

HALF MARATHON TRAINING PLAN WEEK 1

DAY	ACTIVITY	DURATION
SUNDAY FEB 02	OFF	OFF
MONDAY FEB 03	OFF	OFF
TUESDAY FEB 04	OFF	OFF
WEDNESDAY FEB 05	STEADY RUN	3KM
THURSDAY FEB 06	STEADY RUN	3KM
FRIDAY FEB 07	OFF	OFF
SATURDAY FEB 08	STEADY RUN	3KM

HALF MARATHON TRAINING PLAN WEEK 2

DAY	ACTIVITY	DURATION
SUNDAY FEB 09	LSD WALK/RUN	7KM
MONDAY FEB 10	OFF	OFF
TUESDAY FEB 11	STEADY RUN	4KM
WEDNESDAY FEB 12	STEADY RUN	3KM
THURSDAY FEB 13	STEADY RUN	3KM
FRIDAY FEB 14	OFF	OFF
SATURDAY FEB 15	STEADY RUN	3KM

HALF MARATHON TRAINING PLAN WEEK 3

DAY	ACTIVITY	DURATION
SUNDAY FEB 16	LSD WALK/RUN	7KM
MONDAY FEB 17	OFF	OFF
TUESDAY FEB 18	STEADY RUN	4KM
WEDNESDAY FEB 19	STEADY RUN	3KM
THURSDAY FEB 20	STEADY RUN	4KM
FRIDAY FEB 21	OFF	OFF
SATURDAY FEB 22	STEADY RUN	3KM

HALF MARATHON TRAINING PLAN WEEK 4

DAY	ACTIVITY	DURATION
SUNDAY FEB 23	LSD WALK/RUN	7KM
MONDAY FEB 24	OFF	OFF
TUESDAY FEB 25	STEADY RUN	3KM
WEDNESDAY FEB 26	STEADY RUN	4KM
THURSDAY FEB 27	STEADY RUN	3KM
FRIDAY FEB 28	OFF	OFF
SATURDAY FEB 29	STEADY RUN	4KM

HALF MARATHON TRAINING PLAN WEEK 5

DAY	ACTIVITY	DURATION
SUNDAY MARCH 01	LSD WALK/RUN	9KM
MONDAY MARCH 02	OFF	OFF
TUESDAY MARCH 03	STEADY RUN	4KM
WEDNESDAY MARCH 04	STEADY RUN	3KM
THURSDAY MARCH 05	STEADY RUN	3KM
FRIDAY MARCH 06	OFF	OFF
SATURDAY MARCH 07	STEADY RUN	3KM

HALF MARATHON TRAINING PLAN WEEK 6

DAY	ACTIVITY	DURATION
SUNDAY MARCH 08	LSD WALK/RUN	9KM
MONDAY MARCH 09	OFF	OFF
TUESDAY MARCH 10	STEADY RUN	5KM
WEDNESDAY MARCH 11	STEADY RUN	3KM
THURSDAY MARCH 12	STEADY RUN	4KM
FRIDAY MARCH 13	OFF	OFF
SATURDAY MARCH 14	STEADY RUN	3KM

HALF MARATHON TRAINING PLAN WEEK 7

DAY	ACTIVITY	DURATION
SUNDAY MARCH 15	LSD WALK/RUN	10KM
MONDAY MARCH 16	OFF	OFF
TUESDAY MARCH 17	STEADY RUN	4KM
WEDNESDAY MARCH 18	3 X 400M HILL REPEATS	2.5KM
THURSDAY MARCH 19	STEADY RUN	5KM
FRIDAY MARCH 20	OFF	OFF
SATURDAY MARCH 21	STEADY RUN	4KM

HALF MARATHON TRAINING PLAN WEEK 8

DAY	ACTIVITY	DURATION
SUNDAY MARCH 22	LSD WALK/RUN	10KM
MONDAY MARCH 23	OFF	OFF
TUESDAY MARCH 24	STEADY RUN	4KM
WEDNESDAY MARCH 25	4 X 400M HILL REPEATS	3KM
THURSDAY MARCH 26	STEADY RUN	5KM
FRIDAY MARCH 27	OFF	OFF
SATURDAY MARCH 28	STEADY RUN	4KM

HALF MARATHON TRAINING PLAN WEEK 9

DAY	ACTIVITY	DURATION
SUNDAY MARCH 29	LSD WALK/RUN	12KM
MONDAY MARCH 30	OFF	OFF
TUESDAY MARCH 31	STEADY RUN	4KM
WEDNESDAY APRIL 01	5 X 400M HILL REPEATS	4KM
THURSDAY APRIL 02	STEADY RUN	6KM
FRIDAY APRIL 03	OFF	OFF
SATURDAY APRIL 04	STEADY RUN	4KM

HALF MARATHON TRAINING PLAN WEEK 10

DAY	ACTIVITY	DURATION
SUNDAY APRIL 05	LSD WALK/RUN	14KM
MONDAY APRIL 06	OFF	OFF
TUESDAY APRIL 07	STEADY RUN	4KM
WEDNESDAY APRIL 08	6 X 400M HILL REPEATS	5KM
THURSDAY APRIL 09	STEADY RUN	6KM
FRIDAY APRIL 10	OFF	OFF
SATURDAY APRIL 11	STEADY RUN	5KM

HALF MARATHON TRAINING PLAN WEEK 11

DAY	ACTIVITY	DURATION
SUNDAY APRIL 12	LSD WALK/RUN	16KM
MONDAY APRIL 13	OFF	OFF
TUESDAY APRIL 14	STEADY RUN	5KM
WEDNESDAY APRIL 15	7 X 400M HILL REPEATS	5.5KM
THURSDAY APRIL 16	STEADY RUN	7KM
FRIDAY APRIL 17	OFF	OFF
SATURDAY APRIL 18	STEADY RUN	5KM

HALF MARATHON TRAINING PLAN WEEK 12

DAY	ACTIVITY	DURATION
SUNDAY APRIL 19	LSD WALK/RUN	16KM
MONDAY APRIL 20	OFF	OFF
TUESDAY APRIL 21	STEADY RUN	5KM
WEDNESDAY APRIL 22	8 X 400M HILL REPEATS	6KM
THURSDAY APRIL 23	STEADY RUN	7KM
FRIDAY APRIL 24	OFF	OFF
SATURDAY APRIL 25	STEADY RUN	6KM

HALF MARATHON TRAINING PLAN WEEK 13

DAY	ACTIVITY	DURATION
SUNDAY APRIL 26	LSD WALK/RUN	12KM
MONDAY APRIL 27	OFF	OFF
TUESDAY APRIL 28	STEADY RUN	5KM
WEDNESDAY APRIL 29	9X 400M HILL REPEATS	7KM
THURSDAY APRIL 30	STEADY RUN	8KM
FRIDAY MAY 01	OFF	OFF
SATURDAY MAY 02	STEADY RUN	6KM

HALF MARATHON TRAINING PLAN

WEEK 14

DAY	ACTIVITY	DURATION
SUNDAY MAY 03	LSD WALK/RUN	18KM
MONDAY MAY 04	OFF	OFF
TUESDAY MAY 05	STEADY RUN	6KM
WEDNESDAY MAY 06	FARTLEK	6KM
THURSDAY MAY 07	STEADY RUN	8KM
FRIDAY MAY 08	OFF	OFF
SATURDAY MAY 09	STEADY RUN	6KM

HALF MARATHON TRAINING PLAN WEEK 15

DAY	ACTIVITY	DURATION
SUNDAY MAY 10	LSD WALK/RUN	18KM
MONDAY MAY 11	OFF	OFF
TUESDAY MAY 12	STEADY RUN	6KM
WEDNESDAY MAY 13	FARTLEK	4KM
THURSDAY MAY 14	STEADY RUN	8KM
FRIDAY MAY 15	OFF	OFF
SATURDAY MAY 16	STEADY RUN	6KM

HALF MARATHON TRAINING PLAN WEEK 16

DAY	ACTIVITY	DURATION
SUNDAY MAY 17	LSD WALK/RUN	20KM
MONDAY MAY 18	OFF	OFF
TUESDAY MAY 19	STEADY RUN	6KM
WEDNESDAY MAY 20	FARTLEK	4KM
THURSDAY MAY 21	STEADY RUN	8KM
FRIDAY MAY 22	OFF	OFF
SATURDAY MAY 23	STEADY RUN	6KM

HALF MARATHON TRAINING PLAN WEEK 17

DAY	ACTIVITY	DURATION
SUNDAY MAY 24	WALK/RUN	6KM
MONDAY MAY 25	OFF	OFF
TUESDAY MAY 26	STEADY RUN	10KM
WEDNESDAY MAY 27	STEADY RUN	6KM
THURSDAY MAY 28	OFF	OFF
FRIDAY MAY 29	OFF	OFF
SATURDAY MAY 30	STEADY RUN	3KM

TRAINING PLAN LEGEND



LSD (Walk/Run)
Long Slow Distance



HILLS
Go up!



Tempo
Anaerobic threshold
or lactate-threshold run



Fartlek
Speed Play



Steady Run
Below Race Pace



Race Pace
Your Race Day
Pace Goal

TRAINING PLAN LEGEND

LSD (Walk/Run)



LSD (Walk/Run) Long Slow Distance

Long Slow Distance runs are the cornerstone of any distance training program. These runs will build your strength, resiliency and fitness.

These runs are meant to be done slower than race pace so don't be overly concerned with your pace. One way to easily tell you are running slow enough is that you should be able to hold a conversation with ease while running.

LSD runs help to prepare you for mentally longer distances.

It can be easy to run long runs too fast in the first weeks of the program, but avoid this to avoid injury. Many runners push these runs too fast because they feel like they need to work hard. However, the feeling that you are 'working hard' should be reserved for a Tempo run, so as to not negatively impact your training program

TRAINING PLAN LEGEND

TEMPO



Tempo Anaerobic threshold or lactate-threshold run

Tempo runs should be done at a pace that feels “comfortably hard”.

Tempo workouts should stress the body at a specific intensity level - not more, not less. The workout should ideally take place on smooth, flat terrain under relatively calm weather conditions.

Tempo workouts are typically of 20-30 minute non-stop duration with a warm up and cool down added. Alternatively, tempo repeats can consist of a few shorter sets of tempo intervals with a short rest between them. In this way, tempo workouts can be increased to 30-50 minutes overall.

TRAINING PLAN LEGEND

STEADY RUN



Steady Run - Below Race Pace

Steady run is a run below one's targeted race pace.

Run at comfortable speed; if in doubt, go slow.

TRAINING PLAN LEGEND

HILLS



Hills - Go up!

Hill training combines the benefits of both interval and speed training. They develop strength and fitness.

Hills can be run over a variety of distances and grades and can be combined with longer runs. Generally when introduced to LSD, Tempo and Steady Runs the Hills match the effort of the run.

Hills can be run as repeats or as hilly runs.

TRAINING PLAN LEGEND

FARTLEK



Fartlek - Speed Play

Short bursts at 70-80% effort, plus recovery periods that allow time to bring the heart rate down where it sits on a LSD run.

To build determination and strength. Fartlek teaches a runner to run at a varied tempo instead of locking into one pace.

TRAINING PLAN LEGEND

RACE PACE

Race Pace - Your Race Day Pace Goal

To train the body to run at exactly the pace and intensity that will be required during the target race.

To train the body and mind to become comfortable being uncomfortable. Generally Race Pace is done above lactic threshold but that can vary as most runners will not run a Marathon above lactic threshold.

To develop stamina and pace judgment.

It is important that Race Pace be done at where you are at in fitness, not where you want to be. Your technique and day-to-day training program will be compromised if you have not built the adequate fitness and strength base to handle the goal pace. Let this pace build over the course of your program and use it as a marker for improvement.

