

# Half Marathon 81 - 100 MILES

A 12 week plan designed for runners who want to reach their peak form for half marathon. If you have been running fewer than 75 miles per week, you should increase your mileage.

The primary focus of this plan is to improve your lactate pace through tempo, lactate intervals, and long progression runs. Secondary priorities include increasing lactate tolerance and aerobic capacity.

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>Recovery</p> <p>6 miles @ &lt; 80% CP + 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>	<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. Adding some strides to keep the speed feel with your leg.</p>	<p>Lactate Threshold</p> <p>11 miles total: Warmup. Main Set: 18 mins + 12 mins @ CP, with 4 minutes jog between. Cooldown.</p> <p>Sustained tempo efforts help build endurance and economy. This should be a comfortably uncomfortable pace.</p>	<p>Endurance</p> <p>13 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>5 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>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>General Aerobic + Speed</p> <p>10 miles @ 75 - 85% CP, in the middle, 2 x (8 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>15 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>Recovery</p> <p>6 miles @ &lt; 80% CP + 5 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</p> <p>10 miles @ 75 - 85% CP</p> <p>A nice steady block of sustained base running at the low end of Zone 2. Adding some strides to keep the speed feel with your leg.</p>	<p>Lactate Threshold</p> <p>12 miles total: Warmup. Main Set: (20 + 16) mins @ 100% CP, with 4 minutes jog between. Cooldown.</p> <p>Sustained tempo efforts help build endurance and economy. This should be a comfortably uncomfortable pace.</p>	<p>Endurance</p> <p>13 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>5 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>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>General Aerobic + Speed</p> <p>11 miles @ 75 - 85% CP, in the middle, do 8 x 12 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>16 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>Recovery</p> <p>6 miles @ &lt; 80% CP + 5 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</p> <p>11 miles @ 75 - 85% CP</p> <p>A nice steady block of sustained base running at the low end of Zone 2. Adding some strides to keep the speed feel with your leg.</p>	<p>Lactate Threshold</p> <p>12 miles total: Warmup. Main Set: (22 + 18) mins @ 100% CP, with 4 minutes jog between. Cooldown.</p> <p>Sustained tempo efforts help build endurance and economy. This should be a comfortably uncomfortable pace.</p>	<p>Endurance</p> <p>14 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>5 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>4 miles @ &lt; 80% CP + 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>	<p>General Aerobic + Speed</p> <p>11 miles @ 75 - 85% CP, in the middle, do 8 x 12 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>Progression Long</p> <p>17 miles. Increase your power steadily throughout the run, last 3 miles @ CP.</p> <p>Time for some progressively strong aerobic effort, we will start out slow and build speed during the workout. Hang on!</p>

4	<p>Recovery</p> <p>6 miles @ &lt; 80% CP + 5 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</p> <p>11 miles @ 75 - 85% CP</p> <p>A nice steady block of sustained base running at the low end of Zone 2. Adding some strides to keep the speed feel with your leg.</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. Adding some strides to keep the speed feel with your leg.</p>	<p>Endurance</p> <p>13 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>7 miles @ &lt; 80% CP + 5 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>10 miles @ 75 - 85% CP, in the middle, 2 x (6 x 150m) strides, jog 250m for recovery and 4 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>14 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>Recovery</p> <p>6 miles @ &lt; 80% CP + 5 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</p> <p>11 miles @ 75 - 85% CP</p> <p>A nice steady block of sustained base running at the low end of Zone 2. Adding some strides to keep the speed feel with your leg.</p>	<p>Lactate Threshold</p> <p>12 miles total: Warmup. Main Set: 38 mins of wave starting as 4 mins of fast right into 4 mins of steady, then 5 sets of (2 mins fast + 4 mins steady). Fast is 10k power and steady is marathon power. Cooldown well after.</p> <p>Being able to push for sustained periods over threshold and then to recover while still running fast is an essential physiological skill for the half marathon racer.</p>	<p>Endurance</p> <p>14 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>5 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 + 5 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>11 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>Progression Long</p> <p>18 miles. Increase your power steadily throughout the run, last 3 miles @ CP.</p> <p>Time for some progressively strong aerobic effort, we will start out slow and build speed during the workout. Hang on!</p>
6	<p>Recovery</p> <p>6 miles @ &lt; 80% CP + 5 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</p> <p>11 miles @ 75 - 85% CP</p> <p>A nice steady block of sustained base running at the low end of Zone 2. Adding some strides to keep the speed feel with your leg.</p>	<p>VO2Max</p> <p>12 miles total: Warmup. Main Set: (2 x 1600 + 2 x 1200 + 2 x 1000) @ 100% - 105% 5K power, jog 50% - 90% interval time recovery. Cooldown.</p> <p>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</p>	<p>Endurance</p> <p>15 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>5 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>4 miles @ &lt; 80% CP + 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>	<p>General Aerobic + Speed</p> <p>12 miles @ 75 - 85% CP, in the middle, do 8 x 12 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>18 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>Recovery</p> <p>6 miles @ &lt; 80% CP + 5 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</p> <p>11 miles @ 75 - 85% CP</p> <p>A nice steady block of sustained base running at the low end of Zone 2. Adding some strides to keep the speed feel with your leg.</p> <p>Recovery</p> <p>5 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>Lactate Threshold</p> <p>12 miles total: Warmup. Then do 44 mins of wave: start as 4 mins of fast right into 4 mins of steady, then do 6 sets of (2 mins fast, 4 mins steady). Fast is 10k power and steady is marathon power. Cooldown well after.</p> <p>Being able to push for sustained periods over threshold and then to recover while still running fast is an essential physiological skill for the half marathon racer.</p>	<p>Endurance</p> <p>15 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>5 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 + 5 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>12 miles @ 75 - 85% CP, in the middle, 10 x 100m strides with 100m jog recovery.</p> <p>A certain repetition of short and maximal efforts with the goal to increase neuromuscular recruitment and maximum specific strength</p>	<p>Progression Long</p> <p>18 miles. Increase your power steadily throughout the run, last 3 miles @ CP.</p> <p>Time for some progressively strong aerobic effort, we will start out slow and build speed during the workout. Hang on!</p>

8	<p>Recovery</p> <p>6 miles @ &lt; 80% CP + 5 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>12 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</p> <p>A certain repetition of short and maximal efforts with the goal to increase neuromuscular recruitment and maximum specific strength</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. Adding some strides to keep the speed feel with your leg.</p> <p>Recovery</p> <p>5 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>Endurance</p> <p>7 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>5 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>	<p>10k tune up race</p> <p>12 miles total including warmup, race, cooldown.</p> <p>Here we go, full on 10k as fast as you can go. This run will help us estimate your future half marathon power.</p> <p>Recovery</p> <p>5 miles</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>Endurance</p> <p>14 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>Recovery</p> <p>7 miles @ &lt; 80% CP + 5 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</p> <p>11 miles @ 75 - 85% CP</p> <p>A nice steady block of sustained base running at the low end of Zone 2. Adding some strides to keep the speed feel with your leg.</p> <p>Recovery</p> <p>5 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>Endurance</p> <p>13 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>	<p>VO2Max</p> <p>12 miles total: Warmup. Main Set: (2 x 1600 + 4 x 1200) @ 100% - 105% CP, jog 50% - 90% interval time for the recovery. Cooldown.</p> <p>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</p>	<p>Recovery</p> <p>7 miles @ &lt; 80% CP + 5 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</p> <p>11 miles @ 75 - 85% CP</p> <p>A nice steady block of sustained base running at the low end of Zone 2. Adding some strides to keep the speed feel with your leg.</p>	<p>Endurance</p> <p>19 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>Recovery</p> <p>6 miles @ &lt; 80% CP + 5 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>12 miles @ 75 - 85% C, in the middle, do 2 sets of 5 x 150m strides with 250m recovery jog and 3 minutes jog recovery 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>General Aerobic</p> <p>9 miles @ 75 - 85% C</p> <p>A nice steady block of sustained base running at the low end of Zone 2. Adding some strides to keep the speed feel with your leg.</p> <p>Recovery</p> <p>5 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>Endurance</p> <p>7 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>5 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, do 4 x 100 strides in the middle</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>10k tune up race</p> <p>12 miles total including warmup, race, cooldown.</p> <p>Here we go, full on 10k as fast as you can go. This run will help us estimate your future half marathon power.</p> <p>Recovery</p> <p>5 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>Endurance</p> <p>14 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>
11	<p>Recovery</p> <p>6 miles @ &lt; 80% CP + 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>	<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. Adding some strides to keep the speed feel with your leg.</p>	<p>Recovery</p> <p>6 miles @ &lt; 80% CP + 5 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>VO2Max</p> <p>10 miles total: Warmup. Main Set: (3 x 1200 + 3 x 1000) @ 100% - 105% CP, jog 50% - 90% interval time for recovery. Cooldown.</p> <p>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</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>General Aerobic + Speed</p> <p>10 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>
12	<p>Recovery</p> <p>6 miles @ &lt; 80% CP + 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>	<p>Race Power + Speed</p> <p>9 miles with 8 x 100m strides then 2 miles @ half marathon target power</p>	<p>Recovery</p> <p>6 miles @ &lt; 80% CP + 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>	<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>	<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>	<p>Race</p>

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