

Half Marathon Training Plan

Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Cross Training	1 mile	Strength	2 miles	Rest or Yoga	2 miles	REST
Week 2	Cross Training	2 miles	Strength	2 miles	Rest or Yoga	3 miles	REST
Week 3	Cross Training	10 minute tempo	Strength	3 miles	Rest or Yoga	4 miles	REST
Week 4	Cross Training	3 x 400s	Strength	3 miles	Rest or Yoga	3 miles	REST
Week 5	Cross Training	15 minute tempo	Strength	4 miles	Rest or Yoga	4 miles	REST
Week 6	Cross Training	4 x 400s	Strength	4 miles	Rest or Yoga	5 miles	REST
Week 7	Cross Training	20 minute tempo	Strength	4 miles	Rest or Yoga	6 miles	REST
Week 8	Cross Training	5 x 400s	Strength	3 miles	Rest or Yoga	5 miles	REST
Week 9	Cross Training	25 minute tempo	Strength	4 miles	Rest or Yoga	7 miles	REST
Week 10	Cross Training	6 x 400s	Strength	3 miles	Rest or Yoga	6 miles	REST
Week 11	Cross Training	30 minute tempo	Strength	4 miles	Rest or Yoga	8 miles	REST
Week 12	Cross Training	7 x 400s	Strength	4 miles	Rest or Yoga	9 miles	REST
Week 13	Cross Training	30 minute tempo	Strength	5 miles	Rest or Yoga	10 miles	REST
Week 14	Cross Training	8 x 400x	Strength	5 miles	Rest or Yoga	12 miles	REST
Week 15	Cross Training	20 minute tempo	Strength	4 miles	Rest or Yoga	6 miles	REST
Week 16	Cross Training	3 miles	Strength	2 miles	Rest	RACE :)	REST

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Strength Workout

- 20 squats
- 20 forward lunges, alternating legs
- 10 side lunges (right)
- 10 side lunges (left)
- 20 jump squats
- 20 jump lunges
- 10 side lunges (right)
- 10 side lunges (left)
- 60 second plank
- 40 leg lifts on back (alternating legs)
- 40 left side leg lifts (alternating legs)
- 40 leg lifts on stomach (alternating legs)
- 40 ride side leg lifts (alternating legs)
- 60 second bridge
- 30 bridge lifts
- 10 one legged bridges - on right leg
- 10 one legged bridges - on left leg
- 10 sec one legged bridge hold - right leg
- 10 sec one legged bridge hold - left leg
- 20 clamshells - on right side
- 20 clamshells - on left side
- 30 second superman hold
- 20 right leg dips (left foot on stair)
- 20 left leg dips (right foot on stair)
- 20 right hip lifts (left foot on stair)
- 20 left hip lifts (right foot on stair)

Daily Strength Exercises

*to be completed after every run

- Plank – begin at 30 seconds and increase time by 5 seconds every other week until you reach 60 seconds
- Crunches – begin with 20 crunches and add 5 crunches every other week until you reach 50
- Squats – begin with 15 squats and add 5 squats every other week until you reach 30

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Speed Workouts

Tempo Run:

- To be completed with a warm up and cool down before and after the timed interval
- Tempo pace is 30-60 seconds faster per mile than your conversation pace
- You should still be able to maintain the pace for the designated amount of time
- Should be fast enough that you cannot have a conversation
- Judge this run by time and not distance
- Example (20 minute tempo): 10 minute warm up @ recovery pace of 11:00 min/mile, 20 minute tempo @ 10:10 min/mile, 10 minute cool down @ 11:00 min/mile

400s:

- These quarter mile intervals should be completed with a w/u & c/d before and after interval, as well as with a 400 (quarter mile) recovery in between each interval
- 400s should be run 1-2 minutes per mile faster than your recovery pace
- The pace should be fast enough that it is challenging for the entire interval, and something you would not be able to maintain for longer than .25 miles
- Example (4 x 400s): 1 mile warm up @ recovery pace of 11:00 min/mile, 400 @ 9:15 min/mil, 400 @ 11:00 min/mile, repeat x 4, followed by a 1 mile cool down

Cross Training Ideas

- Elliptical
- Spin bike
- Lap swimming
- Hiking
- HIIT Workouts
- IronStrength for Runners
- Yoga

