

MARATHON HANDBOOK

15-WEEK HALF MARATHON TRAINING PLAN : MILES

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1		Cross Training 30 min	Interval Run Warm up: 5 min brisk walk 5 x 1 min hard run, 90 sec jog Cool down: 5 min brisk walk	Distance Run 2 miles	Rest Day	Threshold Workout Warm up: 1/2 mile 2 x 5 min at tempo pace with 90 sec recovery Cool down: 1/2 mile	Rest or Cross Training Rest or 20 min cross training	Long Run 2 miles
		Cross Training 30-45 min	Interval Run Warm up: 1 mile jog 10 x 1 min hard run, 60 sec jog Cool down: 5 min jog	Distance Run 3 miles	Rest Day	Threshold Workout Warm up: 1 mile 5 x 3 min at tempo pace with 90 sec recovery Cool down: 1 mile	Rest or Cross Training Rest or 20 min cross training	Long Run 3 miles
2		Cross Training 30-45 min	Speed Workout Warm up: 1-2 miles 10x 400m at 5k pace with 200m jog Cool down: 1-2 miles	Distance Run 3 miles	Rest Day	Threshold Workout Warm up: 1 mile 5 x 4 min at tempo pace with 90 sec recovery Cool down: 1 mile	Rest or Easy Run Rest or 4-5 miles easy	Long Run 4 miles
		Cross Training 30-45 min	Speed Workout Warm up: 1-2 miles 6 x 800m at 5k pace with 200m jog Cool down: 1-2 miles	Distance Run 4 miles	Rest Day	Threshold Workout Warm up: 1 mile 4 x 5 min at tempo pace with 90 sec recovery Cool down: 1 mile	Rest or Easy Run Rest or 4-5 miles easy + 4 x 75m strides	Long Run 5 miles
3		Cross Training 40-45 min	Speed Workout Warm up: 1-2 miles 6 x 1000m at 5k pace with 200m jog Cool down: 1-2 miles	Distance Run 4 miles	Rest Day	Threshold Workout Warm up: 1 mile 3 x 7 min at tempo pace with 90 sec recovery Cool down: 1 mile	Rest or Easy Run Rest or 4-5 miles easy + 4 x 75m strides	Long Run 6 miles
		Cross Training 40-45 min	Speed Workout Warm up: 1-2 miles 1 x 1600m at 5k pace with 200m jog; 4 x 800m at 5k pace with 200m jog Cool down: 1-2 miles	Distance Run 4 miles	Rest Day	Threshold Workout Warm up: 1 mile 2 x 10 min at tempo pace with 90 sec recovery Cool down: 1 mile	Rest or Easy Run Rest or 4-5 miles easy	Long Run 7 miles
4		Cross Training 45 min	Speed Workout Warm up: 1-2 miles 4x 800m at 5k pace with 200m jog; 4 x 400m at mile pace with 200m jog Cool down: 1-2 miles	Distance Run 4 miles	Rest Day	Tempo Run Warm up 1 mile 20 min tempo pace Cool down 1 mile	Rest or Easy Run Rest or 4-5 miles easy + 4 x 75m strides	Long Run 6 miles with the last 2 at goal half marathon pace
		Cross Training 45 min	Speed Workout Warm up: 1-2 miles 6 x 1000m at 5k pace with 200m jog Cool down: 1-2 miles	Distance Run 5 miles	Rest Day	Tempo Run Warm up 1 mile 25 min tempo pace Cool down 1 mile	Rest or Easy Run Rest or 4-5 miles easy + 4 x 75m strides	Long Run 8 miles
5		Cross Training 45 min	Speed Workout Warm up: 1-2 miles 3-4 x 1600m at 5k pace with 400m jog Cool down: 1-2 miles	Distance Run 5 miles	Rest Day	Tempo Run Warm up 1 mile 30 min tempo pace Cool down 1 mile	Rest or Easy Run Rest or 4-5 miles easy + 4 x 75m strides	Long Run 9 miles
		Cross Training 45 - 60 min	Speed Workout Warm up: 1-2 miles 5 x 1200m at 5k pace with 200m jog Cool down: 1-2 miles	Distance Run 6 miles	Rest Day	Tempo Run Warm up 1 mile 35 min tempo pace Cool down 1 mile	Rest or Easy Run Rest or 4-5 miles easy + 4 x 75m strides	Long Run 10 miles
6		Cross Training 45 - 60 min	Speed Workout Warm up: 1-2 miles 6-8 x 600m at mile pace with 200m jog Cool down: 1-2 miles	Distance Run 7 miles	Rest Day	Tempo Run Warm up 1 mile 30 min tempo pace Cool down 1 mile	Rest or Easy Run Rest or 4-5 miles easy + 4 x 75m strides	Time Trial or Race 10k
		Cross Training 45 - 60 min	Speed Workout Warm up: 1-2 miles 10 x 400m at mile pace with 200m jog Cool down: 1-2 miles	Distance Run 7 miles	Rest Day	Tempo Run Warm up 1 mile 40 min tempo pace Cool down 1 mile	Rest or Easy Run Rest or 4-5 miles easy + 4 x 75m strides	Long Run 10 miles
7		Cross Training 45 - 60 min	Speed Workout Warm up: 1-2 miles 6 x 1000m at 5k pace with 200m jog Cool down: 1-2 miles	Distance Run 8 miles	Rest Day	Tempo Run Warm up 1 mile 40 min tempo pace Cool down 1 mile	Rest or Easy Run Rest or 4-5 miles easy + 4 x 75m strides	Long Run 12 miles
		Cross Training 45 - 60 min	Speed Workout Warm up: 1-2 miles 8 x 800m at 5k pace with 200m jog Cool down: 1-2 miles	Distance Run 7 miles	Rest Day	Threshold Workout Warm up: 1 mile 2 x 10 min at tempo pace with 90 sec recovery Cool down: 1 mile	Rest or Easy Run Rest or 4-5 miles easy + 4 x 75m strides	Long Run 7 miles
8		Cross Training 30-40 min	Speed Workout Warm up: 1 mile 4 x 800m at goal half marathon pace with 200m jog Cool down: 1 mile	Easy Run 4-5 miles	Rest Day	Shake Out Run 20 min + 4 x 75m strides	Race Half Marathon!	Rest Day