



Half Marathon

Program Fall 2018

Week	Date	Mon	Tues	Wed	Thu	Fri	Sat	Sun
1	Aug.27	8km	5km	8km	Int	Off	15km	Off
2	Sept.3	9km	9km	7km	Int	Off	15km	Off
3	Sept.10	9km	8km	7km	Int	Off	16km*	Off
4	Sept.17	9km	9km	8km	Int	Off	16km	Off
5	Sept.24	9km	7km	7km	Int	Off	19km	Off
6	Oct.1	10km	9km	7km	Int	Off	19km*	Off
7	Oct.8	10km	9km	8km	Int	Off	18km	Off
8	Oct.15	10km	7km	8km	Int	Off	19km*	Off
9	Oct.22	8km	8km	6k	Int	Off	13km	Off
10	Oct.29	Int	7km	Off	5km	Off	5km	Race

Monday Evening Runs will consist of a progression run - followed by 6-8 X 30 seconds hard with 60 seconds rest

Recommended activities other than running:

Foam Rolling 4 X per week minimum after runs

Cross Training on off Days is recommended including cycling, swimming, walking or other forms of cardio.

Yoga for runners 2-3 X per week.

Strength for runners 2- 3 X per week.

*Saturday Runs with an * indicate a long run with a half marathon simulation component. For example, 8 km easy, 8 km at goal pace (ie. 5:42/km for a 2hr half) , 3 km easy would be your 19km run. For the 16km do 7km easy, 7km at goal pace , 2 km easy. All other long runs are at easy pace. For a 2 hr half marathoner that is a 6:19 to 6:40 pace/km.

Int = Intervals

Week 1-800M X 6 @HMP with a 1:30 min break

Week 2-Hills 2:00 X 4

Week 3-1km X 4 @HMP

Week 4-Hills 2:00 X 5

Week 5-1200M X 4 @HMP with a 2:00 min break

Week 6-Hills 2:00 X 6

Week 7-1 Mile X 4 @HMP With a 2:00 break

Week 8-2 miles @HMP with a 3:00 break; 2 miles @ 10km pace with 3:00 min break, 2 X 400 m @ 5km pace with a 2 min break

Week 9-3 miles@HMP, 4 min rest, then 1 mile @ 10km pace, 3 min rest, 2 X 400m @ 5km pace

Week 10-5km run, 3 minute break, then 4 X 30 sec. with 60 sec break

Nutrition and Hydration are extremely important in staying injury free. Finding the proper sports drink or gels are an essential part of training. If you have nutrition questions, please contact Tracy at iduntjoq@yahoo.ca

