

# 12-WEEK HALF-MARATHON TRAINING PLAN

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	Rest or Cross-train	2 km WU 6 x 400 m @ steady pace 2 km CD	7 km easy	8 km @ steady pace	9 km easy	7 km easy	10 km long run @ easy pace
2	Rest or cross-train	2 km WU 6 x 800 m @ strength pace 2 km CD	7 km easy	10 km @ HMP	7 km easy	9 km easy	12 km long run @ easy pace
3	Rest or cross-train	2 km WU 4 x 1000 m @ strength pace 2 km CD	7 km easy	10 km @ HMP	7 km easy	9 km easy	Test race 5 km or 10 km or 12 km time trial @ HMP
4	Rest or cross-train	2 km WU 3 x 1200 m @ strength pace 2 km CD	9 km easy	12 km @ HMP	9 km easy	11 km easy	14 km long run @ easy pace
5	Rest or cross-train	2 km WU 2 x 1600 m @ strength pace 2 km CD	9 km easy	12 km @ HMP	9 km easy	11 km easy	16 km long run @ easy pace
6	Rest or cross-train	2 km WU 400-1000-1600-1000-400 m @ strength pace 2 km CD	9 km easy	14 km @ HMP	9 km easy	11 km easy	18 km long run @ easy pace
7	Rest or cross-train	2 km WU 1500-1200-800-400 m @ strength pace 2 km CD	9 km easy	14 km @ HMP	9 km easy	11 km easy	18 km long run @ easy pace
8	Rest or cross-train	2 km WU 3 x 1600 m @ strength pace 2 km CD	9 km easy	14 km @ HMP	9 km easy	11 km easy	Test race 10 km or HM or 15 km time trial @ HMP
9	Rest or cross-train	2 km WU 1200-1000-800-600-400 m @ strength pace 2 km CD	9 km easy	16 km @ HMP	9 km easy	11 km easy	18 km long run @ easy pace
10	Rest or cross-train	2 km WU 400-800-1200-800-400 m @ strength pace 2 km CD	9 km easy	16 km @ HMP	9 km easy	11 km easy	20 km long run @ easy pace
11	Rest or cross-train	2 km WU 6 x 800 m @ strength pace 2 km CD	9 km easy	16 km @ HMP	9 km easy	11 km easy	14 km long run @ easy pace
12	Rest or cross-train	2 km WU 8 x 400 m @ strength pace 2 km CD	9 km easy	8 km @ HMP	Rest or cross-train	5 km easy	<b>RACE DAY</b> 🏁