YOUR 1/2 MARATHON TRAINING PLAN

The following schedule is written as a guide for both experienced half-marathoners and beginners who are able to comfortably run 20 to 25 miles per week. If you are comfortable handling a higher mileage total (based on your previous training), feel free to run easy on the optional rest days or add a few miles to the easy runs..

PACES: 3K pace: 10 seconds per mile faster than 5K pace   5K pace: 15 seconds per mile faster than 10K pace. 10K pace: 15-20 seconds per mile faster than 1/2 marathon race pace. Marathon Pace: 15-20 seconds per mile slower than 1/2 marathon pace.

WEEK	MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.
1	REST DAY. Cross training or core work	EASY RUN: 4 miles + 4 x 20 second strides after run	OPTION: Rest Day or Easy Run: 3 miles	TEMPO RUN: 2-mile warm-up, 3 miles at goal 1/2 marathon pace, 1-mile cooldown	REST DAY. Cross training or core work	EASY RUN: 4 miles + 4 x 20-second strides after run	LONG RUN: 8 miles easy
2	REST DAY. Cross training or core work	THRESHOLD INTERVALS: 2-mile warmup, 4 x 1 mile at 10K pace w/90 seconds rest, 1-mile cooldown	OPTION: Rest Day or Easy Run: 3 miles	HILL REPEATS: 2-mile warmup, 5 x (30 seconds uphill at hard effort, walk down rest, 75 seconds up-hill at 5K effort, walk down rest), 1-mile cooldown	REST DAY. Cross training or core work	EASY RUN: 4 miles + 4 x 20-second strides after run	LONG RUN: 9 miles easy
3	REST DAY. Cross training or core work	COMBO WORKOUT: 2-mile warmup, 3 miles at goal 1/2 marathon pace, 3:00 rest, 4 x 2:00 at 5K pace with 90 seconds rest, 1-mile cooldown	OPTION: Rest Day or Easy Run: 3 miles	EASY RUN: 5 miles + 4 x 20-second strides after run	REST DAY. Cross training or core work	STEADY RUN: 1 mile easy, 4 miles at steady pace (marathon pace to marathon pace + 30 seconds per mile), 1 mile easy	LONG RUN: 10 miles easy
4	REST DAY. Cross training or core work	VO2 MAX WORKOUT: 2-mile warmup, 14 x 400 meters at 3K pace w/2:00 rest between intervals, 1-mile cooldown	OPTION: Rest Day or Easy Run: 3 miles	EASY RUN: 5 miles + 4 x 20-second strides after run	THRESHOLD INTERVALS: 2-mile warmup, 3 x 2 miles at goal 1/2 marathon race pace with 3:00 rest between intervals, 1-mile cooldown	REST DAY. Cross training or core work	LONG RUN: 10 miles easy
5	REST DAY. Cross training or core work	THRESHOLD INTERVALS: 2-mile warmup, 2 x 3 miles at goal 1/2 marathon race pace with 3:00 rest between intervals, 1-mile cooldown	OPTION: Rest Day or Easy Run: 3 miles	EASY RUN: 6 miles + 4 x 20-second strides after run	REST DAY. Cross training or core work	STEADY RUN: 1 mile easy, 5 miles at steady pace (marathon pace to marathon pace + 30 seconds per mile), 1 mile easy	LONG RUN: 12 miles easy
6	REST DAY. Cross training or core work	INTERVALS: 2-mile warmup, 16 x 400 meters at 10K pace w/200m jog between intervals, 1-mile cooldown	OPTION:: Rest Day or Easy Run: 3 miles	EASY RUN: 6 miles + 4 x 20-second strides after run	ALTERNATING TEMPO RUN: 2-mile warmup, 3 x (1 mile at marathon pace, 1 mile at 10K pace), 1-mile cooldown	REST DAY. Cross training or core work	LONG RUN: 10 miles easy
7	REST DAY. Cross training or core work	TEMPO RUN: 2 mile warm-up, 5-mile run at HM pace, 1-mile cooldown	OPTION: Rest Day or Easy Run: 3 miles	EASY RUN: 6 miles + 4 x 20-second strides after run	REST DAY. Cross training or core work	STEADY RUN: 1 mile easy, 5 miles at steady pace (marathon pace to marathon pace + 30 seconds per mile), 1 mile easy	LONG RUN: 13 miles with 7 x 1:00 surges at 5K pace with 5:00 jog in between beginning at mile 8
8	REST DAY. Cross training or core work	INTERVALS: 2-mile warmup, 8 x 800 meters at 10K pace w/200m at marathon pace between reps, 1-mile cooldown	OPTION: Rest Day or Easy Run: 3 miles	EASY RUN: 6 miles + 4 x 20-second strides after run	CUTDOWN: 2-mile warmup, 6 mile cutdown starting at marathon pace + 20 seconds/mile and dropping 10 seconds per mile for next 5 miles, 1- mile cooldown	REST DAY. Cross training or core work	LONG RUN: 10 miles easy
9	REST DAY. Cross training or core work	ALTERNATING TEMPO RUN: 2-mile warmup, 3 x (1 mile at 1/2 marathon pace + 10 seconds/mile, 1 mile at 10K pace), 1-mile cooldown	OPTION: Rest Day or Easy Run: 3 miles	EASY RUN: 6 miles + 4 x 20-second strides after run	REST DAY. Cross training or core work	1 mile easy, 6 miles steady pace (marathon pace to marathon pace + 30 seconds), 1 mile easy	LONG RUN: 13-mile long run with miles 9-12 at 10 seconds/mile slower than half-marathon race pace
10	REST DAY. Cross training or core work	INTERVALS: 2-mile warmup, 8 x 1,000 meters at 10K pace w/200m at marathon pace between reps, 1-mile cooldown	OPTION: Rest Day or Easy Run: 3 miles	EASY RUN: 6 miles + 4 x 20-second strides after run	THRESHOLD INTERVALS: 2-mile warmup, 3 x 2.5 miles at goal half-marathon race pace w/3:00 rest between intervals, 1-mile cooldown	REST DAY. Cross training or core work	LONG RUN: 10 miles easy
11	REST DAY. Cross training or core work	THRESHOLD INTERVALS: 2-mile warmup, 4 x 1.5 miles at goal half-marathon race pace w/2:00 jog recovery between intervals, 1-mile cooldown	OPTION: Rest Day or Easy Run: 3 miles	TEMPO RUN: 2-mile warmup, 4 miles at marathon pace, 1-mile cooldown	REST DAY. Cross training or core work	EASY RUN: 6 miles + 4 x 20-second strides after run	LONG RUN: 8 miles easy
12	REST DAY. Cross training or core work	INTERVALS: 2-mile warmup, 2 x 1 mile at 5K pace with 4:00 rest between intervals, 2 x 400 meters at 3K pace w/2:00 rest between intervals, 2-mile cooldown	OPTION: Rest Day or Easy Run: 3 miles	EASY RUN: 5 miles + 4 x 20-second strides after run	EASY RUN: 4 miles + 4 x 20-second strides after run	EASY RUN: 3 miles + 4 x 20-second strides after run	**RACE DAY!**