

Half Marathon Training Program Prep Schedules

The following schedule is designed to prepare a runner preparing for an intermediate to advanced running only training program (No run/walk) This assumes that you'll soon be starting a 12-18 week program that runs 3-4x per week with a 5-6 mile long run on the first week and totaling 15-20 miles the first week. **The Key is Konsistency!!**

Approach

- Starting at 3 days per week, with optional 4th day of Cross Training. Ends w/ 4 days per week.
- Incorporate Intervals (Jog/Walk) if you are unable to run full time.
- **Do NOT run too far, too fast or go out too hard.** It causes burnout (physical and mental) and can lead to injuries. This is the number one reason new runners do not complete their training.

Novice / Intermediate Schedule

- Assumes you have “**some**” time on your feet and close to running full time up to 3-4mi, 3x per week
- If not full time running, you can incorporate some intervals (INT) within the runs (See legend)

	MON	TUE	WED	THU	FRI	SAT	SUN
Wk 1	Easy 3 or INT30@2/8	Easy 3 or INT30@2/8	Rest	Rest or XT40	Rest	Easy 3 or INT30@2/8	Rest
Wk 2	Easy 3 or INT30@2/8	Easy 3 or INT30@2/8	Rest	Rest or XT40	Rest	Easy 3 or INT30@2/8	Rest
Wk 3	Easy 3-4 or INT40@1/9	Easy 3-4 or INT40@1/9	Rest	Easy 3-4 or INT40@1/9	Rest	Easy 3-4 or INT40@1/9	Rest
Wk 4	Easy 3-4 or INT40@1/9	Easy 3-4 or INT40@1/9	Rest	Easy 3-4 or INT40@1/9	Rest	Easy 3-4 or INT40@1/9	Rest

Intermediate Schedule

- Assumes you can already run 3-4x per week, non-stop of 3-4 miles each, plus a 5-6mi longer run.
- You're fairly comfortable running full time, and want to get a few more weeks of training in.

	MON	TUE	WED	THU	FRI	SAT	SUN
Wk 1	E3	E3	Rest	Rest or XT	Rest	E4	Rest
Wk 2	E3	E3	Rest	Rest or XT	Rest	E4-5	Rest
Wk 3	E4	E4	Rest	XT	Rest	E4-5	Rest
Wk 4	E4	E4	Rest	XT	Rest	E5-6	Rest

LEGEND

Easy (E) Easy Run: Sometimes called general Aerobic Runs. Done at a steady pace throughout to improve basic aerobic fitness and running economy. “Conversation Pace” You should be able to talk (to your partner?) the entire time.

W Walking at a BRISK pace. Designed to get your heart rate up while on your feet. Numbers are in Minutes.

INT Interval of Walk / Run. Start with walking, then introduce an easy Jog for the prescribed time. Repeat.

XT Cross Training: Swimming, Yoga, Pilates, Elliptical Trainer. Most XT sessions are based on Minutes and are 40-60 depending on where you are in your schedule.