

INTERMEDIATE HALF MARATHON TRAINING PLAN

RACE:

YEAR :

MON	TUE	WED	THU	FRI	SAT	SUN
4 Miles	4 Miles + 4-6 Strides	OFF or 30 Min XT	4 Miles	3 Miles	6 Miles	OFF or 30 Min XT
4 Miles	5 Miles + 4-6 Strides	OFF or 30 Min XT	4 Miles	4 Miles	7 Miles	OFF or 30 Min XT
5 Miles	5 Miles + 4-6 Strides	OFF or 30 Min XT	5 Miles	4 Miles	8 Miles	OFF or 30 Min XT
5 Miles	6 Mile Progression + 4-6 Strides	OFF or 30 Min XT	5 Miles	4 Miles + 4-6 Strides	9 Miles	OFF or 30 Min XT
5 Miles	6 Mile Uptempo Over Hills + 4-6 Strides	OFF or 30 Min XT	5 Miles	4 Miles + 4-6 Strides	9 Mile Progression	OFF or 30 Min XT
4 Miles	5 Miles + 4-6 Strides	OFF or 30 Min XT	4 Miles	3 Miles + 4-6 Strides	8 Miles Easy	Rest Day

TIPS

- Wear your race-day shoes, outfit, & accessories during workouts and long runs throughout your training to prevent race-day faux pas
- Hydrate well during race week- no matter what race day weather looks like
- A 5-minute dynamic warmup before your runs will help reduce soreness and injury risk

NOTES

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Contact Lindsey@FitnessSports.com for questions or for an individualized plan!

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MON	TUE	WED	THU	FRI	SAT	SUN
5 Miles	1 WU 4 Mile Tempo 1 CD + 4-6 Strides	OFF or 30 Min XT	5 Miles	4 Miles	10 Miles at Goal RP	OFF or 30 Min XT
5 Miles	1 WU 5 Miles of 3-2 Fartlek 1 CD	OFF or 30 Min XT	5 Miles	4 Miles	12 Miles	OFF or 30 Min XT
6 Miles	1 WU 5 Mile Tempo 1 CD + 4-6 Strides	OFF or 30 Min XT	6 Miles	5 Miles + 4-6 Strides	12 Mile Progression	OFF or 30 Min XT
6 Miles	8 Mile Uptempo Over Hills + 4-6 Strides	OFF or 30 Min XT	6 Miles	4 Miles + 4-6 Strides	13 Miles	OFF or 30 Min XT
6 Miles	1 WU 4 Mile 3-2 Fartlek 1 CD + 4-6 Strides	OFF or 30 Min XT	5 Miles	4 Miles + 4-6 Strides	8 Miles at Goal RP	Rest Day
5 Miles	5 Miles + 4-6 Strides	OFF or 30 Min XT	4 Miles	3 Mile Shakeout + 4-6 Strides	RACE DAY	

TIPS

- View the race map to plan your hydration and nutrition stops; alternate your intakes every 30-45 minutes during the race
- If you are traveling to the race, ensure you have supportive shoes to wear around town outside of your runs
- Doing a 5-10 minute warmup jog, dynamic stretches, and 4-6 strides over half an hour ahead of the race will help you feel warmed up and stretched out

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KEY TERMS

Strides

- Begin after your heartrate has slowed post-run
- Generally 80-100 meters long
- 85-90% of sprint pace, focused on good form

Progression & Tempo

- Run begins at an easy warmup jog pace
- Pace gradually increases each half mile or so by 5-10 seconds/mile
- Goal pace by the last mile is tempo effort - about 90% of estimated 10K race pace & HR in upper Zone 4, low Zone 5

Uptempo Over Hills

- Pick a hilly route or utilize the incline on your treadmill
- Flat/downhill portions of your run are an easy jog
- Uphill portions are an area to surge and increase pace!
- If on the treadmill, alternate every 1-2 minutes with an incline of 5%

Fartlek

- Varying pace between an easy jog and tempo effort (see above)
- Example: 3-2 is 3 minutes at tempo effort and 2 minutes at recovery jog pace for the provided amount of mileage

XT

- Endurance cross training
- The best options are aquajogging, swimming, cycling, and elliptical
- HR Zone 1 is listed for optional rest day, but XT should be Zones 2 or 3.

WU & CD

- WU = Warmup
 - Should be in HR Zone 2
- CD = Cool Down
 - Should be in HR Zones 2-3
- Post-warmup dynamic stretches and post cool-down static stretching will help reduce soreness and injury risk

Heart Rate Zones

- Zone 1: 50%-60% of maximum heart rate
- Zone 2: 60%-70% of maximum heart rate
- Zone 3: 70%-80% of maximum heart rate
- Zone 4: 80%-90% of maximum heart rate
- Zone 5: 90%-100% of maximum heart rate

To calculate your maximum heart rate, subtract your age from the number 220.

Example: Age 40 → $220 - 40 = 180$ beats per minute (can be a range of ~10-15 bpm)