

Half Marathon 18 Week Training Plan

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WEEK	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1	Rest	½ hour	Rest	½ hour	Rest	Rest	¾ to 1 hour
2	Optional	½ to ¾ hour	Rest	Hilly Run ½ hour	Rest	Easy Legs & Stretch	LSD ¾ to 1 ¼ hour
3	Optional	¾ hour	Rest	Hilly Run ½ to ¾ hour	Rest	Rest	¾ to 1 hour
4	Optional	¾ hour	Rest	Hilly Run ½ to ¾ hour	Rest	Easy Legs & Stretch	LSD 1 to 1 ½ hour
5	Optional	½ hour Hilly Run	Rest	Hill Repeats 4 x 2 min	Rest	Rest	¾ to 1 hour or 5 or 10 KM Race
6	Optional	½ hour Hilly Run	Rest	Hill Repeats 5 x 2 min	Rest	Easy Legs & Stretch	LSD 1 ¼ to 1 ¾ hour
7	Optional	½ hour Hilly Run	Rest	Hill Repeats 6 x 2 min	Optional	Rest	¾ to 1 ¼ hour
8	Optional	½ hour Hilly Run	Rest	Hill Repeats 6 x 2 min	Optional	Easy Legs & Stretch	LSD 1 ½ to 2 hour
9	Optional	¾ hour	Rest	Fartlek ½ hour	Optional	Rest	¾ to 1 ¼ hour or 5 or 10 KM Race
10	Optional	½ to ¾ hour	Rest	Fartlek ½ hour	Optional	Easy Legs & Stretch	LSD 1 ½ to 2 ¼ hour
11	Optional	¾ hour	Rest	Fartlek ¾ hour	Optional	Rest	¾ to 1 ¼ hour
12	Optional	½ to ¾ hour	Rest	Fartlek ¾ hour	Optional	Easy Legs & Stretch	LSD 1 ¾ to 2 ½ hour
13	Optional	¾ hour	Rest	Intervals 4 x 800 m @ Goal Time	Optional	Rest	¾ to 1 ¼ hour
14	Optional	½ to ¾ hour	Rest	Intervals 8 x 400 m @ ½ Goal Time	Optional	Easy Legs & Stretch	LSD 2 to 2 ¾ hour
15	Optional	¾ hour	Rest	Intervals 5 x 800 m @ Goal Time	Optional	Rest	¾ to 1 ¼ hour
16	Optional	½ to ¾ hour	Rest	Intervals 10 x 400 m @ Goal Time	Optional	Easy Legs & Stretch	LSD 1 ¾ to 2 ½ hour
17	Optional	¾ hour	Rest	Intervals 4 x 800 m @ Goal Time	Optional	Rest	¾ to 1 hour
18	Optional	½ to ¾ hour	Rest	Easy ¾ hour	Optional	Easy Legs & Stretch	HALF MARATHON RACE DAY

LSD (Long Slow Distance): Endurance work that is longer and slower than your other runs during the week; **Fartlek:** Running at a faster pace for a short time, then returning to your normal pace. This is repeated randomly for the duration of the run; **Tempo:** Running at an anaerobic pace or at the point where you are working so hard you can't carry on a conversation; **Hill Repeats:** Find a hill, run up, walk/jog down. Do it several times at varying paces. It's good for you!; **Interval Training:** A run that includes short periods of high to low intensity efforts over a specific distance combined with rest periods.