

Half Marathon Training Schedules

These half marathon training plans should be started 14 weeks out from the race date. If your race is more than 14 weeks out, simply build a base of normal training runs with minimal workouts. If your race is less than 14 weeks out, cut weeks 3-7. These guides focus on 2-3 hard efforts per week, with recovery runs in between. Feel free to replace any easy run with cross training or an off day, and swap any training days as your schedule needs. Basic training plans have one long run per week (typically Sunday), a midweek longer run (Wednesday)

Pace Guide

Mile Best	5K Best / Avg Mile Pace	10K Best / Avg Mile Pace	Half Marathon / Avg Mile Pace	Marathon / Avg Mile Pace	Tempo (T) Pace	Recovery Pace	Long Run Pace
4:30	15:25 / 5:00	32:00 / 5:15	1:12:00 / 5:30	2:30:00 / 6:00	5:35	6:25	6:40
5:00	17:05 / 5:30	35:45 / 5:45	1:18:00 / 6:00	2:44:00 / 6:15	6:05	7:00	7:15
5:30	18:45 / 6:00	39:00 / 6:15	1:25:00 / 6:30	3:00:00 / 6:50	6:35	7:35	7:50
6:00	20:15 / 6:30	42:00 / 6:45	1:35:00 / 7:15	3:15:00 / 7:25	7:05	8:10	8:25
6:30	22:00 / 7:05	45:45 / 7:20	1:40:00 / 7:35	3:30:00 / 8:00	7:40	8:45	9:00
7:00	23:45 / 7:40	49:00 / 7:55	1:50:00 / 8:20	3:45:00 / 8:35	8:15	9:20	9:35
7:30	25:15 / 8:05	52:30 / 8:25	1:55:00 / 8:45	4:00:00 / 9:10	8:50	9:55	10:10

*Interpolate as needed

Week	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
1	Recovery	Repeat 2x: 1 min on / 1 min off 2 min on / 2 min off 3 min on / 3 min off	Long Recovery	Recovery / Off	Recovery	6 x 800m @ T pace 1 x 400m @ mile PR 2 x 200 @ mile PR 90s recoveries	Long run
2	Recovery	6 x short hills (25s) 6 x long hills (60s) 6 x short hills (25s)	Long Recovery	Recovery / Off	Recovery	12-16 x 400m @ 10K race pace 2 min rest btw reps	Long run
3	Recovery	8 x 100m strides 1200m @ 10k pace	Long Recovery	Recovery / Off	Recovery	1000m @ 10k pace 4 x 400m @ 5k pace 8 x 200m @ mile pace 90s recoveries	Long run
4	Recovery	3 miles @ T pace 8 x 150m strides	Long Recovery	Recovery / Off	Recovery	8x 200m @ mile pace 400m @ 5k pace double time rest	Long run
5	Recovery	4 miles @ T pace	Long Recovery	Recovery / Off	Recovery	5-6x 100m @ mile pace 1000m @ 10k pace 400m @ 5k pace 90s recoveries	Long run
6	Recovery	8-10x Hills + crests (extend 20s past hill)	Long Recovery	Recovery / Off	Recovery	8x 200m @ 10k pace 200m @ 5k pace 90s recoveries	Long run
7	Recovery	2x 1 mile @ 10k pace 400m @ mile pace 800m @ 5k pace 2 min recovery	Long Recovery	Recovery / Off	Recovery	6-8x split 800m's first 600m @ 5k pace last 200m @ mile pace 2 min recoveries	Long run



Week	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
8	Recovery	2x 1 mile @ T pace 1 min on / 30s off 2 min on / 1 min off 3 min on / 1:30 off	Long Recovery	Recovery / Off	Recovery	3-4x 400m @ 10k pace 2 x 400m @ 5k pace 400m @ mile pace 2 min recoveries	Long run
9	Recovery	3x 1000m @ 10k pace 1000m @ T pace 2 x 100m strides	Long Recovery	Recovery / Off	Recovery	2x 200m @ mile pace (45s rest) 800m @ 10k pace (2 min rest) 200m @ mile pace (45s rest) 600m @ 10k pace (2 min rest) 200m @ mile pace (45s rest) 400m @ 10k pace (2 min rest)	Long run
10	Recovery	5 mi progression @ average T pace 8 x 100m strides	Long Recovery	Recovery / Off	Recovery	2x 600m @ 10k pace (2 min rest) 500m @ 5k pace (2 min rest) 400m @ 5k pace (2 min rest) 300m @ mile pace (2 min rest)	Long run
11	Recovery	3 mi @ sub T pace	Long Recovery	Recovery / Off	Recovery	2 mile @ goal pace 6 x 200m @ 5k pace 60 sec recoveries	Long run
12	Recovery	6 x hills + crests minimum 90s total full recoveries	Long Recovery	Recovery / Off	Recovery	1 mile @ sub tempo pace 800m @ 3k pace 400m @ mile pace	Long run
13	Recovery	2x 2 x 100m strides 1000m @ T pace	Long Recovery	Recovery / Off	Recovery	4 x 200m @ mile pace 2 x 400m @ 10k pace 4 x 200m @ 5k pace 2 x 400m @ 10 k pace 4 x 200m @ mile pace 60 sec recoveries	Recovery
14	Recovery	2 x 200m @ mile pace 2 x 400m @ 5k pace 800m @ 10k pace 2 x 400m @ goal pace 2 x 200m @ mile pace 2 min recoveries	Long Recovery	Recovery / Off	Recovery 8 x 100m strides	Recovery	Race Day

