



# TRAINING PLAN

## HALF MARATHON TRAINING

### LEVEL 3: 15% INTENSITY (HIGHER MILEAGE)



|                                         | MON                                                                                         | TUES    | WED                                                                                      | THUR                                     | FRI     | SAT           | SUN                                                                                                                          |
|-----------------------------------------|---------------------------------------------------------------------------------------------|---------|------------------------------------------------------------------------------------------|------------------------------------------|---------|---------------|------------------------------------------------------------------------------------------------------------------------------|
| <b>Week 1</b><br>3/17-3/23              | 40 MIN WALK                                                                                 | DAY OFF | 30 MIN EASY                                                                              | 30 MIN EASY<br>+ STRENGTH                | DAY OFF | 4 MILES EASY  | 10 MIN EASY<br>5 MIN T-PACE<br>10 MIN EASY<br>+ STRENGTH                                                                     |
| <b>Week 2</b><br>3/24-3/30              | 15 MIN EASY<br>2 MIN R-PACE<br>+ 2 MIN WALK/JOG<br><b>X3</b><br>5 MIN T-PACE<br>10 MIN EASY | DAY OFF | 15 MIN EASY<br>3 MIN T-PACE<br>+ 2 MIN HMRP<br><b>X2</b><br>10 MIN T-PACE<br>10 MIN EASY | 50 MIN EASY                              | DAY OFF | 7 MILES EASY  | 40 MIN EASY<br>+ STRENGTH                                                                                                    |
| <b>Week 3</b><br>3/31-4/6               | 10 MIN EASY<br>10 MIN T-PACE<br>6 MIN HMRP<br>7 MIN T-PACE<br>10 MIN EASY                   | DAY OFF | 10 MIN EASY<br>6 MIN T-PACE<br>+ 4 MIN HMRP<br><b>X3</b><br>10 MIN EASY                  | 1 HOUR EASY<br>+ STRENGTH                | DAY OFF | 14 MILES EASY | 5 MIN EASY<br>30 MIN HMRP<br>5 MIN EASY<br>+ STRENGTH                                                                        |
| <b>Week 4</b><br>4/7-4/13               | 10 MIN EASY<br>3 MIN R-PACE<br>+ 2 MIN WALK/JOG<br><b>X4</b><br>10 MIN T-PACE<br>5 MIN EASY | DAY OFF | 5 MIN EASY<br>6 MIN T-PACE<br>+ 3 MIN HMRP<br><b>X4</b><br>5 MIN EASY                    | 70 MIN EASY                              | DAY OFF | 16 MILES EASY | 5 MIN EASY<br>40 MIN MRP<br>5 MIN EASY<br>+ STRENGTH                                                                         |
| <b>Week 5</b><br>4/14-4/20              | 5MIN EASY<br>15 MIN MRP<br>5 MIN EASY<br>20 MIN T-PACE<br>5 MIN EASY                        | DAY OFF | 5 MIN EASY<br><b>2 MILE TIME TRIAL</b><br>5 MIN EASY<br>4 X 50M STRIDES                  | 10 MIN EASY<br>20 MIN MRP<br>10 MIN EASY | DAY OFF | 6 MILES EASY  | 20 MIN EASY<br>30 MIN MRP                                                                                                    |
| <b>Week 6</b><br>4/21-4/27<br>RACE WEEK | 10 MIN EASY<br>20 MIN MRP<br>5 MIN EASY                                                     | DAY OFF | 5 MIN EASY<br>20 MIN T-PACE<br>5 MIN EASY<br>4 X 50M STRIDES                             | 5 MIN EASY<br>20 MIN MRP                 | DAY OFF | 10 MIN MRP    | <br><b>RACE DAY</b><br><b>HAVE FUN!</b> |

## 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.