




Half Marathon Training Plan

WK	DATE	MON	TUE	WEDS	THUR	FRI	SAT	SUN
	Mode	Run-Easy	Cross-Training	Rest	Run-Form*	Cross-Training	Endurance Run	Rest
	Intensity	Moderate	Moderate		Moderate	Moderate	Conversational Pace	
	Heart Rate	65-75%	60-70%		65-75%	60-70%	60-75%	
	I-Rate	6.5-7.5	6-7		6.5-7.5	6-7	6-7.5	
1	Jan 20 - 26	30 min	30 min	Rest	30 min	30 min	2 miles	Rest
2	Jan 27 - Feb 2	30 min	30 min	Rest	30 min	30 min	3 miles	Rest
3	Feb 3 - 9	30 min	30 min	Rest	30 min	30 min	4 miles	Rest
4	Feb 10 - 16	30 min	30 min	Rest	30 min	30 min	5 miles	Rest
5	Feb 17 - 23	40 min	40 min	Rest	40 min	30 min	3 miles	Rest
6	Feb 24 - Mar 2	40 min	40 min	Rest	40 min	30 min	6 miles	Rest
7	Mar 3 - 9	50 min	40 min	Rest	40 min	30 min	7 miles	Rest
8	Mar 10 - 16	50 min	40 min	Rest	50 min	30 min	4 miles	Rest
9	Mar 17 - 23	50 min	40 min	Rest	50 min	30 min	8 miles	Rest
10	Mar 24 - 30	50 min	40 min	Rest	50 min	30 min	6 miles	Rest



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11	Mar 31 - Apr 6	60 min	40 min	Rest	50 min	30 min	10 miles	Rest
12	April 7 - 13	50 min	30 min	Rest	40 min	30 min	8 miles	Rest
13	April 14 - 20	40 min	30 min	Rest	40 min	30 min	5 miles	Rest
14	April 21 - 27	30 min	30 min	Rest	30 min	Rest	20 min	

Warmup: Walking 5 minutes at an easy pace prior to every workout.

***Form/Drills/Strides:** After the walking cooldown, perform 4 stride drills by gradually increasing your running pace for 30 seconds until a fast but controlled pace is reached, focusing on form and quick footstrike. Follow with 1 minute of easy walking. Repeat 4 times.

Heart Rate: Using a heart rate monitor, maintain a range between the prescribed percentages, e.g., 65-75% of estimated maximum heart rate.

I-Rate: Rate of perceived exertion. Rate the level of intensity by how you feel on a scale of 1-10, 1 being at rest and 10 being an all-out level. Use this system to stay in the smart training range listed in the training program, e.g. 6-7.

Cooldown: Walking 5 minutes at an easy pace after every workout.

Stretch: After every workout when the muscles are warm to maintain or import flexibility and prevent injuries.