

Half Marathon 20 - 32 MILES

A 10 week plan designed for runners who want to reach their peak form for a half marathon. If you have been running fewer than 25 miles per week, this plan is for you.

The primary focus of the plan is to improve your Lactate pace through tempo, lactate intervals, and long progression runs. Secondary priorities include increasing overall mileage.

Start Date: **September 4**

Set the starting date in cell C2. Rows 3 will automatically update with the correct dates and days of the week.

Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	<p>Rest or Cross-Training</p> <p>Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.</p>	<p>Easy</p> <p>3 miles in zone 1 (65 - 80% CP)</p> <p>Really easy runs are important for keeping your frequency up and the body's rhythm flowing. Do not push the pace here. Just relax and keep the legs turning over.</p>	<p>Easy</p> <p>3 miles in zone 1 (65 - 80% CP)</p> <p>Really easy runs are important for keeping your frequency up and the body's rhythm flowing. Do not push the pace here. Just relax and keep the legs turning over.</p>	<p>Fartlek</p> <p>2 miles @ zone 1 + 4 * (2 min @ CP + 1 min @ easy) + 1 mile @ zone 1</p> <p>A good way to be in tune with how you feel, and ease in to working out.</p>	<p>Easy</p> <p>3 miles in zone 1 (65 - 80% CP)</p> <p>Really easy runs are important for keeping your frequency up and the body's rhythm flowing. Do not push the pace here. Just relax and keep the legs turning over.</p>	<p>Rest or Cross-Training</p> <p>Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.</p>	<p>Endurance</p> <p>5 miles @ 80 - 90% CP</p> <p>A easy longer run at the low end of Zone 2. This should be a nice comfortable pace, well below the pace of the speedwork you have been doing.</p>
2	<p>Rest or Cross-Training</p> <p>The big reason you need the rest day is for recovery and recuperation. Every time you run, your body has to adapt to get stronger.</p>	<p>Easy</p> <p>3 miles in zone 1 (65 - 80% CP)</p> <p>Really easy runs are important for keeping your frequency up and the body's rhythm flowing. Do not push the pace here. Just relax and keep the legs turning over.</p>	<p>Easy</p> <p>3 miles in zone 1 (65 - 80% CP)</p> <p>Really easy runs are important for keeping your frequency up and the body's rhythm flowing. Do not push the pace here. Just relax and keep the legs turning over.</p>	<p>Speed Workout</p> <p>1 mile @ zone 1 + 3 miles @ 95% goal half power + 1 mile @ zone 1.</p> <p>Consistent fast running is a key part of building the sort of endurance and power you will need to finish your half marathon race.</p>	<p>Easy</p> <p>3 miles in zone 1 (65 - 80% CP)</p> <p>Really easy runs are important for keeping your frequency up and the body's rhythm flowing. Do not push the pace here. Just relax and keep the legs turning over.</p>	<p>Rest or Cross-Training</p> <p>Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.</p>	<p>Endurance</p> <p>6 miles @ 80 - 90% CP</p> <p>A easy longer run at the low end of Zone 2. This should be a nice comfortable pace, well below the pace of the speedwork you have been doing.</p>

3	<p>Rest or Cross-Training</p> <p>If you don't have time to recharge, it can lead to staleness and general apathy about training.</p>	<p>Easy</p> <p>3 miles in zone 1 (65 - 80% CP)</p> <p>Really easy runs are important for keeping your frequency up and the body's rhythm flowing. Do not push the pace here. Just relax and keep the legs turning over.</p>	<p>Easy</p> <p>3 miles in zone 1 (65 - 80% CP)</p> <p>Really easy runs are important for keeping your frequency up and the body's rhythm flowing. Do not push the pace here. Just relax and keep the legs turning over.</p>	<p>Speed Workout</p> <p>1 mile @ zone 1 + 3 miles continuous @ 105% goal race power + 1 mile @ zone 1.</p> <p>Goal for this workout is to build aerobic strength. Try to keep the pace steady.</p>	<p>Easy</p> <p>3 miles in zone 1 (65 - 80% CP)</p> <p>Really easy runs are important for keeping your frequency up and the body's rhythm flowing. Do not push the pace here. Just relax and keep the legs turning over.</p>	<p>Rest or Cross-Training</p> <p>Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.</p>	<p>Endurance</p> <p>7 miles @ 80 - 90% CP</p> <p>A easy longer run at the low end of Zone 2. This should be a nice comfortable pace, well below the pace of the speedwork you have been doing.</p>
4	<p>Rest or Cross-Training</p> <p>Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.</p>	<p>Easy</p> <p>3 miles in zone 1 (65 - 80% CP)</p> <p>Really easy runs are important for keeping your frequency up and the body's rhythm flowing. Do not push the pace here. Just relax and keep the legs turning over.</p>	<p>Easy</p> <p>4 miles in zone 1 (65 - 80% CP)</p> <p>Really easy runs are important for keeping your frequency up and the body's rhythm flowing. Do not push the pace here. Just relax and keep the legs turning over.</p>	<p>Speed Workout</p> <p>1 mile @ zone 1 + 1 mile tempo @ 105% goal race power + 10x 100 strides + 2 mile tempo @ 105% goal race power + 1 mile @ zone 1.</p> <p>The hills are a chance to work on form. The second tempo legs will feel tired, but you should feel better as you run.</p>	<p>Easy</p> <p>4 miles in zone 1 (65 - 80% CP)</p> <p>Really easy runs are important for keeping your frequency up and the body's rhythm flowing. Do not push the pace here. Just relax and keep the legs turning over.</p>	<p>Rest or Cross-Training</p> <p>Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.</p>	<p>Endurance</p> <p>8 miles @ 80 - 90% CP</p> <p>A easy longer run at the low end of Zone 2. This should be a nice comfortable pace, well below the pace of the speedwork you have been doing.</p>
5	<p>Rest or Cross-Training</p> <p>The big reason you need the rest day is for recovery and recuperation. Every time you run, your body has to adapt to get stronger.</p>	<p>Easy</p> <p>3 miles in zone 1 (65 - 80% CP)</p> <p>Really easy runs are important for keeping your frequency up and the body's rhythm flowing. Do not push the pace here. Just relax and keep the legs turning over.</p>	<p>Easy</p> <p>4 miles in zone 1 (65 - 80% CP)</p> <p>Really easy runs are important for keeping your frequency up and the body's rhythm flowing. Do not push the pace here. Just relax and keep the legs turning over.</p>	<p>Goal Power Workout</p> <p>1 mile @ zone 1 + 8x800m at goal race power with 1 min rest + 1 mile @ zone 1.</p> <p>This workout should get you comfortable with your race power. This is a good check-in point on your half goal. If this workout is not doable as written, consider adjusting your goal.</p>	<p>Easy</p> <p>4 miles in zone 1 (65 - 80% CP)</p> <p>Really easy runs are important for keeping your frequency up and the body's rhythm flowing. Do not push the pace here. Just relax and keep the legs turning over.</p>	<p>Rest or Cross-Training</p> <p>Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.</p>	<p>Endurance</p> <p>9 miles @ 80 - 90% CP</p> <p>A easy longer run at the low end of Zone 2. This should be a nice comfortable pace, well below the pace of the speedwork you have been doing.</p>

6	<p>Rest or Cross-Training</p> <p>If you don't have time to recharge, it can lead to staleness and general apathy about training.</p>	<p>Easy</p> <p>3 miles in zone 1 (65 - 80% CP)</p> <p>Really easy runs are important for keeping your frequency up and the body's rhythm flowing. Do not push the pace here. Just relax and keep the legs turning over.</p>	<p>Easy</p> <p>4 miles in zone 1 (65 - 80% CP)</p> <p>Really easy runs are important for keeping your frequency up and the body's rhythm flowing. Do not push the pace here. Just relax and keep the legs turning over.</p>	<p>Wave Workout</p> <p>1 mile @ zone 1 + 1 mile @ 105% goal power + 2-3 mins recovery walk + 1 mile @ 95% goal power + 1 mile @ zone 1.</p> <p>This workout is a great one to avoid "pace lock", and also to practice the natural variations around goal pace that happen during the actual race.</p>	<p>Easy</p> <p>4 miles in zone 1 (65 - 80% CP)</p> <p>Really easy runs are important for keeping your frequency up and the body's rhythm flowing. Do not push the pace here. Just relax and keep the legs turning over.</p>	<p>Rest or Cross-Training</p> <p>Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.</p>	<p>Endurance</p> <p>10 miles @ 80 - 90% CP</p> <p>A easy longer run at the low end of Zone 2. This should be a nice comfortable pace, well below the pace of the speedwork you have been doing.</p>
7	<p>Rest or Cross-Training</p> <p>Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.</p>	<p>Easy</p> <p>3 miles in zone 1 (65 - 80% CP)</p> <p>Really easy runs are important for keeping your frequency up and the body's rhythm flowing. Do not push the pace here. Just relax and keep the legs turning over.</p>	<p>Easy</p> <p>4 miles in zone 1 (65 - 80% CP)</p> <p>Really easy runs are important for keeping your frequency up and the body's rhythm flowing. Do not push the pace here. Just relax and keep the legs turning over.</p>	<p>Speed Workout</p> <p>1 mile @ zone 1 + 1 mile @ 92% goal power + 3 mins recovery walk + 15 mins @ 105% goal power + 3 mins recovery walk + 800 meters 110% goal power + 3 mins recovery walk + 800 meters @ zone 1</p> <p>Hard workout! Be in the moment, controlled, cruisey.</p>	<p>Easy</p> <p>4 miles in zone 1 (65 - 80% CP)</p> <p>Really easy runs are important for keeping your frequency up and the body's rhythm flowing. Do not push the pace here. Just relax and keep the legs turning over.</p>	<p>Rest or Cross-Training</p> <p>Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.</p>	<p>Endurance</p> <p>7 miles @ 80 - 90% CP</p> <p>A easy longer run at the low end of Zone 2. This should be a nice comfortable pace, well below the pace of the speedwork you have been doing.</p>
8	<p>Rest or Cross-Training</p> <p>The big reason you need the rest day is for recovery and recuperation. Every time you run, your body has to adapt to get stronger.</p>	<p>Easy</p> <p>4 miles in zone 1 (65 - 80% CP)</p> <p>Really easy runs are important for keeping your frequency up and the body's rhythm flowing. Do not push the pace here. Just relax and keep the legs turning over.</p>	<p>Easy</p> <p>4 miles in zone 1 (65 - 80% CP)</p> <p>Really easy runs are important for keeping your frequency up and the body's rhythm flowing. Do not push the pace here. Just relax and keep the legs turning over.</p>	<p>Tempo Workout</p> <p>1 mile @ zone 1 + 1 mile @ 92% goal power + 1 mile @ 97% goal power + 1 mile @ goal power + 1 mile @ 105% goal power.</p> <p>The goal of this workout is to go faster each mile.</p>	<p>Easy</p> <p>4 miles in zone 1 (65 - 80% CP)</p> <p>Really easy runs are important for keeping your frequency up and the body's rhythm flowing. Do not push the pace here. Just relax and keep the legs turning over.</p>	<p>Rest or Cross-Training</p> <p>Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.</p>	<p>Endurance</p> <p>10 miles @ 80 - 90% CP</p> <p>A easy longer run at the low end of Zone 2. This should be a nice comfortable pace, well below the pace of the speedwork you have been doing.</p>

9	<p>Rest or Cross-Training</p> <p>If you don't have time to recharge, it can lead to staleness and general apathy about training.</p>	<p>Easy</p> <p>4 miles in zone 1 (65 - 80% CP)</p> <p>Really easy runs are important for keeping your frequency up and the body's rhythm flowing. Do not push the pace here. Just relax and keep the legs turning over.</p>	<p>Easy</p> <p>4 miles in zone 1 (65 - 80% CP)</p> <p>Really easy runs are important for keeping your frequency up and the body's rhythm flowing. Do not push the pace here. Just relax and keep the legs turning over.</p>	<p>Tempo Workout</p> <p>1 mile @ zone 1 + 1 mile @ goal power + 5 mile @ 95% goal power + 1 mile @ goal power + 1 mile @ zone 1.</p> <p>This workout should make you nervous, but it is a great reality check for your race goal. If you cannot complete this workout as written, consider adjusting your race goal.</p>	<p>Easy</p> <p>4 miles in zone 1 (65 - 80% CP)</p> <p>Really easy runs are important for keeping your frequency up and the body's rhythm flowing. Do not push the pace here. Just relax and keep the legs turning over.</p>	<p>Rest or Cross-Training</p> <p>Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.</p>	<p>Endurance</p> <p>7 miles @ 80 - 90% CP</p> <p>A easy longer run at the low end of Zone 2. This should be a nice comfortable pace, well below the pace of the speedwork you have been doing.</p>
10	<p>Rest or Cross-Training</p> <p>Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.</p>	<p>Easy</p> <p>3 miles in zone 1 (65 - 80% CP)</p> <p>Really easy runs are important for keeping your frequency up and the body's rhythm flowing. Do not push the pace here. Just relax and keep the legs turning over.</p>	<p>Easy</p> <p>4 miles in zone 1 (65 - 80% CP)</p> <p>Really easy runs are important for keeping your frequency up and the body's rhythm flowing. Do not push the pace here. Just relax and keep the legs turning over.</p>	<p>Race Power Workout</p> <p>1 mile @ zone 1 + 2xmile @ goal power with 2 min rest in between, 3 min rest, 2x800m @ goal power with 1 min rest in between + 1 mile @ zone 1.</p> <p>This should be a fun one! Don't overthink it, and don't go faster than your goal pace!</p>	<p>Easy</p> <p>3 miles in zone 1 + 3x100 strides</p> <p>Really easy runs are important for keeping your frequency up and the body's rhythm flowing. Do not push the pace here. Just relax and keep the legs turning over.</p>	<p>Easy</p> <p>2 miles in zone 1 (65 - 80% CP)</p> <p>Really easy runs are important for keeping your frequency up and the body's rhythm flowing. Do not push the pace here. Just relax and keep the legs turning over.</p>	<p>Goal Race</p>

NOTES

TO DO

