



HALF MARATHON 10-WEEK TRAINING PLAN

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Timing of Runs:

A good rule of thumb is to have one day off between the Speed Work and Tempo Run, as well as before and after the Long Run. It's best to do Long Runs on a weekend to mimic race day.

Guide to Runs:

- SPEED WORK:** Complete a 1 mile easy warm up, the "on" intervals are done at 90% effort and "off" intervals as slow as needed to recover breath, 1 mile easy cool down.
- TEMPO RUN:** Complete a 1 mile easy warm up, the "tempo" miles are done at 30-45 seconds faster than goal race pace, 1 mile easy cool down.
- LONG RUN:** The listed mileage is the total mileage for the run. Complete at 30-60 seconds slower than goal race pace.
- "FUN RUN":** Geared towards more experienced runners. No goal pace or effort for this run, just enjoy the time on your feet!
- OTHER ACTIVITIES:** Make sure to balance all of your running out with crosstraining days as well as rest days. Crosstraining can include biking, spinning, swimming, yoga, or lifting weights. You should try to incorporate 1-2 crosstraining days per week as well as 1-2 full rest days per week.

	SPEED WORK	TEMPO RUN	LONG RUN	"FUN RUN" (optional)	EST. TOTAL MILEAGE (without fun run)
WEEK 1:	1.5 min on / 1 min off x 5 repeats	1.5 mi	6 mi	2 mi	14 mi
WEEK 2:	1.5 min on / 1 min off x 6 repeats	2.5 mi	7 mi	2 mi	16 mi
WEEK 3:	2 min on / 1 min off x 6 repeats	3 mi	8 mi	3 mi	17 mi
WEEK 4:	2 min on / 1 min off x 7 repeats	3.5 mi	9 mi	4 mi	19 mi
WEEK 5:	2 min on / 1 min off x 5 repeats	2.5 mi	7 mi	3 mi	17 mi
WEEK 6:	3 min on / 1 min off x 6 repeats	3.5 mi	9 mi	4 mi	20 mi
WEEK 7:	3 min on / 1 min off x 7 repeats	4 mi	10 mi	4 mi	21 mi
WEEK 8:	3 min on / 1 min off x 8 repeats	4 mi	12 mi	5 mi	23 mi
WEEK 9:	2 min on / 1 min off x 6 repeats	3 mi	9 mi	3 mi	18 mi
WEEK 10:	1 min on / 1 min off x 5 repeats	2 mi	OFF	2 mi	14 mi
RACE DAY:			13.1 mi		