

2nd Sole Cleveland Half Marathon Training Plan

Week 1

12/12- 1 mile warm up/cool down-6 x 30 second hill repeats at 75% effort w/ 2 min recovery
12/13- OFF or Cross training day
12/14- 3 miles easy
12/15- OFF or 3 miles easy
12/16- 4 miles easy
12/17- 3 miles easy

Week 2

12/18- 4 miles easy
12/19- Candy Cane Run at Masthead Brewery
12/20- XT or OFF day
12/21- 1 mile warm up/cool down – 2 x 1 mile @half marathon pace w/ 3 min recovery
12/22- XT or OFF day
12/23- 4 miles easy
12/24- 3 miles easy

Week 3

12/25- Christmas! Get out for an easy morning run. We say don't wear a watch on this one!
12/26- 1 mile warm up/cool down – 6 x 45 second hills at 75% effort w/ 2 min recovery
12/27- XT, 3 easy miles or OFF day
12/28- 1 mile warm up/cool down – 2 x 1 mile @half marathon pace w/ 3 min recovery
12/29- XT or OFF day
12/30- 5 miles easy
12/31- New Year's Eve! 3 miles easy if you're up for it! End the year out, right!

Week 4

1/1- Happy New Year! Start off right in 2018 and get out for an easy run! Again, no watch!
1/2- 1 mile warm up – 5 x 60 sec hills @75% effort w/ 2 min recovery
1/3- XT, 3 miles easy or OFF
1/4- 1.5 mile warm up / 3 x 1 mile @half marathon pace w/ 3 min recovery
1/5- XT or OFF day
1/6- 6 miles easy
1/7- 4 miles easy

Week 5

1/8- 4 miles easy
1/9- 1.5 mile warm up/cool down – 2 x 800m @5K-2x400m @3K pace w/ 3 minute recovery
1/10- XT, OFF day or 4 miles easy
1/11- 1.5 mile warm up/cool down- 2 miles @marathon pace
1/12- XT or OFF day
1/13- 6 miles easy

1/14- 3 miles easy

Week 6

1/15- 4 miles easy

1/16- 1.5 mile warm up/cool down- 4 x 800m @5K pace w/ 3 minute recovery

1/17- XT, 4 miles easy or OFF day

1/18- 1.5 mile warm up/cool down- 2 miles @marathon pace – 3 min recovery- 1 mile @half marathon pace

1/19- XT or OFF day

1/20- 8 miles easy

1/21- 4 miles easy or OFF day

Week 7

1/22- 6 miles easy

1/23- 1.5 mile warm up/cool down- 4 x 60 sec hills-6x30 sec hills w/ 2 min recovery

1/24- XT, 4 miles easy or OFF

1/25- 1.5 mile warm up/cool down- 3 miles @half marathon pace-4 min recovery

1/26- XT or OFF

1/27- 9 miles easy

1/28- 3-5 miles easy

Week 8

1/29- 5 miles easy

1/30- 1.5 mile warm up/cool down- 1 mile @half pace, 4 x 800m @5K pace w/ 3 min recovery

1/31- XT, OFF or 4 miles easy

2/1- 1 mile warm up- 4 miles @marathon pace -2 mile cool down

2/2- XT or OFF

2/3- 7 miles easy

2/4- 4 miles easy

Week 9

2/5- 5 miles easy

2/6- 1.5 mile warm/cool- 6 x 60 sec hill repeats-4 x 30 sec hills w/2 min recovery

2/7- XT or OFF

2/8- 1.5 mile warm up/cool down- 2 miles @half pace-3 min recovery- 2 miles @half pace

2/9- XT or OFF day

2/10- 10 miles easy

2/11- 5 miles easy

Week 10

2/12- 6 miles easy

2/13- 1.5 mile warm/cool- 1 mile @10K pace, 4 x 800m @5K pace w/ 3 min recovery

2/14- XT, OFF or 4 miles easy

2/15- 6 miles easy

2/16- XT or OFF

2/17- 1 mile warm up – 4 miles @half marathon pace – 3 mile c/d

2/18- 3 miles easy

Week 11-

2/19- 5 miles easy

2/20- 1.5 mile warm/cool- 4 x 90 sec hills- 4 x 30 sec hills w/ 2 minute recovery

2/21- XT, OFF or 5 miles easy

2/22- 1.5 mile warm up/cool down- 5 x 1 mile @10K pace w/ 2 min recovery

2/23- XT or OFF

2/24- 11 miles easy

2/25- 2-4 miles easy

Week 12

2/26- 5 miles easy

2/27- 1.5 mile warm up/cool down- 2 x 1 mile @10K pace, 2 x 800m @5K pace w/ 3 min recovery

2/28- XT, OFF or 4 miles easy

3/1- 4 miles easy

3/2- XT or OFF

3/3- 2 mile warm up – 4 miles @half marathon pace – 2 mile cool down

3/4- 4 miles easy

Week 13

3/5- 6 miles easy

3/6- 1.5 mile warm up/cool down- 1 mile @10K, 4 x 800m @5K, 2 x 400m @3K w/ 3 min recovery

3/7- XT, OFF or 4 miles easy

3/8- 2 mile warm up- 1 mile @half marathon pace- 1 mile @10K pace – 2 mile cool down

3/9- XT or OFF

3/10- 11 miles easy

3/11- 4 miles easy

Week 14

3/12- 7 miles easy

3/13- 1.5 mile warm up/cool down- 2 x 1 mile @10K pace, 2 x 800m @5K pace w/ 3 min recovery

3/14- XT, OFF or 5 miles easy

3/15- 1 mile warm up – 6 miles @marathon pace – 1 mile cool down

3/16- XT or OFF

3/17- 12 miles easy

3/18- 3 miles easy

Week 15

3/19- 5 miles easy
3/20- 1.5 mile warm/cool – 1 mile @10K pace, 4 x 800m @5K pace w/ 3 min recovery
3/21- XT, OFF or 5 miles easy
3/22- 6 miles easy
3/23- XT or OFF
3/24- 1 miles w/u – 7 miles @half marathon pace – 1 mile c/d
3/25- 5 miles easy

Week 16

3/26- 7 miles easy
3/27- 1.5 mile warm up – 4 x 2 min hill rpts (@75%)- 4 x 30 sec hills (90% effort)- 1.5 mile c/d
3/28- XT, OFF or 5 miles easy
3/29- 6 miles easy
3/30- XT or OFF
3/31- 13 miles easy
4/1- 4 miles easy

Week 17

4/2- 6 miles easy
4/3- 1.5 mile warm up – 2 x 1 mile @10K pace 6 x 400m @3K w/ 3 min recovery – 1.5 c/d
4/4- XT, OFF or 4 miles easy
4/5- 1 mile warm up – 3 min ON @10K/90 sec OFF easy (x4)- 2 mile cool down
4/6- XT or OFF
4/7- 13 miles easy
4/8- 4 miles easy

Week 18

4/9- 6 miles easy
4/10- 1.5 mile warm up – 3 x 800m @5K pace – 1 mile @10K – 800m @5K pace w/ 400 minute jog between – 1.5 mile cool down
4/11- XT, OFF or 4 miles easy
4/12- 4 miles easy
4/13- XT or OFF
4/14- 1 mile warm up – 8 miles @half marathon pace – 1 mile cool down
4/15- 4 miles easy

Week 19

4/16- 5 miles easy
4/17- 1.5 mile warm up – 6 x 2 min hill repeats w/ 3 min recovery – 1.5 mile cool down
4/18- XT or OFF
4/19- 1 mile warm up – 2 miles @half marathon pace – 1 mile cool down
4/20- XT or OFF
4/21- 13 miles easy
4/22- 4 miles easy

Week 20

4/23- 5 miles easy

4/24- 1.5 mile w/u/c/d – 6 x 800m @5K pace w/ 2 min recovery

4/25- XT, OFF or 5 miles easy

4/26- 1 mile warm up – 4 min ON @10K pace/1 min OFF easy (x4) – 1 mile cool down

4/27- XT or OFF

4/28- 9 miles easy

4/29- 4 miles easy

Week 21

4/30- 6 miles easy

5/1- 1.5 mile warm up – 2 x 800m @5K- 4 x 400m @3K pace w/ 2 min recovery

5/2- XT or OFF

5/3- 1 mile warm up – 1 mile @half – 2 miles easy – 1 miles @ half pace- 1 mile c/d

5/4- XT or OFF

5/5- 12 miles easy

5/6- 3 miles easy

Week 22

5/7- 5 miles easy

5/8- 1.5 mile w/u – 2 x 800m @5K – 4 x 400m @3K – 90 second rest – 1.5 mile c/d

5/9- XT, OFF or 4 miles easy

5/10- 1 mile warm up – 3 miles @marathon pace – 1 mile cool down

5/11- XT or OFF

5/12- 60 min long run

5/13- 4 miles easy

RACE WEEK

5/14- 5 miles easy

5/15- 1.5 mile warm up – 4 x 400m @3K pace w/ 90 sec recovery

5/16- XT or OFF

5/17- 5 miles easy – 4 strides to follow run

5/18- OFF

5/19- 3-4 miles EASY

5/20- RACE DAY!