

12 Weeks to a Faster Half-Marathon

An achievable training plan targeted at your goal pace

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Vancouver Half Marathon

Have you run half-marathons before and are looking to see a faster time on the clock? Then this intermediate half-marathon plan is for you!

This 12-week plan assumes you are currently running three – four times per week and the distance of your long run is at least 10 kilometres. If you’re not currently running four days per week, skip Tuesday’s run in the plan until week four. Remember to keep the easy days easy but don’t be scared to push yourself on your speed days.

Don’t run your long (aerobic) days too fast. The pace legend has a range of goal finish times, from 1 hour 40 minutes to 2 hours 15 minutes, so ensure you keep to your goal.

Be sure to listen to your body. If you must miss a few days of training, carry on with the block as is. If you need to take a week or more off, be sure to not increase the distance of your long run to where you left off. There are pullback weeks in this build to enable you to recover properly and build stronger.

Aim for consistency in your build over perfection. And most of all, have fun!

LEGEND

WU – Warm-up

CD – Cool down

TEMPO – Run at a comfortable hard pace for a sustained period

STRIDES – A pick-up in pace for ~20 seconds finishing around VO2 pace or slightly faster

HMP – Half-marathon pace

THE PROGRAM’S TARGET PACES:

GOAL FINISH TIME	2:15	2:10	2:05	2:00	1:55	1:50	1:45
Aerobic	6:55 - 7:30	6:40 - 7:15	6:25 - 7:00	6:15 - 6:45	5:55 - 6:25	5:40 - 6:10	5:25 - 5:55
Tempo	6:45	6:30	6:15	6:00	5:45	5:30	5:15
Race Pace (HMP)	6:23	6:09	5:55	5:40	5:27	5:12	4:58
10 km Pace	6:05	5:50	5:35	5:25	5:10	4:55	4:40
5 km Pace	5:45	5:35	5:20	5:10	4:55	4:40	4:30
VO2	5:20	5:10	5:00	4:45	4:35	4:20	4:10

12-WEEK HALF-MARATHON TRAINING PLAN

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	OFF	5 km aerobic	2 km WU; 6x 400 m @5-10 km pace, 2 min walk/jog between sets; 2 km CD	OFF	5 km aerobic + 5x 20 sec strides, 60 sec jog in-between	OFF	10 km aerobic
2	OFF	5 km aerobic	2 km WU; 4x 800 m @5-10 km pace, 2 min walk/jog between sets; 2 km CD	OFF	6 km aerobic + 5x 20 sec strides, 60 sec jog in-between	OFF	12 km aerobic
3	OFF	6 km aerobic	2 km WU; 3x 400 m uphill, jog down; 2 km CD	OFF	6 km aerobic + 5x 20 sec strides, 60 sec jog in-between	OFF	3 km WU; 2x 2 km @HMP, 1 km jog between sets; 3 km CD
4	OFF	8 km aerobic	2 km WU; 3x 1 km @10 km pace, 2 min walk/jog between sets; 2 km CD	OFF	8 km aerobic + 5x 20 sec strides, 60 sec jog in-between	OFF	14 km aerobic
5	OFF	8 km aerobic	2 km WU; 3x 1600 m @HMP, 3 min walk/jog between sets; 2 km CD	OFF	8 km aerobic + 5x 20 sec strides, 60 sec jog in-between	OFF	16 km aerobic
6	OFF	6 km aerobic	8 km aerobic with 6x 20 sec strides, 60 sec jog in-between	OFF	6 km aerobic	OFF	3 km WU; 6 km tempo; 3 km CD
7	OFF	8 km aerobic	2 km WU; 5x 400 m uphill, jog down; 2 km CD	OFF	10 km aerobic + 6x 20 sec strides, 60 sec jog in-between	OFF	18 km aerobic
8	OFF	10 km aerobic	2 km WU; 5x 1 km @10k pace, 90 sec walk/jog between sets, 2 km CD	OFF	10 km aerobic + 6x 20 sec strides, 60 sec jog in-between	OFF	3 km WU; 4 km/4 km/4 km @aerobic, tempo, race pace; 3 km CD
9	OFF	10 km aerobic	2 km WU; 8x 400 m @5 km pace, 90 sec walk/jog between sets; 2 km CD	OFF	10 km aerobic + 6x 20 sec strides, 60 sec jog in-between	OFF	20 km aerobic
10	OFF	10 km aerobic	2 km WU; 6x 800 m @5 km pace, 90 sec walk/jog between sets; 2 km CD	OFF	10 km aerobic + 6x 20 sec strides, 60 sec jog in-between	OFF	2 km WU; 4x 2 km @ HMP; 2 km recovery; 2 km CD
11	OFF	10 km aerobic	8 km aerobic with 6x 20 sec strides, 60 sec jog in-between	OFF	8 km aerobic	OFF	2 km WU; 10 km tempo; 2 km CD
12	OFF	2 km WU; 3x 1 km @HMP, 60 sec walk/jog; 2 km CD	OFF	5 km aerobic	OFF	4 km aerobic	RACE DAY 🏁