

THE INTRODUCTION PHASE

WEEKS 1-2

WARM UP

WORKOUT DESCRIPTION

COOL DOWN

MONDAY

5min active stretching

Easy run @ 60-65% of max HR (heart rate) - 20-30 minutes

5min stretching

TUESDAY

5min active stretching

Easy run or cross training @ 60-65% of max HR (heart rate)
20-30 minutes or off day

5min stretching

WEDNESDAY

1-2 miles (2-3km),
5min active stretching

6-8 x 100-meter hill sprint w/ jog-walk back down to start for recovery, 3-4min rest or jog to flat terrain,
6-8 x 400 meters @ half marathon to 10k pace (or 85-90% of max HR) w/ 60-75 sec rest,
**For Week 2 increase to 10-12 reps for the 400-meter intervals*

1-2 miles (2-3km),
5min stretching

THURSDAY

Off Day

FRIDAY

5min active stretching

Easy run @ 60-65% of max HR (heart rate) - 30-40 minutes

5min stretching

SATURDAY

1-2 miles (2-3km),
5min active stretching

4-6 x 100-meter sprints @ 90-95% effort w/ 30-45 seconds rest, then 3 minutes rest,
2-4 miles (3-6k) tempo run @ marathon pace (80% of max HR)
**For Week 2 Increase the tempo run to 3-5 miles (5-8k) total*

1-2 miles (2-3km),
5min stretching

SUNDAY

Off Day

**Select overall running volume based on your current running fitness.*

When in doubt, err on the shorter side of things and look to increase overall mileage by a few miles each week throughout the program

TRAINING BLOCK 1

WEEKS 3-5

WARM UP

WORKOUT DESCRIPTION

COOL DOWN

MONDAY

Off day or easy cross training @ 60-70% of max HR (heart rate)

TUESDAY

1-2 miles (2-3km),
5min active stretching

4 x 200-meter hill sprint w/ jog-walk back down to start for recovery, 3-4min rest or jog to flat terrain, 4-6 x 800 meters @ half marathon to 10k pace (or 85-90% of max HR) w/ 60-90sec rest, jog back to hill, 4 x 200-meter hill sprint w/ jog-walk back down to start for recovery

1-2 miles (2-3km),
5min stretching

WEDNESDAY

Easy run or cross training @ 65-70% of max HR (heart rate)
30-50 minutes or off day

THURSDAY

Easy run or cross training @ 70% of max HR (heart rate) - 30-50 minutes

FRIDAY

1-2 miles (2-3km),
5min active stretching

4-6 x 100-meter sprints @ 90-95% effort w/ 30-45 seconds rest, then 3 minutes rest, 3-5 miles (5-8k) tempo run @ marathon to half marathon pace (80-85% of max HR)

**Start easy enough so that you can maintain or slightly increase the pace each mile down to goal race pace*

1-2 miles (2-3km),
5min stretching

SATURDAY

Easy run or cross training @ 65-70% of max HR (heart rate) - 30-50 minutes

SUNDAY

Long run: 6 to 9 miles. Run the first 3-4 miles @ 65-70% of max HR, then increase the pace every 2-3 miles by 10-15 seconds per mile up to a max of 80% max HR

10min stretching

TRAINING BLOCK 2

WEEKS 6-8

WARM UP

WORKOUT DESCRIPTION

COOL DOWN

MONDAY

Off day or easy cross training @ 60-70% of max HR (heart rate)

TUESDAY

1-2 miles (2-3km),
5min active stretching

4-5 sets
{400 meters @ 5k pace (93-95% max HR), 1 minute rest,
1200 meters @ 15k - HM pace (85-90% max HR)}.
Take a 400-meter jog (or 3 minutes rest) between sets

1-2 miles (2-3km),
5min stretching

WEDNESDAY

Easy run or cross training @ 60-70% of max HR (heart rate)
30-50 minutes or off day

THURSDAY

Moderate pace run or cross training @ 75% of max HR (heart rate)
30-50 minutes

FRIDAY

1-2 miles (2-3km),
5min active stretching

4-6 x 100-meter sprints @ 90-95% effort w/ 30-45 seconds rest,
then 3 minutes rest, 4-6 miles (6-10k) tempo run @ half marathon
pace (85% of max HR)
**Keep the pace as even as possible from start to finish*

1-2 miles (2-3km),
5min stretching

SATURDAY

Easy run or cross training @ 65-70% of max HR (heart rate)
30-50 minutes

SUNDAY

Long run: 8 to 11 miles. Run the first 3-4 miles @ 70% of max HR,
then increase the pace every 2-3 miles by 10-15 seconds per mile
up to a max of 80% max HR

10min stretching

TRAINING BLOCK 3

WEEKS 9-11

WARM UP

WORKOUT DESCRIPTION

COOL DOWN

MONDAY

Off day or easy cross training @ 60-70% of max HR (heart rate)

TUESDAY

1-2 miles (2-3km),
5min active stretching

6-8 x (600 meters @ 10k pace, 200 meters @ HM pace, 200 meters @ 5k pace). Take a 200-meter walk-jog between sets (approximately 2-2:30 minutes)

1-2 miles (2-3km),
5min stretching

WEDNESDAY

Easy run or cross training @ 65-70% of max HR (heart rate)
30-50 minutes or off day

THURSDAY

Moderate pace run or cross training @ 75-80% of max HR - 30-50 minutes

FRIDAY

1-2 miles (2-3km),
5min active stretching

4-6 x 100-meter sprints @ 90-95% effort w/ 30-45 seconds rest, then 3 minutes rest, 5-7 miles (8-12k) tempo run @ half marathon pace to 15k pace (85-88% of max HR)

**Keep the pace as even as possible until the last 1 mile (2k) then increase to top end of effort range*

1-2 miles (2-3km),
5min stretching

SATURDAY

Easy run or cross training @ 65-70% of max HR (heart rate) - 30-50 minutes

SUNDAY

Long run: 10 to 13 miles. Run the first 4 miles @ 70-75% of max HR, then increase the pace every 2-3 miles by 10 seconds per mile up to marathon pace (approximately 80% of max HR)

10-15 min stretching

TAPER PHASE

WEEK 12

WARM UP

WORKOUT DESCRIPTION

COOL DOWN

MONDAY

Off day or easy cross training @ 60-65% of max HR (heart rate)

TUESDAY

1-2 miles (2-3km),
5min active stretching

4-6 x 100m sprints @ 80-85% w/ 45-60 seconds rest, 3 minutes rest, 1600 meters @ HM pace, 1200 meters @ 15k pace, 800 meters @ 10k pace, 400 meters @ 5k pace all w/ 400-meter recovery jog in between

1-2 miles (2-3km),
5min stretching

WEDNESDAY

Easy run or cross training @ 60-65% of max HR (heart rate) - 25-40 minutes or off day

THURSDAY

5min active stretching

Moderate pace run @ 70-75% of max HR - 30 minute, Finish w/ 6-8 x 100m sprints @ 85-90% w/ 30-45 seconds rest

Hydrate & refuel
5-10min stretching

FRIDAY

Easy run or cross training @ 60-65% of max HR (heart rate) - 20-30 minutes or off day

SATURDAY

5min active stretching

20-minute easy run @ 60-70% of max HR, 4 x 100m sprints @ 80-85% w/ 45-60 seconds rest

Hydrate & refuel
5-10min stretching

SUNDAY

1 mile (1-2km),
5min active stretching

Half Marathon Race

Hydrate & refuel
5-10min stretching