



YOUR 12 WEEK HALF-MARATHON TRAINING PLAN

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	ACTIVE RECOVERY	SPEED TRAIN - 5 X 2 mins ON + 2 mins OFF (ON + 10km max effort OFF + Marathon effort)	EASY RUN 1km walk 2 - 4km run	SPEED TRAIN 30 mins easy with 6 x 30 sec strides (sprints 85-95%)	OFF OR CROSS TRAIN ex: bike, swim, yoga 	LONG RUN 45 mins	OFF OR EASY 2 - 4km walk
WEEK 2	ACTIVE RECOVERY 	SPEED TRAIN - 6 - 8 x 400 m (400m at 5km pace + 90 sec rest)	EASY RUN 15 - 20 mins	SPEED TRAIN 10 mins easy + 2 x 5 mins tempo + 10 mins easy (Tempo = 70% effort + 3 mins rest)	OFF OR CROSS TRAIN ex: body weight strength work	LONG RUN 8-10km	OFF OR EASY 2 - 4km walk or cross train
WEEK 3	ACTIVE RECOVERY	SPEED TRAIN - 6 x 600m (10k pace + 90 sec rest)	EASY RUN 15 - 20 mins	SPEED TRAIN 10 mins easy + 3 x short hill, 3 x medium hill, 3 x long hill (short + 30 sec, medium + 45 sec, long + 60 sec)	OFF OR CROSS TRAIN ex: bike, swim, yoga	LONG RUN 10 - 13km	OFF OR EASY 2 - 4km walk or cross train
WEEK 4	ACTIVE RECOVERY	SPEED TRAIN - 6 x 800m (800m goal pace plus 90sec rest)	EASY RUN 20 - 25 mins 	EASY RUN 30 - 35 mins (no second speed run this WEEK)	OFF OR CROSS TRAIN Pilates or 15 mins core exercises	LONG RUN 45 mins	OFF OR EASY 2 - 4km walk or OFF
WEEK 5	ACTIVE RECOVERY	SPEED TRAIN - 2 x 1200m + 4 x 800m (1200m at goal pace 800m at 10km pace + 2 mins rest 90sec rest)	EASY RUN 20 - 25 mins	SPEED TRAIN 10 mins easy + 10 - 15 mins tempo - 10 mins easy (this is continuous running)	OFF OR CROSS TRAIN ex: bike, swim, yoga 	LONG RUN 10 - 11km	OFF OR EASY 20 - 30 mins run
WEEK 6	ACTIVE RECOVERY	SPEED TRAIN - 4 x 1200m (1200m at goal pace + 2mins rest)	EASY RUN 30 mins	SPEED TRAIN 8km run that includes 5 - 6 x 90 sec hills (easy uphill, attack downhill)	OFF OR CROSS TRAIN ex: bodyweight strength work	LONG RUN 13 - 16km	OFF OR EASY 30 mins run

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WEEK 7	ACTIVE RECOVERY	SPEED TRAIN - 5 x 1km (1km at goal pace + 2 mins rest)	EASY RUN 30 - 45 mins	SPEED TRAIN - 10 mins warm up - 3 x 6 mins tempo + 10 mins cool down	OFF OR CROSS TRAIN ex: bike, swim, yoga 	LONG RUN 16 - 19km	OFF OR EASY 30-45 mins run
WEEK 8	ACTIVE RECOVERY	SPEED TRAIN 8 - 10 x 400m (400m at 5km pace + 90 sec rest)	EASY RUN 30 mins	EASY RUN 45mins with 8 x 30 sec strides (no second speed run this week)	OFF OR CROSS TRAIN ex: 15 mins core exercises	LONG RUN 60 mins	OFF OR EASY 30 mins run
WEEK 9	ACTIVE RECOVERY	SPEED TRAIN - 4 - 5 x 1200m (400m at 5km pace + 90 sec rest)	EASY RUN 45 mins	SPEED TRAIN 10 mins easy + 2 x 10 - 12 mins tempo + 10 mins cool down (2mins rest after each tempo)	OFF OR CROSS TRAIN ex: body weight strength workm	LONG RUN 17 - 19km	OFF OR EASY 45 mins run
WEEK 10	ACTIVE RECOVERY	SPEED TRAIN - 8 x 600m (600m at 10km pace + 90 sec rest)	EASY RUN 45 mins	SPEED TRAIN 10 mins warm up + 30 mins at marathon pace 10 mins cool down (marathon pace should be around 60%)	OFF OR CROSS TRAIN ex: 15 mins core exercises	LONG RUN 16km (down week after a 3-week build)	OFF OR EASY 30 - 45 mins run
WEEK 11	ACTIVE RECOVERY 	SPEED TRAIN 12 x 200m (200m at 5km pace + 60 sec rest)	EASY RUN 30 mins	SPEED TRAIN 2 X (1,2,3,2,1 min at effort same rest intervals between) recover at marathon pace	OFF OR CROSS TRAIN ex: swim or easy spin	LONG RUN 13km	OFF OR EASY 30 mins run
WEEK 12	ACTIVE RECOVERY	SPEED TRAIN 6 x 400m	OFF / ACTIVE RECOVERY	EASY RUN 4km	OFF OR EASY RUN - 30 mins shake out	REST DAY 	RACE DAY