

# Half Marathon 35 - 50 MILES

An 18 week plan designed for runners who want to improve their PR in the half marathon race. It works well for someone who has completed at least one half marathon race previously.

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	Rest or Cross-Training  "Stress + Rest = Growth." Consistency is key to long-term progress. To be consistent you need to give your body an opportunity to rest and recovery. Be confident in your plan and trust the process.	Rest or Cross-Training  "Stress + Rest = Growth." Consistency is key to long-term progress. To be consistent you need to give your body an opportunity to rest and recovery. Be confident in your plan and trust the process.	Rest or Cross-Training  "Stress + Rest = Growth." Consistency is key to long-term progress. To be consistent you need to give your body an opportunity to rest and recovery. Be confident in your plan and trust the process.	Easy  4 miles @ 65 - 80% CP  Many runners go to hard on their easy days and not hard enough on their hard days. Don't fall into this common pitfall. Find a nice rhythm and enjoy your run today.	Easy  3 miles @ 65 - 80% CP  Many runners go to hard on their easy days and not hard enough on their hard days. Don't fall into this common pitfall. Find a nice rhythm and enjoy your run today.	Easy  4 miles @ 65 - 80% CP  Many runners go to hard on their easy days and not hard enough on their hard days. Don't fall into this common pitfall. Find a nice rhythm and enjoy your run today.	Easy  6 miles @ 65 - 80% CP  Many runners go to hard on their easy days and not hard enough on their hard days. Don't fall into this common pitfall. Find a nice rhythm and enjoy your run today.
2	Easy  4 miles @ 65 - 80% CP  Many runners go to hard on their easy days and not hard enough on their hard days. Don't fall into this common pitfall. Find a nice rhythm and enjoy your run today.	Speed  1.5 miles @ zone 1 + 12 x 400m @ 103% - 105% CP w/ 400 meters jog recovery + 1.5 miles @ zone 1  Upping the intensity with short bursts of speed provides many benefits for anaerobic and aerobic development.	Rest or Cross-Training  "Stress + Rest = Growth." Consistency is key to long-term progress. To be consistent you need to give your body an opportunity to rest and recovery. Be confident in your plan and trust the process.	Easy  3 miles @ 65 - 80% CP  Many runners go to hard on their easy days and not hard enough on their hard days. Don't fall into this common pitfall. Find a nice rhythm and enjoy your run today.	Easy  3 miles @ 65 - 80% CP  Many runners go to hard on their easy days and not hard enough on their hard days. Don't fall into this common pitfall. Find a nice rhythm and enjoy your run today.	Easy  3 miles @ 65 - 80% CP  Many runners go to hard on their easy days and not hard enough on their hard days. Don't fall into this common pitfall. Find a nice rhythm and enjoy your run today.	Easy  4 miles @ 65 - 80% CP  Many runners go to hard on their easy days and not hard enough on their hard days. Don't fall into this common pitfall. Find a nice rhythm and enjoy your run today.
3	Easy  4 miles @ 65 - 80% CP  Many runners go to hard on their easy days and not hard enough on their hard days. Don't fall into this common pitfall. Find a nice rhythm and enjoy your run today.	Speed  1.5 miles @ zone 1 + 8 x 600m @ 103% - 105% CP w/ 400 meters jog recovery + 1.5 miles @ zone 1.  Upping the intensity with short bursts of speed provides many benefits for anaerobic and aerobic development.	Rest or Cross-Training  "Stress + Rest = Growth." Consistency is key to long-term progress. To be consistent you need to give your body an opportunity to rest and recovery. Be confident in your plan and trust the process.	Easy  4 miles @ 65 - 80% CP  Many runners go to hard on their easy days and not hard enough on their hard days. Don't fall into this common pitfall. Find a nice rhythm and enjoy your run today.	Easy  4 miles @ 65 - 80% CP  Many runners go to hard on their easy days and not hard enough on their hard days. Don't fall into this common pitfall. Find a nice rhythm and enjoy your run today.	Easy  4 miles @ 65 - 80% CP  Many runners go to hard on their easy days and not hard enough on their hard days. Don't fall into this common pitfall. Find a nice rhythm and enjoy your run today.	Easy  5 miles @ 65 - 80% CP  Many runners go to hard on their easy days and not hard enough on their hard days. Don't fall into this common pitfall. Find a nice rhythm and enjoy your run today.
4	Easy  4 miles @ 65 - 80% CP  Many runners go to hard on their easy days and not hard enough on their hard days. Don't fall into this common pitfall. Find a nice rhythm and enjoy your run today.	Speed  1.5 miles @ zone 1 + 6 x 800m @ 103% - 105% CP w/ 400 meters jog recovery + 1.5 miles @ zone 1.  Upping the intensity with short bursts of speed provides many benefits for anaerobic and aerobic development.	Rest or Cross-Training  "Stress + Rest = Growth." Consistency is key to long-term progress. To be consistent you need to give your body an opportunity to rest and recovery. Be confident in your plan and trust the process.	Easy  3 miles @ 65 - 80% CP  Many runners go to hard on their easy days and not hard enough on their hard days. Don't fall into this common pitfall. Find a nice rhythm and enjoy your run today.	Easy  3 miles @ 65 - 80% CP  Many runners go to hard on their easy days and not hard enough on their hard days. Don't fall into this common pitfall. Find a nice rhythm and enjoy your run today.	Easy  5 miles @ 65 - 80% CP  Many runners go to hard on their easy days and not hard enough on their hard days. Don't fall into this common pitfall. Find a nice rhythm and enjoy your run today.	Easy  5 miles @ 65 - 80% CP  Many runners go to hard on their easy days and not hard enough on their hard days. Don't fall into this common pitfall. Find a nice rhythm and enjoy your run today.
5	Easy  4 miles @ 65 - 80% CP  Many runners go to hard on their easy days and not hard enough on their hard days. Don't fall into this common pitfall. Find a nice rhythm and enjoy your run today.	Speed  1.5 miles @ zone 1 + 5 x 1000m @ 103% - 105% CP w/ 400 meters jog recovery + 1.5 miles @ zone 1.  Upping the intensity with short bursts of speed provides many benefits for anaerobic and aerobic development.	Rest or Cross-Training  "Stress + Rest = Growth." Consistency is key to long-term progress. To be consistent you need to give your body an opportunity to rest and recovery. Be confident in your plan and trust the process.	Tempo  1.5 miles @ zone 1 + 3 miles @ 88 - 92% CP + 1.5 miles @ zone 1.  A good workout to stimulate your body's capability to produce and clear lactate at a close-to-equal rate.	Easy  5 miles @ 65 - 80% CP  Many runners go to hard on their easy days and not hard enough on their hard days. Don't fall into this common pitfall. Find a nice rhythm and enjoy your run today.	Easy  4 miles @ 65 - 80% CP  Many runners go to hard on their easy days and not hard enough on their hard days. Don't fall into this common pitfall. Find a nice rhythm and enjoy your run today.	Easy  8 miles @ 65 - 80% CP  Many runners go to hard on their easy days and not hard enough on their hard days. Don't fall into this common pitfall. Find a nice rhythm and enjoy your run today.
6	Easy  5 miles @ 65 - 80% CP  Many runners go to hard on their easy days and not hard enough on their hard days. Don't fall into this common pitfall. Find a nice rhythm and enjoy your run today.	Speed  1.5 miles @ zone 1 + 4 x 1200m @ 103% - 105% CP w/ 400 meters jog recovery + 1.5 miles @ zone 1.  Upping the intensity with short bursts of speed provides many benefits for anaerobic and aerobic development.	Rest or Cross-Training  "Stress + Rest = Growth." Consistency is key to long-term progress. To be consistent you need to give your body an opportunity to rest and recovery. Be confident in your plan and trust the process.	Tempo  1.5 miles @ zone 1 + 3 miles @ 88 - 92% CP + 1.5 miles @ zone 1.  A good workout to stimulate your body's capability to produce and clear lactate at a close-to-equal rate.	Easy  4 miles @ 65 - 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.	Easy  4 miles @ 65 - 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.	Easy  9 miles @ 65 - 80% CP  Many runners go to hard on their easy days and not hard enough on their hard days. Don't fall into this common pitfall. Find a nice rhythm and enjoy your run today.



14	Easy 5 miles @ 65 - 80% CP Many runners go to hard on their easy days and not hard enough on their hard days. Don't fall into this common pitfall. Find a nice rhythm and enjoy your run today.	Speed Endurance 1.5 miles @ zone 1 + 2 x 3mile @ 93% - 96% CP w/ 1 mile recovery jog + 1.5 miles @ zone 1. This workout allows you to run at high effort, while the metabolic stress and the adaptation is an aerobic one.	Rest or Cross-Training "Stress + Rest = Growth." Consistency is key to long-term progress. To be consistent you need to give your body an opportunity to rest and recovery. Be confident in your plan and trust the process.	Tempo 1.5 miles @ zone 1 + 6 miles @ 88 - 92% CP + 1.5 miles @ zone 1. A good workout to stimulate your body's capability to produce and clear lactate at a close-to-equal rate.	Easy 5 miles @ 65 - 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.	Easy 6 miles @ 65 - 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.	Endurance 12 miles @ 80 - 85% 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.
	Easy 7 miles @ 65 - 80% CP Many runners go to hard on their easy days and not hard enough on their hard days. Don't fall into this common pitfall. Find a nice rhythm and enjoy your run today.	Speed Endurance 1.5 miles @ zone 1 + 3 x 2mile @ 93% - 96% CP w/ 800 meters recovery jog + 1.5 miles @ zone 1. This workout allows you to run at high effort, while the metabolic stress and the adaptation is an aerobic one.	Rest or Cross-Training "Stress + Rest = Growth." Consistency is key to long-term progress. To be consistent you need to give your body an opportunity to rest and recovery. Be confident in your plan and trust the process.	Tempo 1.5 miles @ zone 1 + 6 miles @ 88 - 92% CP + 1.5 miles @ zone 1. A good workout to stimulate your body's capability to produce and clear lactate at a close-to-equal rate.	Easy 6 miles @ 65 - 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.	Easy 5 miles @ 65 - 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.	Easy 10 miles @ 65 - 80% CP Many runners go to hard on their easy days and not hard enough on their hard days. Don't fall into this common pitfall. Find a nice rhythm and enjoy your run today.
15	Easy 5 miles @ 65 - 80% CP Many runners go to hard on their easy days and not hard enough on their hard days. Don't fall into this common pitfall. Find a nice rhythm and enjoy your run today.	Speed Endurance 1.5 miles @ zone 1 + 4 x 1.5mile @ 93% - 96% CP w/ 400 meters recovery jog + 1.5 miles @ zone 1. This workout allows you to run at high effort, while the metabolic stress and the adaptation is an aerobic one.	Rest or Cross-Training "Stress + Rest = Growth." Consistency is key to long-term progress. To be consistent you need to give your body an opportunity to rest and recovery. Be confident in your plan and trust the process.	Tempo 1.5 miles @ zone 1 + 6 miles @ 88 - 92% CP + 1.5 miles @ zone 1. A good workout to stimulate your body's capability to produce and clear lactate at a close-to-equal rate.	Easy 5 miles @ 65 - 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.	Easy 6 miles @ 65 - 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.	Endurance 14 miles @ 80 - 85% 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.
	Easy 7 miles @ 65 - 80% CP Many runners go to hard on their easy days and not hard enough on their hard days. Don't fall into this common pitfall. Find a nice rhythm and enjoy your run today.	Speed Endurance 1.5 miles @ zone 1 + 6 x 1mile @ 93% - 96% CP w/ 400 meters recovery jog + 1.5 miles @ zone 1. This workout allows you to run at high effort, while the metabolic stress and the adaptation is an aerobic one.	Rest or Cross-Training "Stress + Rest = Growth." Consistency is key to long-term progress. To be consistent you need to give your body an opportunity to rest and recovery. Be confident in your plan and trust the process.	Tempo 1.5 miles @ zone 1 + 5 miles @ 88 - 92% CP + 1.5 miles @ zone 1. A good workout to stimulate your body's capability to produce and clear lactate at a close-to-equal rate.	Easy 6 miles @ 65 - 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.	Easy 5 miles @ 65 - 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.	Endurance 8 miles @ 80 - 85% 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.
17	Easy 5 miles @ 65 - 80% CP Many runners go to hard on their easy days and not hard enough on their hard days. Don't fall into this common pitfall. Find a nice rhythm and enjoy your run today.	Easy 5 miles @ 65 - 80% CP Many runners go to hard on their easy days and not hard enough on their hard days. Don't fall into this common pitfall. Find a nice rhythm and enjoy your run today.	Rest or Cross-Training "Stress + Rest = Growth." Consistency is key to long-term progress. To be consistent you need to give your body an opportunity to rest and recovery. Be confident in your plan and trust the process.	Easy 6 miles @ 65 - 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.	Easy 5 miles @ 65 - 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.	Easy 3 miles @ 65 - 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.	RACE
	Easy 7 miles @ 65 - 80% CP Many runners go to hard on their easy days and not hard enough on their hard days. Don't fall into this common pitfall. Find a nice rhythm and enjoy your run today.	Speed Endurance 1.5 miles @ zone 1 + 6 x 1mile @ 93% - 96% CP w/ 400 meters recovery jog + 1.5 miles @ zone 1. This workout allows you to run at high effort, while the metabolic stress and the adaptation is an aerobic one.	Rest or Cross-Training "Stress + Rest = Growth." Consistency is key to long-term progress. To be consistent you need to give your body an opportunity to rest and recovery. Be confident in your plan and trust the process.	Tempo 1.5 miles @ zone 1 + 5 miles @ 88 - 92% CP + 1.5 miles @ zone 1. A good workout to stimulate your body's capability to produce and clear lactate at a close-to-equal rate.	Easy 6 miles @ 65 - 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.	Easy 5 miles @ 65 - 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.	Endurance 8 miles @ 80 - 85% 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.
18	Easy 5 miles @ 65 - 80% CP Many runners go to hard on their easy days and not hard enough on their hard days. Don't fall into this common pitfall. Find a nice rhythm and enjoy your run today.	Easy 5 miles @ 65 - 80% CP Many runners go to hard on their easy days and not hard enough on their hard days. Don't fall into this common pitfall. Find a nice rhythm and enjoy your run today.	Rest or Cross-Training "Stress + Rest = Growth." Consistency is key to long-term progress. To be consistent you need to give your body an opportunity to rest and recovery. Be confident in your plan and trust the process.	Easy 6 miles @ 65 - 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.	Easy 5 miles @ 65 - 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.	Easy 3 miles @ 65 - 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.	RACE
	Easy 7 miles @ 65 - 80% CP Many runners go to hard on their easy days and not hard enough on their hard days. Don't fall into this common pitfall. Find a nice rhythm and enjoy your run today.	Speed Endurance 1.5 miles @ zone 1 + 6 x 1mile @ 93% - 96% CP w/ 400 meters recovery jog + 1.5 miles @ zone 1. This workout allows you to run at high effort, while the metabolic stress and the adaptation is an aerobic one.	Rest or Cross-Training "Stress + Rest = Growth." Consistency is key to long-term progress. To be consistent you need to give your body an opportunity to rest and recovery. Be confident in your plan and trust the process.	Tempo 1.5 miles @ zone 1 + 5 miles @ 88 - 92% CP + 1.5 miles @ zone 1. A good workout to stimulate your body's capability to produce and clear lactate at a close-to-equal rate.	Easy 6 miles @ 65 - 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.	Easy 5 miles @ 65 - 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.	Endurance 8 miles @ 80 - 85% 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.

## NOTES

The initial 4 weeks of the Beginner Program are designed to simply build your weekly mileage. It's all about time on your feet and miles logged. The best way to bank mileage safely is to reduce intensity (no SOS workouts) and spread a moderate amount of mileage over a number of days. It is during these first 4 weeks that the body adapts to the stress of regular training, preparing it for the next phase. For runners coming to the Beginner Program who are already logging weekly mileage closer to that specified in the 3rd or 4th week of training, just keep doing what you are doing and let the training catch up with you.

Following the 4-week base phase, we begin to turn up the heat or, rather, the intensity. You will notice two new additions: speed and tempo. The speed workouts are executed at 5K or 10K pace (refer to Chapter 3 for specific workouts). These workouts include 12 x 400 repeats, 8 x 600 repeats, 6 x 800 repeats, and beyond. We throw different types of workouts at you both to keep things interesting and to achieve the desired physiological adaptations. While you will only run a total of 3 miles at these faster paces, the total mileage for the day will be greater once you add in the recovery intervals and a warm-up and a cooldown. Runners using the Beginner Program should warm up and cool down for 1-2 miles (which adds 2-4 miles to your workout). This remains one of the most important parts of training throughout the program because warming up and cooling down help to boost performance and speed up the recovery process following workouts.

Some will question why the speed-oriented training block is scheduled prior to other phases, such as strength. In addition to the important physiological adaptations that occur as a result of speed training, it gives a beginner an excellent opportunity to establish a baseline. If you don't have any idea what pace you should be shooting for in the half-marathon, complete several speed workouts, and you will soon find out. For runners who have never run a 5K (or haven't done so in the recent past), much less a half-marathon, we encourage you to sign up for a 5K or 10K race. Optimally, adjust your training plan slightly so that you get a race in during the 8th week of your plan, 3 weeks into your speed work (see Table 5.1). This will help you determine an appropriate training goal for the half-marathon-specific training block that is approaching in coming weeks.

## TO DO

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Speed workouts also make great dress rehearsals for the strength sessions. They allow you to make mistakes and learn lessons about pacing and recovery early on before starting those important half-marathon-specific workouts. Finally, speed workouts help a runner develop supreme mental toughness. For those who are accustomed to lacing up their shoes and heading out the door for the same low-key 30- to 60-minute jog each day, speed workouts provide a new challenge, for both the mind and the body. These sessions force you to run at a higher intensity for a longer time, drawing you out of your comfort zone and into new territory. Remember, the only way to improve fitness is by bumping it up from the bottom; each time you step slightly out of your comfort zone, your body responds to the new stimulus. When you learn to tolerate discomfort for longer and longer durations, the payoff is multifold: You gain speed, discover your true potential, and become comfortable with higher-intensity training. What's more, you also develop a higher anaerobic threshold and aerobic capacity without ever training beyond VO 2 max and risking injury.

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Around the time we add speed to the training schedule, tempo workouts also come into play. Assisting in self-regulation and pacing, tempo runs are to be completed at goal half-marathon pace. Just as before and after speed workouts, you should complete a 1- to 2-mile warm-up and cooldown with tempo runs. Thus, in the end, although a tempo run itself may be 5 miles, the total mileage will be closer to 7–9 miles. As the tempo distance increases, these workouts total somewhere in the neighborhood of 8–11 miles, 6–7 of which are at goal half-marathon pace. You may be surprised by the ease with which you complete the first few tempo runs, since they are fairly short. As they get longer, however, you probably will find it tougher to sustain that half-marathon pace. Just remind yourself that this is excellent practice and is getting you ready for race day!

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half-marathon-specific training. At this point in the program, the speed workouts give way to strength workouts, and the tempo runs become much longer. The long runs also peak in mileage, and the weekly volume is at its highest. We won't sugarcoat this phase; it is difficult, and you will be tired. You'll find that strength workouts are similar in structure to speed sessions, with the main differences being in volume and pace. While speed workouts totaled around 3 miles with the speed at a 5–10K pace, strength workouts hit 6 miles and are completed at goal half-marathon pace minus 10 seconds per mile. For instance, if your goal half-marathon pace is 10:00 minutes per mile, your strength workout pace will be 9:50 per mile.

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The icing on the half-marathon training cake is the easiest section of the program: the taper. After all that hard training, the body is fatigued. There may have been moments when you wondered if you'd even complete the training. The purpose of this last block is to finally let the body recover from the previous 16 weeks, all while maintaining the fitness that was gained. We don't want you feeling fresh during the majority of training, but the opposite is true during these last 10 days before the big race. This is your time to get a little rest but also to hold on to all those positive adaptations your body has made up to this point.

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