

Half-Marathon 12-Week Training Plan

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	MON	TUE	WED	THU	FRI	SAT	SUN
		Intervals	Rest or Cross Train	Tempo			Long Run
W 1	5k easy, 4 strides	5x 600m w/ 2 min jog rest, 3k WU & CD, 4x 100m strides after WU	6k easy	5k tempo at HMP, 10-15 min WU & CD	OFF	7k easy, 4 strides	12k
W 2	5k easy, 4 strides	4x 1000m w/ 2 min jog rest, 3k WU & CD, 4x 100m strides after WU	7k easy	6k tempo at HMP, 10-15 min WU & CD	OFF	8k easy, 4 strides	14k w/ last 2k at HMP
W 3	5k easy, 4 strides	6x 300m hills w/ easy jog down hill rest, 3k WU & CD, 4x 100m strides after WU	5k easy	5k tempo at HMP, 10-15 min WU & CD	OFF	6k easy, 4 strides	16k
W 4	6k easy, 4 strides	6x 800m w/ 2 min jog rest, 3k WU & CD, 4x 100m strides after WU	7k easy	6k tempo at HMP, 10-15 min WU & CD	OFF	8k easy, 4 strides	16k
W 5	7k easy, 4 strides	5x 1200m w/ 2 min jog rest, 3k WU & CD, 4x 100m strides after WU	7k easy	7k tempo at HMP, 10-15 min WU & CD	OFF	10k easy, 4 strides	18k w/ last 3k at HMP
W 6	6k easy, 4 strides	8x 300m hills w/ easy jog down hill rest, 3km WU & CD, 4x 100m strides after WU	6k easy	6k tempo at HMP, 10-15 min WU & CD	OFF	8k easy, 4 strides	16k or 10k Race
W 7	7k easy, 4 strides	6x 600m, 4x200m w/ 2 min jog rest, 3km WU & CD, 4x 100m strides after WU	7k easy	8k tempo at HMP, 10-15 min WU & CD	OFF	10k easy, 4 strides	18k
W 8	8k easy, 4 strides	6x 1000m w/ 2 min jog rest, 3k WU & CD, 4x 100m strides after WU	8k easy	9k tempo at HMP, 10-15 min WU & CD	OFF	10k easy, 4 strides	20k w/ last 3k at HMP
W 9	6k easy, 4 strides	8x 300m hills w/ easy jog down hill rest, 3k WU & CD, 4x 100m strides after WU	6k easy	7k tempo at HMP, 10-15 min WU & CD	OFF	8k easy, 4 strides	18k
W 10	8k easy, 4 strides	6x 800m, 4x200m w/ 2 min jog rest, 3k WU & CD, 4x 100m strides after WU	8k easy	10k tempo at HMP, 10-15 min WU & CD	OFF	10k easy, 4 strides	22-24k w/ last 3k at HMP
W 11	8k easy, 4 strides	10x 400m w/ 2 min jog rest, 3k WU & CD, 4x 100m strides after WU	8k easy	8k tempo at HMP, 10-15 min WU & CD	OFF	8k easy, 4 strides	16k
W 12	5k easy, 4 strides	4-6x 2 min (10k pace), 3k WU & CD, 4x 100m strides after WU	6k easy	Easy 30min + 4 strides, 10-15 min WU & CD	OFF	15 min easy, 4 strides	RACE DAY Good luck! 🏃

A Half-Marathon Schedule for Every Runner

An achievable training plan for runners of all levels

The half-marathon is a very achievable distance for most runners, both those with years of experience, as well as those who are relatively new to the sport. It is recommended that you be able to comfortably run at least a 10 km distance (at any speed) before starting this training program.

You will see that the 12-week buildup includes six runs/week, but this can be reduced to five runs (optional day off or cross-training day on Wednesday), should your schedule/training require it. As well, the Saturday and Sunday runs can easily be swapped, without affecting the training.

Each week, there are three key sessions – Tuesday intervals, Thursday tempo run and Sunday long run – with easy run days (or off days) in between. As with most run training programs there is a gradual build in both distance and intensity towards the goal race, with ‘down’ (lower volume) weeks every third week.

The Tuesday interval session is designed to provide strength and speed to the training program. Tuesday workouts should include a 3 km warm-up jog and 4 x 100 m strides before beginning the intervals. If you don’t have access to a track or marked pathway, you can run the intervals using times (e.g. 800 m = 3 min, 1000 m = 4 min).

The goal for the Thursday tempo workout is to get your body accustomed to your goal half-marathon pace. Because the tempo distance is significantly shorter than the 21.1 km race distance, the pace should feel relatively comfortable for the entire tempo and thus, it should be run at as even pace as possible. Over the course of the 12 weeks, you may find that, as your fitness improves, so does your half-marathon goal pace. Each Thursday, do a 10-15 min warm-up jog, then go straight into the tempo portion of the workout, followed immediately by a 10-15 min cool down jog.

Finally, the Sunday long run should be run at a comfortable (conversation) pace. The goal of this run is to gradually build up your running distance, so your body is prepared to run that far on race day. This program includes ‘over-distanced,’ meaning your long runs will eventually exceed 21.1 km a couple times.

LEGEND

WU – Warm up

CD – Cool down

HMP – Half-marathon pace

Strides – Strides are quick (but not all-out) bursts to develop a bit of leg speed and running economy, and to stimulate the central nervous system (often done the day prior to workouts).

Tempo - A sustained effort run that builds up your body’s ability to run faster for longer periods of time.

Many runners will be unsure of their paces for the intervals – a good reference for pacing charts both for determining a goal half-marathon time and for interval workouts is: www.mcmillanrunning.com