.

Matt currently works with his Private Coaching group, the Personal Best Running Club, and consults, writes, and speaks with groups of all sizes. Additionally, he serves as the Elite Athlete and Pace Team Coordinator for the CNO Financial Indianapolis Monumental Marathon.



**REAL LIVES. REAL TRAINING.  
REAL RESULTS.**

FOR MORE TRAINING HELP, VISIT  
[PERSONALBESTTRAINING.COM](http://PERSONALBESTTRAINING.COM)



## ADDITIONAL TRAINING AND COACHING OPTIONS PROVIDED BY PERSONAL BEST TRAINING



Photo credit: Matt Ebersole

Enjoy these free “Finisher, Pacer, & Racer” plans courtesy of the **CNO Financial Indianapolis Monumental Marathon**.

Do you like these plans but prefer to have one **customized** for you? By completing a thorough Runner Profile questionnaire, Matt will adjust your plan to fit your current fitness level, goals, race schedule, and time commitment for \$80.

Do you have more questions and wish to **consult** Coach Matt Ebersole about your training? This is available by appointment for \$80 an hour by phone or in person in the Indianapolis area.

Looking for the most individualized and personal coaching option? **Private coaching** packages start at just \$300 for 3 months.

More options can be found at [PersonalBestTraining.com](https://PersonalBestTraining.com) under “**The Programs of PBT**” tab. Coach Matt Ebersole can be contacted at [pbtou@hotmail.com](mailto:pbtou@hotmail.com).



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# FINISHER PBT TRAINING PLAN

“Daily Mileage” (the number of miles you run on that day) is listed in the chart. The week number refers the weeks to go until the CNO Financial Indianapolis Monumental Half Marathon.

W#	MON	TUE	WED	THR	FRI	SAT	SUN	M/W
13	3	5	0	4	0	7	0	19
12	3	5	0	4	0	8	0	20
11	3	5	0	4	0	6	0	18
10	3	6	0	5	0	10	0	24
9	4	6	0	5	0	6	0	21
8	4	6	0	5	0	12	0	27
7	4	6	0	5	0	6	0	21
6	4	6	0	5	0	*13*	0	28
5	3	5	0	4	0	6	0	18
4	4	6	0	5	0	12	0	27
3	4	6	0	5	0	10	0	25
2	4	6	0	5	0	6	0	21
1	3	5	0	4	0	13	0	25

## ITEMS TO NOTE

- » W# is the number of weeks until race day.
- » **Mondays, Wednesdays, Fridays & Sundays** are easy recovery runs or days off.
- » **Tuesdays** are the highest quality day of the week.
- » **Thursdays** are moderate effort runs - a bit faster than “easy” pace at the distance indicated on the chart.
- » **Saturdays** are long runs.
- » **M/W** is the total mileage for the week.
- » **Week 6** includes the [Indy Half at Fort Ben](http://indyhalfmarathon.com) (see **\*asteriks\***). Register at [indyhalfmarathon.com](http://indyhalfmarathon.com).



Photo credit: Droneye Imaging



# PACER PBT TRAINING PLAN

“Daily Mileage” (the number of miles you run on that day) is listed in the chart. The week number refers the weeks to go until the CNO Financial Indianapolis Monumental Half Marathon.

W#	MON	TUE	WED	THR	FRI	SAT	SUN	M/W
13	5	7	3	5	0	8	0	28
12	5	7	3	5	0	10	0	30
11	5	7	3	5	0	8	0	28
10	5	8	4	6	0	12	0	35
9	6	8	4	6	0	8	0	32
8	6	8	4	6	0	14	0	38
7	6	8	4	6	0	8	0	32
6	6	8	0	6	0	*13*	0	33
5	5	6	4	5	0	8	0	28
4	6	8	4	6	0	14	0	38
3	6	8	4	6	0	12	0	36
2	6	8	4	6	0	8	0	32
1	5	6	0	5	0	13	0	29

## ITEMS TO NOTE

- » W# is the number of weeks until race day.
- » **Mondays, Wednesdays, Fridays & Sundays** are easy recovery runs or days off.
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**INDIANAPOLIS  
MONUMENTAL  
HALF MARATHON**

**RACER**  
**PBT TRAINING PLAN**

“Daily Mileage” (the number of miles you run on that day) is listed in the chart. The week number refers the weeks to go until the CNO Financial Indianapolis Monumental Half Marathon.

W#	MON	TUE	WED	THR	FRI	SAT	SUN	M/W
13	6	8	4	6	0	10	0	34
12	6	8	4	6	0	12	0	36
11	6	8	4	6	0	8	0	32
10	6	10	5	7	0	14	0	42
9	8	10	5	7	0	10	0	40
8	8	10	5	7	0	16	0	46
7	8	10	5	7	0	10	0	40
6	8	10	4	7	0	*13*	0	42
5	6	8	5	6	0	10	0	35
4	8	10	5	7	0	16	0	46
3	8	10	5	7	0	12	0	42
2	8	10	5	7	0	8	0	38
1	6	8	0	6	0	13	0	33

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### WEEK 13 / PROGRESSION RUN

WU 1-3M/Run 3-5 miles increasing effort each mile (5-10 seconds per mile or beats per minute using HR is a good target)/CD 1-2M

### WEEK 12 / 1-5-1

WU 2-3M/Run 1, 2, 3, 4, 5, 4, 3, 2, 1:00 hard with 2:00 recovery jog between each/CD 1-3M

### SAMPLE WORKOUT

#### WEEK 11 / HALVES OR MILES

WU 2-3M/Run 4-8 x 800m (or half miles) at 85% with 200m recovery jog/CD 1-3M (Option is 3-4 x 1 mile w/400m rec. jog)

- » WU 2-3M = “warm up 2 to 3 miles” – easy running before the workout
- » 4-8 x 800m (or half miles) at 85% – run 4 to 8 repetitions that are 800m in length, at 85% of your maximum heart rate. Not sure what your maximum heart rate is? [Here's how to find it.](#)
- » With 200m recovery jog – take a break between repetitions, jogging at recovery pace that is 200m in length
- » CD 1-3M – “cool down 1 to 3 miles” – easy running after the workout

### WEEK 10 / LONG STEADY STATE RUN

WU 1-3M/Run 4-8M at 75-85%/CD 1-2M

### WEEK 9 / MILE AND QUARTERS

WU 2-3M/Run 1 x 1600m at 90% (400m recovery jog), 6-8 x 400m at 90% with 200m RJ/CD 1-3M

### WEEK 8 / MIXED INTERVALS (LONG TO SHORT)

WU 2-3M/Run 1 mile at Half M Goal Pace (400m

rec.), 2-4 x 800m at 85% (200m rec.), and 2-4 x 400m fast (200m rec)/CD 1-3M

### WEEK 7 / MILE REPEATS

WU 2-3M/Run 3-5 x 1M at 90% with 400m recovery jog/CD 1-3M

### WEEK 6 / BLIND GOAL PACE

WU, Run 2-3M at Half Marathon Goal Pace without checking a watch and see how close you can feel GP for this Saturday/CD 1-2M

### WEEK 5 / EASY TO MODERATE RECOVERY RUN

Make sure you are fully recovered from the Indianapolis Half Marathon by taking it easy this week. We will be back to work soon.

### WEEK 4 / SHORT STEADY STATE RUN W/ DESSERT

WU 2-3M/Run 3-5M at 85%, 3-5:00 recovery jog followed by 4 x 1:00 hard/1:00 easy/CD 1-3M

### WEEK 3 / HALVES

WU 2-3M/Run 6-10 x 800m (or half miles) at 85% with 200m recovery jog/CD 1-3M

### WEEK 2 / SHORT STEADY STATE RUN

WU 2-3M/Run 3-5M at 85%/CD 1-3M

### WEEK 1 / RACE WEEK PROGRESSION RUN

WU 1-2M/Run 3 miles gradually increasing effort to where you are running strong but not working too hard/CD 1-2M

