Half Marathon 31 - 47 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 25 miles per week, you should follow the base training plan for building up to 30 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	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 6 miles @ 75 - 85% CP, in the middle, do 8 x 100m strides A certain repetition of short and maximal efforts with the goal to increase neuromuscular recruitment and maximum specific strength	Endurance 8 miles @ 80 - 90% CP Being able to push power just under threshold for sustained periods is an essential physiological skill for the half marathon racer.	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.	Lactate Threshold 7 miles total: Warmup. Main set: 14 mins @ 100% CP, 4 minutes jog, 12 mins @ 100% CP. Cool down. Sustained tempo efforts help build endurance and economy. This should be a comfortably uncomfortable pace.	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.	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.
2	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 7 miles @ 75 - 85% CP, in the middle, do 6 x 10 second uphill sprint followed by 6 * 100m strides A certain repetition of short and maximal efforts with the goal to increase neuromuscular recruitment and maximum specific strength	Endurance 8 miles @ 80 - 90% CP Being able to push power just under threshold for sustained periods is an essential physiological skill for the half marathon racer.	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.	Lactate Threshold 8 miles total: Warmup. Main set: 18 mins @ 100% CP, 4 minutes jog, 12 mins @ 100% CP. Cool down. Sustained tempo efforts help build endurance and economy. This should be a comfortably uncomfortable pace.	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.	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.
3	Rest or Cross-Training If you don't have time to recharge, it can lead to staleness and general apathy about training.	General Aerobic + Speed 8 miles @ 75 - 85% CP, in the middle, do 6 * 12 uphill sprint followed by 6 * 100m strides A certain repetition of short and maximal efforts with the goal to increase neuromuscular recruitment and maximum specific strength	Endurance 9 miles @ 80 - 90% CP Being able to push power just under threshold for sustained periods is an essential physiological skill for the half marathon racer.	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.	Lactate Threshold 8 miles total: Warmup. Main set: 18 mins @ 100% CP, 4 minutes jog, 15 mins @ 100% CP. Cool down. Sustained tempo efforts help build endurance and economy. This should be a comfortably uncomfortable pace.	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.	Progression Long 12 miles. Increase your power steadily throughout the run, last 2 miles @ CP. Time for some progressively strong aerobic effort, we will start out slow and build speed during the workout. Hang on!
4	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 8 miles @ 75 - 85% CP, 2 sets of 5 x 150 strides. Easy jog for 250 meters between repeats and 4 minutes between sets, Short burst today, short intervals well above your half marathon power, with much less rest than before. You will feel these tomorrow!	Endurance 7 miles @ 80 - 90% CP Being able to push power just under threshold for sustained periods is an essential physiological skill for the half marathon racer.	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 8 miles @ 75 - 85% CP A nice steady block of sustained base running at the low end of Zone 2. Add in some strides to keep the feeling of speed in your legs.	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. Add in some strides to keep the feeling of speed in your legs.
5	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.	Lactate Threshold 8 miles total: Warmup. Main set: 20 mins @ 100% CP, 4 minutes jog, 16 mins @ 100% CP. Cool down. Sustained tempo efforts help build endurance and economy. This should be a comfortably uncomfortable pace.	Endurance 9 miles @ 80 - 90% CP Being able to push power just under threshold for sustained periods is an essential physiological skill for the half marathon racer.	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 7 miles @ 75 - 85% CP, in the middle, do 10 * 100m strides A certain repetition of short and maximal efforts with the goal to increase neuromuscular recruitment and maximum specific strength	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.	Progression Long 12 miles. Increase your power steadily throughout the run, last 3 miles @ CP. Time for some progressively strong aerobic effort, we will start out slow and build speed during the workout. Hang on!

Week							
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 + Speed 8 miles @ 75 - 85% CP, in the middle, do 6 x 10 second uphill sprints followed by 6 x 100m strides A certain repetition of short and maximal efforts with the goal to increase neuromuscular recruitment and maximum specific strength	Endurance 9 miles @ 80 - 90% CP Being able to push power just under threshold for sustained periods is an essential physiological skill for the half marathon racer.	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.	VO2Max 9 miles total: Warmup. Main set: 6 x 1000m @ 100% - 105% 5K power, jog 50% - 90% interval time recovery. Cool down. Time for some speed work! You will be doing some intervals at high 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 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.	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.	Lactate Threshold 9 miles total: Warmup. Main set: 38 mins @ 100% CP. Cool down. Sustained tempo efforts help build endurance and economy. This should be a comfortably uncomfortable pace.	Endurance 10 miles @ 80 - 90% CP Being able to push power just under threshold for sustained periods is an essential physiological skill for the half marathon racer.	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 8 miles @ 75 - 85% CP, in the middle, do 10 x 100m strides A certain repetition of short and maximal efforts with the goal to increase neuromuscular recruitment and maximum specific strength	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.	Progression Long 13 miles. Increase your power steadily throughout the run, last 3 miles @ CP. Time for some progressively strong aerobic effort, we will start out slow and build speed during the workout. Hang on!
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 8 miles @ 75 - 85% CP, in the middle, do 2 sets of 4 x 150m strides with 250m jog recovery and 4 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 7 miles @ 75 - 85% CP A nice steady block of sustained base running at the low end of Zone 2. Add in some strides to keep the feeling of speed in your legs.	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.	Recovery 3 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.	8k - 10k tune up race 10 miles total including warmup, race, cool down. Here we go, full on 10k as fast as you can go. This run will help us estimate your future half marathon race 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 8 miles @ 75 - 85% CP A nice steady block of sustained base running at the low end of Zone 2. Add in some strides to keep the feeling of speed in your legs.	Endurance 11 miles @ 80 - 90% CP Being able to push power just under threshold for sustained periods is an essential physiological skill for the half marathon racer.	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.	VO2Max 10 miles, 2 * (2 * 1000m + 800) @ 100% - 105% 5K power, jog 50% - 90% interval time recovery. Time for some speed work! You will be doing some intervals at high 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.	Endurance 14 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 8 miles @ 75 - 85% CP, in the middle, do 2 sets of 4 x 150m strides with 250m jog recovery and 4 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 7 miles @ 75 - 85% CP A nice steady block of sustained base running at the low end of Zone 2. Add in some strides to keep the feeling of speed in your legs.	Rest 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.	Recovery 3 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.	8k - 10k tune up race 10 miles total including warmup, race, cool down. Here we go, full on 10k as fast as you can go. This run will help us estimate your future half marathon race 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 + Speed 6 miles @ 75 - 85% CP, in the middle, do 2 sets of 6 x 100m strides with 150m jog recovery and 4 minutes jog recovery between sets A certain repetition of short and maximal efforts with the goal to increase neuromuscular recruitment and maximum specific strength	Recovery 4 miles < 80% CP After a hard week last week, it is time to unload some of that fatigue. Take it easy while keeping time on the legs and keeping your run frequency up	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.	VO2Max 9 miles, 2 x 1200m, 2 x 1000, 1 x 800 @ 100% - 105% 5K power, jog 50% - 90% interval time recovery. Time for some speed work! You will be doing some intervals at high 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 3 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.	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.

| 12 | 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. | Race Pace + Speed

7 miles with 4 x 100m strides then 1 mile @ HM target power | Recovery

5 miles < 80% CP

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. These sorts of runs reduce the pounding. | Recovery

4 miles < 80% CP

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. These sorts of runs reduce the pounding. | Rest | **Goal Race** | |

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