

Perceived Exertion (PE) scale ranges from 1 (walking) to 10 (maximum running speed).
 Easy runs = PE 2-4; Long Slow Distance (LSD) = PE 4-5; Tempo runs = PE 6-7; Short intervals = PE 7-8.
 Active recovery = walking, spinning, etc.

8 Week Half-Marathon Plan

IMPACT Training

	MON	TUES	WED	THURS	FRI	SAT	SUN
Week 1	Active recovery	Easy 6-8K	Tempo 7-9K	Rest or Cross-train	Active recovery	Easy 6-8K <i>May be hilly if PE stays 2-4</i>	LSD 10-12K <i>PE 4-5</i>
Week 2	Active recovery	3-5 Intervals (3 minutes each) <i>10 minute warm-up & cool down</i>	Easy 6-9K	Rest or Cross-train	Active recovery	Easy 6-8K <i>May be hilly if PE stays 2-4</i>	LSD 12-14K <i>PE 4-5</i>
Week 3	Active recovery	Easy 6-8K	Hills 6-8K <i>Tempo PE (6-7)</i>	Rest or Cross-train	Active recovery	Easy 6-8K <i>May be hilly if PE stays the same</i>	LSD 14-16K <i>PE 4-5</i>
Week 4	Active recovery	3-5 Intervals (3 minutes each) <i>10 minute warm-up & cool down</i>	Tempo 7-9K	Rest or Cross-train	Active recovery	Rest or Easy 4-6K	LSD 10-12K <i>PE 4-5</i>
Week 5	Active recovery	Rest	Easy 6-10K	Rest or Cross-train	Active recovery	Easy 6-8K <i>May be hilly if PE stays the same</i>	LSD 15-17K <i>PE 4-5</i>
Week 6	Active recovery	Easy 6-8K	Hills 6-8K <i>Tempo PE (6-7)</i>	Rest or Cross-train	Active recovery	Easy 6-8K	LSD 17-21K <i>PE 4-5</i>
Week 7	Active recovery	Easy 6-8K	Easy 5-7K	Rest or Cross-train	Active recovery	Rest or Easy 4-6K	LSD 8-10K <i>PE 4-5</i>
Week 8 RACE WEEK	Active recovery	3-5 Intervals (3 minutes each) <i>10 minute warm-up & cool down</i>	Active recovery	Easy 5-8K	Active recovery	Easy 5-8K	Half-Marathon RACE DAY Good luck! 