

# Half Marathon 45 - 63 MILES

A 12 week plan designed for runners who want to reach their peak form for a half marathon race. If you have been running fewer than 40 miles per week, you should follow the base training plan for building up to 45 miles per week.

The primary focus of the plan is to improve your Lactate pace through tempo, lactate intervals, and long progression runs. Secondary priorities include increasing long runs and 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>General Aerobic</p> <p>9 miles @ 75 - 85% CP</p> <p>A nice steady block of sustained base running at the low end of Zone 2. Do some strides after to keep the feeling of speed in your legs.</p>	<p>Lactate Threshold</p> <p>8 miles, 15 mins + 12 mins @ CP, with 4 minutes jog.</p> <p>Sustained tempo efforts help build endurance and economy. This should be a comfortably uncomfortable pace.</p>	<p>Endurance</p> <p>10 miles @ 80 - 90% CP</p> <p>A easy longer run starting at the low end of Zone 2 and ending in higher end of zone 2. This should be a nice comfortable pace, well below the pace of the speedwork you have been doing.</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>General Aerobic + Speed</p> <p>7 miles @ 75 - 85% CP, in the middle, 2 x (6 x 100m) strides with 3 minutes jog between sets.</p> <p>A certain repetition of short and maximal efforts with the goal to increase neuromuscular recruitment and maximum specific strength</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>
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>General Aerobic</p> <p>9 miles @ 75 - 85% CP</p> <p>A nice steady block of sustained base running at the low end of Zone 2. Do some strides after to keep the feeling of speed in your legs.</p>	<p>Lactate Threshold</p> <p>9 miles, (18 + 14) mins @ 100% CP, with 4 minutes jog.</p> <p>Sustained tempo efforts help build endurance and economy. This should be a comfortably uncomfortable pace.</p>	<p>Endurance</p> <p>11 miles @ 80 - 90% CP</p> <p>A easy longer run starting at the low end of Zone 2 and ending in higher end of zone 2. This should be a nice comfortable pace, well below the pace of the speedwork you have been doing.</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>General Aerobic + Speed</p> <p>7 miles @ 75 - 85% CP, in the middle, do 6 x 10 uphill sprint followed by 8 x 100m strides</p> <p>A certain repetition of short and maximal efforts with the goal to increase neuromuscular recruitment and maximum specific strength</p>	<p>Endurance</p> <p>11 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>General Aerobic</p> <p>9 miles @ 75 - 85% CP</p> <p>A nice steady block of sustained base running at the low end of Zone 2. Do some strides after to keep the feeling of speed in your legs.</p>	<p>Lactate Threshold</p> <p>10 miles, (20 + 16) mins @ 100% CP, with 4 minutes jog.</p> <p>Sustained tempo efforts help build endurance and economy. This should be a comfortably uncomfortable pace.</p>	<p>Endurance</p> <p>11 miles @ 80 - 90% CP</p> <p>A easy longer run starting at the low end of Zone 2 and ending in higher end of zone 2. This should be a nice comfortable pace, well below the pace of the speedwork you have been doing.</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>General Aerobic + Speed</p> <p>8 miles @ 75 - 85% CP, in the middle, do 6 * 12 uphill sprint followed by 8 * 100m strides</p> <p>A certain repetition of short and maximal efforts with the goal to increase neuromuscular recruitment and maximum specific strength</p>	<p>Endurance</p> <p>11 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>General Aerobic</p> <p>8 miles @ 75 - 85% CP</p> <p>A nice steady block of sustained base running at the low end of Zone 2. Do some strides after to keep the feeling of speed in your legs.</p>	<p>General Aerobic</p> <p>10 miles @ 75 - 85% CP</p> <p>A nice steady block of sustained base running at the low end of Zone 2. Do some strides after to keep the feeling of speed in your legs.</p>	<p>General Aerobic</p> <p>9 miles @ 75 - 85% CP</p> <p>A nice steady block of sustained base running at the low end of Zone 2. Do some strides after to keep the feeling of speed in your legs.</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>General Aerobic</p> <p>9 miles @ 75 - 85% CP</p> <p>A nice steady block of sustained base running at the low end of Zone 2. Do some strides after to keep the feeling of speed in your legs.</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>
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>General Aerobic</p> <p>9 miles @ 75 - 85% CP</p> <p>A nice steady block of sustained base running at the low end of Zone 2. Do some strides after to keep the feeling of speed in your legs.</p>	<p>Lactate Threshold</p> <p>10 miles, (22 + 18) mins @ 100% CP, with 4 minutes jog.</p> <p>Sustained tempo efforts help build endurance and economy. This should be a comfortably uncomfortable pace.</p>	<p>Endurance</p> <p>11 miles @ 80 - 90% CP</p> <p>A easy longer run starting at the low end of Zone 2 and ending in higher end of zone 2. This should be a nice comfortable pace, well below the pace of the speedwork you have been doing.</p>	<p>Recovery</p> <p>3 miles &lt; 80% CP</p> <p>You have done a lot of great work. Make sure you relax on these easy runs and just keep the legs moving and blood flowing.</p>	<p>General Aerobic + Speed</p> <p>8 miles @ 75 - 85% CP, in the middle, 2 x (6 x 100m) strides with 3 minutes jog between sets.</p> <p>A certain repetition of short and maximal efforts with the goal to increase neuromuscular recruitment and maximum specific strength</p>	<p>Endurance</p> <p>12 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	Rest or Cross-Training  If you don't have time to recharge, it can lead to staleness and general apathy about training.	General Aerobic  9 miles @ 75 - 85% CP  A nice steady block of sustained base running at the low end of Zone 2. Do some strides after to keep the feeling of speed in your legs.	VO2Max  10 miles, (3 * 1200 + 3 * 1000) @ 100% - 105% 5K power, jog 50% - 90% interval time recovery.  Time for some speed work! You will be doing some intervals at or above your 5k power, with a longer rest period in between. This will start to get your body used to doing some fast running and help build speed	Endurance  12 miles @ 80 - 90% CP  A easy longer run starting at the low end of Zone 2 and ending in higher end of zone 2. This should be a nice comfortable pace, well below the pace of the speedwork you have been doing.	Recovery  4 miles < 80% CP  You have done a lot of great work. Make sure you relax on these easy runs and just keep the legs moving and blood flowing.	General Aerobic + Speed  8 miles @ 75 - 85% CP, in the middle, do 6 x 10 uphill sprint followed by 8 x 100m strides  A certain repetition of short and maximal efforts with the goal to increase neuromuscular recruitment and maximum specific strength	Endurance  12 miles @ 80 - 90% CP  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.
7	Rest or Cross-Training  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.	General Aerobic  9 miles @ 75 - 85% CP  A nice steady block of sustained base running at the low end of Zone 2. Do some strides after to keep the feeling of speed in your legs.	Lactate Threshold  10 miles, 40 mins @ 100% CP.  Sustained tempo efforts help build endurance and economy. This should be a comfortably uncomfortable pace.	Endurance  12 miles @ 80 - 90% CP  A easy longer run starting at the low end of Zone 2 and ending in higher end of zone 2. This should be a nice comfortable pace, well below the pace of the speedwork you have been doing.	Recovery  5 miles < 80% CP  You have done a lot of great work. Make sure you relax on these easy runs and just keep the legs moving and blood flowing.	General Aerobic  9 miles @ 75 - 85% CP, do 10 x 100m strides in the middle  A nice steady block of sustained base running at the low end of Zone 2. Do some strides after to keep the feeling of speed in your legs.	Endurance  12 miles @ 80 - 90% CP  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.
8	Rest or Cross-Training  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.	General Aerobic + Speed  10 miles @ 75 - 85% CP, in the middle, do 2 sets of 5 x 150m strides with 250m recovery jog and 3 minutes jog recovery between sets  A certain repetition of short and maximal efforts with the goal to increase neuromuscular recruitment and maximum specific strength	General Aerobic  9 miles @ 75 - 85% CP  A nice steady block of sustained base running at the low end of Zone 2. Do some strides after to keep the feeling of speed in your legs.	Recovery  7 miles < 80% CP  You have done a lot of great work. Make sure you relax on these easy runs and just keep the legs moving and blood flowing.	Recovery  4 miles < 80% CP  You have done a lot of great work. Make sure you relax on these easy runs and just keep the legs moving and blood flowing.	10k tune up race  10 miles  Here we go, full on 10k as fast as you can go. This run will help us estimate your future half marathon power.	Endurance  10 miles @ 80 - 90% CP  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.
9	Rest or Cross-Training  If you don't have time to recharge, it can lead to staleness and general apathy about training.	General Aerobic  9 miles @ 75 - 85% CP  A nice steady block of sustained base running at the low end of Zone 2. Do some strides after to keep the feeling of speed in your legs.	Endurance  11 miles @ 80 - 90% CP  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.	VO2Max  11 miles total: Warmup. Main set: (6 x 1200) @ 100% - 105% (5K power), jog 50% - 90% interval time recovery. Cool down.  Time for some speed work! You will be doing some intervals at or above your 5k power, with a longer rest period in between. This will start to get your body used to doing some fast running and help build speed	Recovery  6 miles < 80% CP  You have done a lot of great work. Make sure you relax on these easy runs and just keep the legs moving and blood flowing.	General Aerobic  10 miles @ 75 - 85% CP  A nice steady block of sustained base running at the low end of Zone 2. Do some strides after to keep the feeling of speed in your legs.	Endurance  13 miles @ 80 - 90% CP  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.
10	Rest or Cross-Training  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.	General Aerobic + Speed  10 miles @ 75 - 85% CP, in the middle, do 2 sets of 5 x 150m strides with 250m recovery jog and 3 minutes jog recovery between sets  A certain repetition of short and maximal efforts with the goal to increase neuromuscular recruitment and maximum specific strength	General Aerobic  9 miles @ 75 - 85% CP  A nice steady block of sustained base running at the low end of Zone 2. Do some strides after to keep the feeling of speed in your legs.	Recovery  7 miles < 80% CP  You have done a lot of great work. Make sure you relax on these easy runs and just keep the legs moving and blood flowing.	Recovery  4 miles < 80% CP, do 4 x 100 strides in the middle  You have done a lot of great work. Make sure you relax on these easy runs and just keep the legs moving and blood flowing.	10k tune up race  10 miles total including warmup, race, and cool down.  Here we go, full on 10k as fast as you can go. This run will help us estimate your future half marathon power.	Endurance  10 miles @ 80 - 90% CP  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.
11	Rest or Cross-Training  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.	General Aerobic  7 miles @ 75 - 85% CP  A nice steady block of sustained base running at the low end of Zone 2. Do some strides after to keep the feeling of speed in your legs.	Recovery  5 miles < 80% CP  You have done a lot of great work. Make sure you relax on these easy runs and just keep the legs moving and blood flowing.	VO2Max  10 miles total. Warmup. Main set: 2 x 1200 + 4 x 800 @ 100% - 105% (5K power), jog 50% - 90% interval time recovery. Cool down.  Time for some speed work! You will be doing some intervals at or above your 5k power, with a longer rest period in between. This will start to get your body used to doing some fast running and help build speed	Recovery  4 miles < 80% CP  You have done a lot of great work. Make sure you relax on these easy runs and just keep the legs moving and blood flowing.	General Aerobic + Speed  6 miles @ 75 - 85% CP, in the middle, 2 x (6 x 100m) strides with 3 minutes jog between sets.  A certain repetition of short and maximal efforts with the goal to increase neuromuscular recruitment and maximum specific strength	General Aerobic  9 miles @ 75 - 85% CP  A nice steady block of sustained base running at the low end of Zone 2. Do some strides after to keep the feeling of speed in your legs.

12	<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>Race Power + Speed</p> <p>8 miles with 6 x 100m strides then 2miles @ half marathon target power</p>	<p>Recovery</p> <p>7 miles &lt; 80% CP</p> <p>You have done a lot of great work. Make sure you relax on these easy runs and just keep the legs moving and blood flowing.</p>	<p>Recovery</p> <p>6 miles &lt; 80% CP</p> <p>You have done a lot of great work. Make sure you relax on these easy runs and just keep the legs moving and blood flowing.</p>	Rest	<p>Recovery</p> <p>4 miles&lt; 80% CP</p> <p>You have done a lot of great work. Make sure you relax on these easy runs and just keep the legs moving and blood flowing.</p>	Race
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