

HALF MARATHON TRAINING PLAN



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|---------------------|---|---------------------|---|---------------------|-------------------------------|---------------------|
| | REST | TRACK REPEATS | REST | TEMPO RUN | REST | LONG RUN | REST |
| WEEK 1 | Rest or Cross-Train | 12 x 400 meters with 90-sec recovery between | Rest or Cross-Train | 2 miles easy; 3 miles at ST; 1 mile easy | Rest or Cross-Train | 8 miles at HMP + 20 sec/mile | Rest or Cross-Train |
| WEEK 2 | Rest or Cross-Train | 400, 600, 800, 1200, 800, 600, 400 with 400-meter recovery between | Rest or Cross-Train | 1 mile easy; 5 miles at MT; 1 mile easy | Rest or Cross-Train | 9 miles at HMP + 20 sec/mile | Rest or Cross-Train |
| WEEK 3 | Rest or Cross-Train | 6 x 800 meters with 90-sec recovery between | Rest or Cross-Train | 2 miles easy 3 miles at ST 1 mile easy | Rest or Cross-Train | 10 miles easy | Rest or Cross-Train |
| WEEK 4 | Rest or Cross-Train | 5 x 1000 meters with 400-meter recovery between | Rest or Cross-Train | 1 mile easy 3 miles at ST 1 mile easy | Rest or Cross-Train | 9 miles at HMP + 20 sec/mile | Rest or Cross-Train |
| WEEK 5 | Rest or Cross-Train | 3 x 1600 meters with 60-sec recovery between | Rest or Cross-Train | 1 mile easy 6 miles at LT 1 mile easy | Rest or Cross-Train | 11 miles at HMP + 30 sec/mile | Rest or Cross-Train |
| WEEK 6 | Rest or Cross-Train | 2 x 1200 meters with 2-min recovery between 4 x 800 meters with 2-min recovery between | Rest or Cross-Train | 1 mile easy 2 miles at MT 1 mile easy 2 miles at MT 1 mile easy | Rest or Cross-Train | 10 miles at HMP + 20 sec/mile | Rest or Cross-Train |
| WEEK 7 | Rest or Cross-Train | 6 x 800 meters with 90-sec recovery between | Rest or Cross-Train | 1 mile easy 5 miles at MT 1 mile easy | Rest or Cross-Train | 12 miles at HMP + 30 sec/mile | Rest or Cross-Train |
| WEEK 8 | Rest or Cross-Train | 2x: 6 x 400-meters with 90-sec recovery between; 2 min 30 sec recovery between sets | Rest or Cross-Train | 1 mile easy 2 miles at MT 1 mile easy 2 miles at MT 1 mile easy | Rest or Cross-Train | 8 miles at HMP + 20 sec/mile | Rest or Cross-Train |

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| | REST | TRACK REPEATS | REST | TEMPO RUN | REST | LONG RUN | REST |
| WEEK 9 | Rest or Cross-Train | 2 x 1600 meters with 60-sec recovery between; 2 x 800 meters with 60-sec recovery between | Rest or Cross-Train | 1 mile easy 5 miles at MT 1 mile easy | Rest or Cross-Train | 13 miles at HMP + 30 sec/mile | Rest or Cross-Train |
| WEEK 10 | Rest or Cross-Train | 4 x 1200 meters with 2-min recovery between | Rest or Cross-Train | 1 mile easy 6 miles at MT 1 mile easy | Rest or Cross-Train | 10 miles at HMP + 20 sec/mile | Rest or Cross-Train |
| WEEK 11 | Rest or Cross-Train | 1000, 2000, 1000, 1000; with 400-meter recovery between | Rest or Cross-Train | 1 mile easy 5 miles at MT 1 mile easy | Rest or Cross-Train | 14 miles at HMP + 30 sec/mile | Rest or Cross-Train |
| WEEK 12 | Rest or Cross-Train | 3 x 1600 meters with 400-meter recovery between | Rest or Cross-Train | 6 miles easy | Rest or Cross-Train | 10 miles at HMP + 20 sec/mile | Rest or Cross-Train |
| WEEK 13 | Rest or Cross-Train | 10 x 400 meters with 400-meter recovery between | Rest or Cross-Train | 1 mile easy 5 miles at MT 1 mile easy | Rest or Cross-Train | 15 miles at HMP + 30 sec/mile | Rest or Cross-Train |
| WEEK 14 | Rest or Cross-Train | 2 x 1200 meters with 2-min recovery between; 4 x 800 meters with 2-min recovery between | Rest or Cross-Train | 1 mile easy 5 miles at MT 1 mile easy | Rest or Cross-Train | 12 miles at HMP + 20 sec/mile | Rest or Cross-Train |
| WEEK 15 | Rest or Cross-Train | 5 x 1000 meters with 400-meter recovery between | Rest or Cross-Train | 2 miles easy 3 miles at ST 1 mile easy | Rest or Cross-Train | 8 miles at HMP + 20 sec/mile | Rest or Cross-Train |
| WEEK 16 | Rest or Cross-Train | 6 x 400 meters with 400-meter recovery between | Rest or Cross-Train | 3 miles easy; no additional warmup or cooldown | Rest or Cross-Train | Rest or Cross-Train | HALF MARATHON DAY! |

THE WORKOUTS

► Easy Run

These miles 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.

► Track Repeats

Start with a 10- to 20-minute warmup jog, running at an easy effort. Then follow the day's interval workout. Cool down with a 10- to 20-minute easy jog. These workouts should feel challenging, but control your pace so you feel strong by the final rep—not like you completely emptied the tank.

Here's a breakdown on how to figure out your pace for each workout:

- 400 meters = about 60 seconds faster per mile than 5K race pace
- 800 meters = about 50 seconds faster per mile than 5K race pace
- 1000 meters = about 40 seconds faster per mile than 5K race pace
- 1200 meters = about 35 seconds faster per mile than 5K race pace
- 1600 meters = mile pace or about 30 seconds faster per mile than 5K race pace
- 2000 meters = about 20 seconds faster per mile than 5K race pace

► HMP - Half Marathon Pace

This is your goal pace for the half marathon, which will be about 35 seconds per mile slower than your 5K race pace. Keep in mind that your half marathon effort should feel like a 7 to 7.5 on a rate of perceived exertion (RPE) scale of 1 to 10 with 10 being all-out effort. For many of the HMP workouts, you'll add time to your goal per mile pace, running slightly slower than your goal for race day.

► ST - Short Tempo

To find your pace, add about 15 seconds per mile to your 5K race pace. This should feel like an 8 out of 10 RPE.

► MT - Mid Tempo

To find your pace, add about 30 seconds per mile to your 5K race pace. This should feel like a 7.5 out of 10 RPE.

► LT - Long Tempo

To find your pace, add about 45 seconds per mile to your 5K race pace. This should feel like a 7 out of 10 RPE.

► Cross-Train

Easy-day cross-training should involve sustained aerobic activity, like cycling or using an elliptical trainer, for the same amount of time you'd spend on the day's mileage. Rest-day cross-training should be a no-impact activity like stretching, yoga, or swimming.

► Rest

Ideally, on rest days you should do no exercise at all. 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.