

HALF MARATHON TRAINING PLAN

WEEK	PHASE	M	T	W	T	F	S	S
1	Build	Shakeout run 40-60 minutes	Tempo run 30 minutes	Rest day	Cross-training	Shakeout run 40-60 minutes	Rest day	LSD 5 miles
2	Build	Shakeout run 40-60 minutes	Tempo run 30 minutes	Rest day	Cross-training	Shakeout run 40-60 minutes	Rest day	LSD 5 miles
3	Build	Shakeout run 40-60 minutes	Tempo run 30 minutes	Rest day	Cross-training	Shakeout run 40-60 minutes	Rest day	LSD 5 miles (2.5 mile @ race pace)
4	Recover	Shakeout run 40-60 minutes	Tempo run 20 minutes	Rest day	Cross-training	Shakeout run 30-40 minutes	Rest day	LSD 5K
5	Build	Shakeout run 60 minutes	Tempo run 30 minutes	Rest day	Cross-training	Shakeout run 60 minutes	Rest day	LSD 5.5 miles (3 mile @ race pace)
6	Build	Shakeout run 60 minutes	Tempo run 30 minutes	Rest day	Cross-training	Shakeout run 60 minutes	Rest day	LSD 7 miles (3.5 mile @ race pace)
7	Build	Shakeout run 60 minutes	Tempo run 30 minutes	Rest day	Cross-training	Shakeout run 60 minutes	Rest day	LSD 8 miles (4 mile @ race pace)
8	Recover	Shakeout run 40 minutes	Tempo run 20 minutes	Rest day	Cross-training	Shakeout run 40 minutes	Rest day	LSD 5 miles
9	Build	Shakeout run 60 minutes	Tempo run 30 minutes	Rest day	Hill Repeats (2 sets)	Shakeout run 60 minutes	Rest day	LSD 9.5 miles (4 mile @ race pace)
10	Build	Shakeout run 60 minutes	Tempo run 30 minutes	Rest day	Hill Repeats (3 sets)	Shakeout run 60 minutes	Rest day	LSD 10 miles (5 mile @ race pace)
11	Build	Shakeout run 60 minutes	Tempo run 30 minutes	Rest day	Hill Repeats (4 sets)	Shakeout run 60 minutes	Rest day	LSD 10.5 miles (5.5 mile @ race pace)
12	Recover	Shakeout run 40 minutes	Tempo run 20 minutes	Rest day	Hill Repeats (1 set)	Shakeout run 40 minutes	Rest day	LSD 5 miles
13	Build	Shakeout run 60 minutes	Tempo run 30 minutes	Rest day	Hill Repeats (4 sets)	Shakeout run 60 minutes	Rest day	LSD 11 miles (6 mile @ race pace)
14	Build	Shakeout run 60 minutes	Tempo run 30 minutes	Rest day	Hill Repeats (4 sets)	Shakeout run 60 minutes	Rest day	LSD 12 miles (6 mile @ race pace)
15	Taper	Shakeout run 60 minutes	Race Day Prep set 10-30-10	Rest day	Race Day Prep set 10-30-10	Shakeout run 60 minutes	Rest day	LSD 9 miles (5 mile @ race pace)
16	Taper	Shakeout run 40 minutes	Race Day Prep set 10-20-10	Rest day	Race Day Prep set 10-20-10	Shakeout run 40 minutes	Rest day	RACE DAY