



TRAINING PLAN

HALF MARATHON TRAINING

LEVEL 1: 10% INTENSITY



	MON	TUES	WED	THUR	FRI	SAT	SUN
Week 1 3/17-3/23	30 MIN WALK	DAY OFF	40 MIN WALK	30 MIN WALK + STRENGTH	DAY OFF	2 MILES EASY	STRENGTH
Week 2 3/24-3/30	10 MIN EASY 10 MIN HMRP 10 MIN EASY	DAY OFF	5 MIN EASY 2 MIN T-PACE + 2 MIN HMRP X3 4 MIN T-PACE 5 MIN EASY	30 MIN EASY	DAY OFF	5 MILES EASY	20 MIN EASY + STRENGTH
Week 3 3/31-4/6	10 MIN EASY 15 MIN HMRP 5 MIN EASY	DAY OFF	5 MIN EASY 4 MIN T-PACE + 2 MIN HMRP X3 6 MIN T-PACE 5 MIN EASY	35 MIN EASY + STRENGTH	DAY OFF	11 MILES EASY	10 MIN HMRP + STRENGTH
Week 4 4/7-4/13	10 MIN EASY 15 MIN HMRP 5 MIN EASY	DAY OFF	5 MIN EASY 6 MIN T-PACE + 2 MIN HMRP X3 2 MIN T-PACE 5 MIN EASY	35 MIN EASY	DAY OFF	12 MILES EASY	10 MIN HMRP + STRENGTH
Week 5 4/14-4/20	5 MIN EASY 15 MIN MRP 5 MIN EASY 5 MIN T-PACE 5 MIN EASY	DAY OFF	5 MIN EASY 2 MILE TIME TRIAL 5 MIN EASY 4 X 50M STRIDES	10 MIN EASY 20 MIN MRP 10 MIN EASY	DAY OFF	6 MILES EASY	20 MIN EASY 30 MIN MRP
Week 6 4/21-4/27 RACE WEEK	10 MIN EASY 20 MIN MRP 5 MIN EASY	DAY OFF	5 MIN EASY 20 MIN T-PACE 5 MIN EASY 4 X 50M STRIDES	5 MIN EASY 20 MIN MRP	DAY OFF	10 MIN MRP	 RACE DAY HAVE FUN!

TRAINING PACES

EASY: Slow enough that you can hold a conversation with a friend. 6/10 running effort. Heart Rate Zone 2.

MRP / MARATHON RACE PACE: Pace you expect to run 26.2 miles on race day. Heart Rate Zone 3.

HMRP / HALF MARATHON RACE PACE: Pace you expect to run 13.1 miles on race day. High end of Heart Rate Zone 3.

T-PACE / THRESHOLD: Anaerobic Threshold pace. Between your 5K & 10K pace. Fast enough that holding a conversation is difficult. Comfortably uncomfortable. 8/10 running effort. Low end of Heart Rate Zone 4.

I-PACE / INTERVAL: Fast 800 meters (1/2 mile) to 1,600 meters (1 mile). High end of Heart Rate Zone 4.

R-PACE / REPETITION: Fast 200 meters to 800 meters. Just below sprinting. Heart Rate Zone 5.