



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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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	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
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▶ 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.