INTERMEDIATE HALF MARATHON TRAINING PLAN

RACE: YEAR :

MON	TUE	WED	THU	FRI	SAT	SUN
3 Miles	3 Miles + 4-6 Strides	OFF or 30 Min XT	3 Miles	2 Miles	**6 Miles**	OFF or 30 Min XT
3 Miles	4 Miles + 4-6 Strides	OFF or 30 Min XT	3 Miles	3 Miles	**7 Miles**	OFF or 30 Min XT
3 Miles	4 Miles + 4-6 Strides	OFF or 30 Min XT	4 Miles	3 Miles	**8 Miles**	OFF or 30 Min XT
4 Miles	4 Mile Progression + 4-6 Strides	OFF or 30 Min XT	4 Miles	3 Miles + 4-6 Strides	**9 Miles**	OFF or 30 Min XT
4 Miles	5 Mile Uptempo Over Hills + 4-6 Strides	OFF or 30 Min XT	4 Miles	3 Miles + 4-6 Strides	**9 Mile Progression**	OFF or 30 Min XT
3 Miles	4 Miles + 4-6 Strides	OFF or 30 Min XT	3 Miles	3 Miles + 4-6 Strides	**8 Miles** Easy	Rest Day

TIPS

- Wear your race-day shoes, outfit, & accessories during workouts and long runs throughout your training to prevent race-day faux pas
- Hydrate well during race week- no matter what race day weather looks like
- A 5-minute dynamic warmup before your runs will help reduce soreness and injury risk

NOTES

....

....

....

Contact Lindsey@FitnessSports.com for questions or for an individualized plan!

CONTINUED...

MON	TUE	WED	THU	FRI	SAT	SUN
3 Miles	5 Mile Uptempo Over Hills + 4-6 Strides	OFF or 30 Min XT	4 Miles	3 Miles	**10 Miles**	OFF or 30 Min XT
4 Miles	1 WU 3 Mile 3-2 Fartlek 1 CD + 4-6 Strides	OFF or 30 Min XT	4 Miles	4 Miles	**12 Miles**	OFF or 30 Min XT
4 Miles	6 Mile Progression + 4-6 Strides	OFF or 30 Min XT	5 Miles	4 Miles + 4-6 Strides	**12 Mile Progression**	OFF or 30 Min XT
5 Miles	6 Mile Uptempo Over Hills + 4-6 Strides	OFF or 30 Min XT	5 Miles	4 Miles + 4-6 Strides	**13 Miles**	OFF or 30 Min XT
4 Miles	1 WU 4 Mile 3-2 Fartlek 1 CD + 4-6 Strides	OFF or 30 Min XT	4 Miles	4 Miles + 4-6 Strides	**8 Miles**	Rest Day
3 Miles	5 Miles + 4-6 Strides	OFF or 30 Min XT	4 Miles	3 Mile Shakeout + 4-6 Strides	**RACE DAY**	

TIPS
- View the race map to plan your hydration and nutrition stops; alternate your intakes every 30-45 minutes during the race
- If you are traveling to the race, ensure you have supportive shoes to wear around town outside of your runs
- Doing a 5-10 minute warmup jog, dynamic stretches, and 4-6 strides over half an hour ahead of the race will help you feel warmed up and stretched out

NOTES

Contact Lindsey@FitnessSports.com for questions or for an individualized plan!

KEY TERMS

Strides

- Begin after your heartrate has slowed post-run
- Generally 80-100 meters long
- 85-90% of sprint pace, focused on good form

Progression

- Run begins at an easy warmup jog pace
- Pace gradually increases each half mile or so by 5-10 seconds/mile
- Goal pace by the last mile is tempo effort (about 90% of expected race pace & HR in Zone 4)

Uptempo Over Hills

- Pick a hilly route or utilize the incline on your treadmill
- Flat/downhill portions of your run are an easy jog
- Uphill portions are an area to surge and increase pace!
- If on the treadmill, alternate every 1-2 minutes with an incline of 5%

Fartlek

- Varying pace between an easy jog and tempo effort (see above)
- Example: 3-2 is 3 minutes at tempo effort and 2 minutes at recovery jog pace for the provided amount of mileage

XT

- Endurance cross training
- The best options are aquajogging, swimming, cycling, and elliptical
- HR Zone 1 is listed, but can be pushed into Zones 2 or 3.

WU & CD

- WU = Warmup
  - Should be in Zones 1-2
- CD = Cool Down
  - Should be in Zones 1-2
- Post-warmup dynamic stretches and post cool-down static stretching will help reduce soreness and injury risk

Heart Rate Zones

- Zone 1: 50%-60% of maximum heart rate
- Zone 2: 60%-70% of maximum heart rate
- Zone 3: 70%-80% of maximum heart rate
- Zone 4: 80%-90% of maximum heart rate
- Zone 5: 90%-100% of maximum heart rate

To calculate your maximum heart rate, subract your age from the number 220.
Example: Age 40 →220-40 = 180 beats per minute (can be a range of ~5-10 bpm)

Contact Lindsey@FitnessSports.com for questions or for an individualized plan!