

Half Marathon Intermediate/Advanced Plan

Week	MON	TUE	WED	THU	FRI	SAT	SUN
1	rest or easy run	4 x 400	rest	30 min Tempo	rest	3 mile race pace	60 min long run
2	rest or easy run	4 x 800	3 miles	40 min Tempo	rest	4 m race pace	1:15 long run
3	rest or easy run	4 x 800	3 miles	45 min Tempo	rest	4 m race pace	1:30 long run
4	3 miles	3 x 1600	rest	50 min Tempo	rest	5 m race pace	1:45 long run
5	rest or easy run	5 x 800	4 miles	30 min Tempo	rest or easy run	rest	15-K or 10 mile race
6	rest	4 x 1200	3 miles	55 min Tempo	rest	5 m race pace	1:45 long run
7	rest or easy run	4 x 1600	rest	60 min Tempo	rest	4 m race pace	2:00 long run
8	rest or easy run	5 x 1600	rest	65 min Tempo	rest	3 m race pace	1:45 long run
9	rest or easy run	4 x 800	4 miles	40 min Tempo	rest	3 m race pace	1:30 long run
10	rest or easy run	6 x 400	30 min Tempo	rest or easy run	rest	Race Day!	

* See next page for important information

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Training Paces/Definitions

Long Intervals/Repeats. Interval training is an important part of half marathon (and even marathon) training. Intervals from 800 to 1600 meters will be the cornerstone of your interval training. Run these repetitions near your 5-K and 10-K race pace respectively. Jog or walk 400-800 meters between each repeat. You can do these on a measured road or a track.

Pace Training. Proper pacing is one of the most important aspects running a half-marathon (much more crucial than in 5ks or 10ks). Going out too fast in a half marathon is a sure fire way to bonk at mile 8, 9 or 10. Practice your "race pace" training on Saturdays before your long run.

Tempo Runs. Tempo runs are one of the best ways to train your body to maintain a faster pace over a longer period of time. Tempo Runs for half marathon training should build to a pace slightly faster than your desired race pace (but slightly slower than your 10k pace). Typically this will be 85% of your max heart rate. The structure of your tempo run should consist of a warmup and gradual build to your "tempo pace". You should hold that pace for between 15-30 minutes the cool down for 5-10 minutes. The pace build-up should be gradual, not sudden, with peak speed coming about two-thirds into the workout. For example, a 50 minute tempo run might consist of 5 minute warm up, 10 minute build to tempo pace, 25 minutes tempo run a half marathon race pace (or slightly faster), 10 minute cool down.

Long Run. Long runs will boost your endurance both physically and mentally. Doing long runs will make your normal runs seem easier. Long running is also great for losing weight. Run at your normal training pace or even a little slower. Your long run training goal is distance, not speed.

Important Notes

Warm up. Begin each workout with a 3-5 minutes of easy paced walk to loosen muscles and gradually increase heart rate

Cooldown. End each workout with 5 minutes of easy walking to gradually lower your heart rate.

Stretch. Try and stretch after each workout to improve your flexibility and prevent injuries

Heart rate. Train and maintain your heart rate in a range of 60%-80% of your estimated maximum heart rate

Consult a physician before beginning an exercise program

Stop exercising if you feel light headed, dizzy or have continued pain.