



**10 - WEEK**

# HALF MARATHON TRAINING PLAN



## **BREAK 2:15**

This 10-week plan, designed for runners who want to break 2:15 in the half marathon, will help you average the 10:18 per mile needed to accomplish your goal. It's geared toward runners who have been running consistently for several years and who regularly log an average of 18 to 20 miles per week. It features two to three days of rest and four to five days of running each week. It includes long runs and plenty of race-pace miles to help you easily get into rhythm on race day. There's a long run each week, which starts at eight miles in week one and peaks at 13 miles.

GET ALL THE DETAILS YOU NEED TO TRAIN FOR AND RACE 13.1 WITH OUR [\*\*MASTER THE HALF MARATHON PROGRAM!\*\*](#)

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# BREAK 2:15 HALF MARATHON TRAINING PLAN



	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Rest or Cross-Train	4 miles Easy Run	Rest or Cross-Train	<u>5 miles with 3 miles at HMP</u>	4 miles Easy Run	Rest or Cross-Train	8 miles LSD
WEEK 2	Rest or Cross-Train	5 miles Hills	Rest or Cross-Train	<u>5 miles with 3 miles at HMP</u>	4 miles Easy Run	Rest or Cross-Train	6 miles LSD
WEEK 3	Rest or Cross-Train	5 miles Hills	Rest or Cross-Train	<u>5 miles with 3 miles at HMP</u>	4 miles Easy Run	Rest or Cross-Train	10 miles LSD
WEEK 4	Rest or Cross-Train	5 miles Hills	Rest or Cross-Train	<u>6 miles with 4 miles at HMP</u>	4 miles Easy Run	Rest or Cross-Train	10K Race or 8 miles LSD
WEEK 5	Rest or Cross-Train	5 miles Hills	3 miles Easy Run	<u>4 miles with 2 miles at HMP</u>	4 miles Easy Run	Rest or Cross-Train	10-12 miles LSD

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	DAY 36	DAY 37	DAY 38	DAY 39	DAY 40	DAY 41	DAY 42
WEEK 6	Rest or Cross-Train	<u>4 miles with 2 miles at HMP</u>	Rest or Cross-Train	<u>7 miles with 3 miles at Tempo</u>	4 miles Easy Run	Rest or Cross-Train	10 miles LSD
WEEK 7	Rest or Cross-Train	3 miles Easy Run	3 miles Easy Run	<u>6 miles with 4 miles at Tempo</u>	3 miles Easy Run	Rest or Cross-Train	12-13 miles LSD
WEEK 8	Rest or Cross-Train	3 miles Easy Run	3 miles Easy Run	<u>7 miles with 5 miles at Tempo</u>	4 miles Easy Run	Rest or Cross-Train	10 miles LSD
WEEK 9	Rest or Cross-Train	3 miles Easy Run	3 miles Easy Run	<u>8 miles with 4 miles at HMP</u>	3 miles Easy Run	Rest or Cross-Train	8 miles LSD
WEEK 10	Rest or Cross-Train	3 miles Easy Run	3 miles Easy Run	<u>5 miles with 3 miles at HMP</u>	3 miles Easy Run	Rest or Cross-Train	<b>RACE DAY!</b>

## WORKOUT KEY

### ► Rest

Take the day off! You can use this time to relax on the couch, do some meditation, or incorporate light mobility work or an easy yoga class. These days give your body a chance to recover from the hard work you put in, which allows you to progress, and they get you ready for the next run.

### ► Easy Run

These workouts should feel just as they sound: easy. You want to run at an effort that allows you to have a conversation. If you're huffing and puffing, you're going too fast. Try to start them extra slow and light so you can finish strong. These allow you to increase your time on feet and weekly mileage, building endurance while lowering risk of injury. They'll also strengthen your lungs and your legs. You can also sub in cross-training on optional easy run days. For a pace goal, aim for no faster than 11:39/mile.

### ► Miles with HMP

You'll see half marathon pace workouts mixed into some of your runs. You'll run these portions at goal half marathon pace. To break 2:15, that means 10:18/mile. They'll help you improve lung power, biomechanical efficiency, running economy, and the mental toughness that racing demands.

### ► LSD: Long Slow Distance Run

These workouts are all about building endurance and teaching you to run farther so you can finish your race feeling strong. Whenever you're pushing your body farther, it's extra important to start at a pace that feels conservative. That way, you have the energy to finish feeling good. So start slower than you think you need to, and remember you should be able to hold a conversation as you run. Stick to a pace around 11:39/mile.

### ► Hills

Run the day's mileage on the hilliest route you can find. Don't worry too much about the length or grade of the hills. Just get a variety of inclines and descents. Hills help you boost your leg and lung power. Lean slightly forward from the ankles and keep your chest tall on the uphills. On the downhills, think "light, quick steps." Don't let your feet slap the pavement, and don't brake with your legs.

### ► Tempo

You'll see tempo miles mixed into a few of your runs. You'll run these faster than goal half marathon pace, aiming for 10:01/mile, which will help you hold speed for longer and make your pace on race day feel easier. These efforts should feel comfortably hard, about a 6 or 7 on a scale of 1 to 10 rate of perceived exertion, with 10 being all-out effort.

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## SPEED WORKOUTS

**Day 4:** 5 miles with 3 miles at HMP

- 1-mile easy warmup
  - 3 miles at half marathon pace (10:18/mile)
  - 1-mile easy cooldown
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**Day 11:** 5 miles with 3 miles at HMP

- 1-mile easy warmup
  - 3 miles at half marathon pace (10:18/mile)
  - 1-mile easy cooldown
- 

**Day 18:** 5 miles with 3 miles at HMP

- 1-mile easy warmup
  - 3 miles at half marathon pace (10:18/mile)
  - 1-mile easy cooldown
- 

**Day 25:** 6 miles with 4 miles at HMP

- 1-mile easy warmup
  - 4 miles at half marathon pace (10:18/mile)
  - 1-mile easy cooldown
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**Day 32:** 4 miles with 2 miles at HMP

- 1-mile easy warmup
  - 2 miles at half marathon pace (10:18/mile)
  - 1-mile easy cooldown
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**Day 37:** 4 miles with 2 miles at HMP

- 1-mile easy warmup
- 2 miles at half marathon pace (10:18/mile)
- 1-mile easy cooldown

**Day 39:** 7 miles with 3 miles at Tempo

- 2-mile easy warmup
  - 3 miles at tempo (10:01/mile)
  - 2-mile easy cooldown
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**Day 46:** 6 miles with 4 miles at Tempo

- 1-mile easy warmup
  - 4 miles at tempo (10:01/mile)
  - 1-mile easy cooldown
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**Day 53:** 7 miles with 5 miles at Tempo

- 1-mile easy warmup
  - 5 miles at tempo (10:01/mile)
  - 1-mile easy cooldown
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**Day 60:** 8 miles with 4 miles at HMP

- 2-mile easy warmup
  - 4 miles at half marathon pace (10:18/mile)
  - 2-mile easy cooldown
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**Day 67:** 5 miles with 3 miles at HMP

- 1-mile easy warmup
- 3 miles at half marathon pace (10:18/mile)
- 1-mile easy cooldown