

RYAN HALL

HALF-MARATHON TRAINING PLAN



Lace up, look strong and feel great on the road to your next half marathon with this training plan created by retired Olympic runner Ryan Hall. *This plan is designed for intermediate and advanced runners.*

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
1	Easy Run 45 minutes	Intervals Warm up, Run 1 minute, Jog 1 minute, Rest, Repeat 10x, Cool down	Easy Run 45 minutes	Half-Marathon Workout Warm up, Run 5 miles at half- marathon pace, Run 1 mile at 10K pace, Cool down	Easy Run 45 minutes (or cross-train)	Progression Run 8 miles	Rest up!
2	Easy Run 55 minutes	Intervals Run ½ mile, Rest 2 minutes, Repeat 5x, Cool down	Easy Run 55 minutes	Half-Marathon Workout Warm up, Run 2 miles at half- marathon pace, Rest 2 minutes, Repeat 1x, Cool down	Easy Run 5 minutes (or cross-train)	Progression Run 9 miles	Rest up!
3	Easy Run 60 minutes	Fartlek Run Warm up, Run hard 5 minutes, Run easy 5 minutes, Run hard 4 minutes, Run easy 4 minutes, Run hard 3 minutes, Run easy 3 minutes, Run hard 2 minutes, Run easy 2 minute, Run hard 1 minute, Run easy 1 minute, Cool down Hard segments = 5K pace	Easy Run 60 minutes	Half-Marathon Workout Warm up, Run 6 miles at half- marathon pace, Run 1 mile at 10K pace, Cool down	Easy Run 60 minutes (or cross-train)	Progression Run 10 miles	Rest up!
4	Easy Run 45 minutes	Intervals Run ½ mile, Rest 2 minutes, Repeat 6x, Cool down	Easy Run 45 minutes	Half-Marathon Workout Warm up, Run 2 miles at half- marathon pace, Rest 2 minutes, Repeat 2x, Cool down	Easy Run 45 minutes (or cross-train)	Progression Run 9 miles	Rest up!
5	Easy Run 55 minutes	Fartlek Run Warm up, Run 1 minute, Jog 1 minute, Rest, Repeat 12x, Cool down	Easy Run 55 minutes	Half-Marathon Workout Warm up, Run 7 miles at half- marathon pace, Run 1 mile at 10K pace, Cool down	Easy Run 55 minutes (or cross-train)	Progression Run 9 miles	Rest up!
6	Easy Run 60 minutes	Intervals Warm up, Run ½ mile, Rest 2 minutes, Repeat 7x, Cool down	Easy Run 60 minutes	Half-Marathon Workout Warm up, Run 2 miles at half- marathon pace, Fully rest, Repeat 3x, Cool down	Easy Run 60 minutes (or cross-train)	Progression Run 11 miles	Rest up!
7	Easy Run 45 minutes	Fartlek Run Warm up, Run hard 5 minutes, Run easy 5 minutes, Run hard 4 minutes, Run easy 4 minutes, Run hard 3 minutes, Run easy 3 minutes, Run hard 2 minutes, Run easy 2 minute, Run hard 1 minute, Run easy 1 minute, Cool down Hard segments = 5K pace	Easy Run 45 minutes	Half-Marathon Workout Warm up, Run 8 miles at half- marathon pace, Run 1 mile at 10K pace, Cool down	Easy Run 45 minutes (or cross-train)	Progression Run 12 miles	Rest up!
8	Easy Run 55 minutes	Intervals Run ½ mile, Rest 2 minutes, Repeat 8x, Cool down	Easy Run 55 minutes	Half-Marathon Workout Warm up, Run 2 miles at half- marathon pace, Fully rest, Repeat 3x, Cool down	Easy Run 55 minutes (or cross-train)	Progression Run 13 miles	Rest up!
9	Easy Run 45 minutes	Intervals Run ½ mile, Rest 2 minutes, Repeat 10x, Cool down	Easy Run 45 minutes	Half-Marathon Workout Warm up, Run 5 miles at half- marathon pace, Run 1 mile at 10K pace, Cool down	Easy Run 45 minutes (or cross-train)	Progression Run 60 minutes	Rest up!
10	Easy Run 45 minutes	Intervals Warm up, Run ½ mile, Rest 2 minutes, Repeat 4x, Run ¼ mile, Rest 2 minutes, Repeat 2x, Cool down	Easy Run 30 minutes	Pre-Race Workout Warm up, Run 2 miles at marathon pace, Fully rest, Cool down	Easy Run 25 minutes (or cross-train)	Easy Run 20 minutes	Race Day!

Half-Marathon Training Tips

EASY RUN:

These runs should be done at a conversational pace.

FARTLEK RUN:

This Fartlek Run isn't meant to be an all-out workout. Give a solid effort, but don't overdo it. Listening to music is a great way to get through these runs.

INTERVALS:

Anytime you run faster than your goal race pace, normal race pace starts feeling much more comfortable. Don't race your workouts, save your deepest effort for the race—our coach at Stanford used to tell us that we should finish every workout feeling like we could do more.

HALF-MARATHON WORKOUT:

One of the most important elements of training is learning how hard you can push yourself without going over the edge and hitting the wall. This workout will help you understand your body and prepare it for the race. If done properly you should be able to run the last mile of this workout approximately 10 seconds faster than the other miles.

CROSS-TRAINING:

Performing other types of exercise allows you to train with less risk of overuse injuries, and you can also strengthen less-used muscles, helping to balance your body. Some ideas to compliment your running routine: 1 hour of elliptical, road biking or mountain biking, OR 30 minutes of swimming or aqua jogging.

PROGRESSION RUN:

Start these runs easy and finish fast. As you pick up the pace you're teaching your legs to recruit more muscle fibers. And, psychologically, knowing you have covered these distances in practice will make you feel that much more ready on race day!

RACE DAY:

This is the day you've worked so hard for. The last 5 miles is when the real race begins, so be sure to conserve as much energy as you can in the first 8 miles.



About Ryan

Ryan Hall is a retired professional runner and former All-American for Stanford University. He holds the best-ever American times in the Half Marathon and Marathon, and represented the United States in the 2008 and 2012 Olympic Games. Ryan lives in both California and Arizona, with his wife, Sara, and their four children.

RYAN HALL MARATHON TRAINING PLAN



Hit the starting line ready and the finish line strong by following this marathon training plan created by the American marathon record-holder Ryan Hall. *This plan is designed for intermediate and advanced runners.*

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
1	Easy Run 45 minutes	Intervals Run ¼ mile, Rest 2 minutes, Repeat 10x, Cool down	Easy Run 45 minutes	Fartlek Run Warm up, Run hard 5 minutes, Run easy 5 minutes, Run hard 4 minutes, Run easy 4 minutes, Run hard 3 minutes, Run easy 3 minutes, Run hard 2 minutes, Run easy 2 minute, Run hard 1 minute, Run easy 1 minute, Cool down Hard segments = 5K pace	Easy Run 45 minutes (or cross-train)	Marathon Simulation Run 6 miles easy pace, Run 6 miles marathon pace, Run 2 miles easy pace, Cool down	Rest up!
2	Easy Run 55 minutes	Intervals Warm up, Run 30 seconds, Jog 30 seconds, Repeat 12x, Cool down	Easy Run 55 minutes	Marathon Workout Warm up, Run 75 minutes at marathon pace, Cool down	Easy Run 45 minutes (or cross-train)	Easy Run 90 minutes	Rest up!
3	Easy Run 65 minutes	Intervals Run ½ mile, Rest 2 minutes, Repeat 10x, Cool down	Easy Run 65 minutes	Fartlek Run Warm up, Run hard 5 minutes, Run easy 5 minutes, Run hard 4 minutes, Run easy 4 minutes, Run hard 3 minutes, Run easy 3 minutes, Run hard 2 minutes, Run easy 2 minutes, Run hard 1 minute, Run easy 1 minute, Cool down Hard segments = 5K pace	Easy Run 45 minutes (or cross-train)	Marathon Simulation Run 8 miles easy pace, Run 6 miles marathon pace, Run 2 miles easy pace, Cool down	Rest up!
4	Easy Run 65 minutes	Intervals Warm up, Run 30 seconds, Jog 30 seconds, Repeat 12x, Cool down	Easy Run 45 minutes	Marathon Workout Warm up, Run 75 minutes at marathon pace, Cool down	Easy Run 45 minutes (or cross-train)	Easy Run 90 minutes	Rest up!
5	Easy Run 55 minutes	Intervals Run ½ mile, Rest 2 minutes, Repeat 10x, Cool down	Easy Run 55 minutes	Fartlek Run Warm up, Run hard 5 minutes, Run easy 5 minutes, Run hard 4 minutes, Run easy 4 minutes, Run hard 3 minutes, Run easy 3 minutes, Run hard 2 minutes, Run easy 2 minute, Run hard 1 minute, Run easy 1 minute, Cool down Hard segments = 5K pace	Easy Run 45 minutes (or cross-train)	Marathon Simulation Run 8 miles easy pace, Run 8 miles marathon pace, Run 2 miles easy pace, Cool down	Rest up!
6	Easy Run 55 minutes	Intervals Warm up, Run 30 seconds, Jog 30 seconds, Repeat 12x, Cool down	Easy Run 65 minutes	Marathon Workout Warm up, Run 75 minutes at marathon pace, Cool down	Easy Run 45 minutes (or cross-train)	Easy Run 105 minutes	Rest up!
7	Easy Run 55 minutes	Intervals Run ½ mile, Rest 2 minutes, Repeat 10x, Cool down	Easy Run 45 minutes	Fartlek Run Warm up, Run hard 5 minutes, Run easy 5 minutes, Run hard 4 minutes, Run easy 4 minutes, Run hard 3 minutes, Run easy 3 minutes, Run hard 2 minutes, Run easy 2 minute, Run hard 1 minute, Run easy 1 minute, Cool down Hard segments = 5K pace	Easy Run 45 minutes (or cross-train)	Marathon Simulation Run 8 miles easy pace, Run 8 miles marathon pace, Run 2 miles easy pace, Cool down	Rest up!
8	Easy Run 55 minutes	Intervals Warm up, Run 30 seconds, Jog 30 seconds, Repeat 12x, Cool down	Easy Run 55 minutes	Marathon Workout Warm up, Run 75 minutes at marathon pace, Cool down	Easy Run 45 minutes (or cross-train)	Fartlek Run Warm up Run 1 hour easy Run 3 minutes medium-hard Jog 3 minutes Repeat 10x	Rest up!
9	Easy Run 45 minutes	Intervals Run ½ mile, Rest 2 minutes, Repeat 10x, Cool down	Easy Run 45 minutes	Fartlek Run Warm up, Run hard 5 minutes, Run easy 5 minutes, Run hard 4 minutes, Run easy 4 minutes, Run hard 3 minutes	Easy Run 45 minutes (or cross-train)	Easy Run 60 minutes	Rest up!
10	Easy Run 45 minutes	Intervals Run ½ mile, Rest 2 minutes, Repeat 4x, Run ¼ mile, Rest 2 minutes, Repeat 2x, Cool down	Easy Run 30 minutes	Pre-Race Workout Warm up 15 minutes, Run 10 minutes at marathon pace, Fully rest, Run 1 minute at 5K pace, Rest 2 minutes, Repeat 4x, Cool down	Rest up!	Easy Run 20 minutes	Race Day!

Marathon Training Tips

INTERVALS:

Working on speed is often neglected, but important for marathon training. The faster you are, the easier the pace will feel. While interval sessions are short, they should be highly valued for marathon training.

EASY RUN:

The easy yet long runs should be done at a conversational pace, but your legs should feel somewhat tired by the end.

MARATHON SIMULATION:

The “easy” segment should feel very comfortable, but your legs should start to feel tired before the marathon pace segment. We are teaching your legs to run hard even when they’re tired.

FARTLEK RUN:

This isn’t meant to be an all-out session. Fartlek means “speed play” in Swedish, and that’s what these workouts are all about. Play with your speed and give a solid effort, but don’t overdo it. Listen to music if you need an extra boost to get through these runs.

RACE DAY PREP:

Shoot for eating about 400-600 extra calories of carbs for 2 days before race day. It’s best to start your carb-loading early and split it over two days—an effective approach for being properly fueled on race day. The day before, eliminate veggies and limit your salt intake. This will limit bloating and reduce extra water weight.

RACE DAY:

Today is the day you’ve been training for. Run the first 20 miles with your head, and run the last 6.2 with your heart.



About Ryan

Ryan Hall is a retired professional runner and former All-American for Stanford University. He holds the best-ever American times in the Half Marathon and Marathon, and represented the United States in the 2008 and 2012 Olympic Games. Ryan lives in both California and Arizona, with his wife, Sara, and their four children.