# 10 Week Half Marathon Training Plan

<table>
<thead>
<tr>
<th>Wk</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thur</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
<th>Time &amp; Mileage</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>REST*</td>
<td>EASY PACED RUN 35 minutes</td>
<td>STRENGTH TRAINING AND/OR CROSS TRAINING</td>
<td>HILL RUN** 40 minutes</td>
<td>REST*</td>
<td>EASY PACED RUN 35 minutes</td>
<td>LONG RUN*** 7 miles</td>
<td>3 HRS 18 MILES</td>
</tr>
<tr>
<td>2</td>
<td>REST*</td>
<td>EASY PACED RUN 35 minutes</td>
<td>STRENGTH TRAINING AND/OR CROSS TRAINING</td>
<td>HILL RUN** Include 5x2 minute pickups, 40 minutes</td>
<td>REST*</td>
<td>EASY PACED RUN 35 minutes</td>
<td>LONG RUN*** 8 miles</td>
<td>3 HRS 10 MIN 19 MILES</td>
</tr>
<tr>
<td>3</td>
<td>REST*</td>
<td>EASY PACED RUN 40 minutes</td>
<td>STRENGTH TRAINING AND/OR CROSS TRAINING</td>
<td>HILL RUN** 40 minutes</td>
<td>REST</td>
<td>EASY PACED RUN 40 minutes</td>
<td>LONG RUN*** 9 miles</td>
<td>3 HRS 30 MIN 20 MILES</td>
</tr>
<tr>
<td>4</td>
<td>REST*</td>
<td>EASY PACED RUN 40 minutes</td>
<td>STRENGTH TRAINING AND/OR CROSS TRAINING</td>
<td>PACED RUN**** Include 1x10 minutes, 1x6 minutes, 1x4 minutes at an effort just slightly harder than your predicted half-marathon race effort, 45 minutes!</td>
<td>REST*</td>
<td>EASY PACED RUN 40 minutes</td>
<td>LONG RUN*** 5 miles</td>
<td>2 HRS 55 MIN 17.5 MILES</td>
</tr>
<tr>
<td>5</td>
<td>REST*</td>
<td>EASY PACED RUN 40 minutes</td>
<td>STRENGTH TRAINING AND/OR CROSS TRAINING</td>
<td>HILL RUN** 45 minutes</td>
<td>REST*</td>
<td>EASY PACED RUN 40 minutes</td>
<td>LONG RUN*** 10 miles</td>
<td>3 HRS 45 MIN 24.5 MILES</td>
</tr>
<tr>
<td>6</td>
<td>REST*</td>
<td>EASY PACED RUN 45 minutes</td>
<td>STRENGTH TRAINING AND/OR CROSS TRAINING</td>
<td>PACED RUN**** Main part of the run: 20 sec on/40 off. Run relaxed! 45 minutes</td>
<td>REST*</td>
<td>EASY PACED RUN 45 minutes</td>
<td>LONG RUN*** 11 miles</td>
<td>4 HRS 5 MIN 24.5 MILES</td>
</tr>
</tbody>
</table>
**Important Notes**

- **DISTANCE IS AN ESTIMATE AND BASED ON 10 MINUTE MILE PACE AVERAGE.**
- **REST**
  - Plan to stay active on at least one of your rest days each week. Consider a low-intensity yoga session or an easy bike ride.
- **HILL RUN**
  - Find a gently rolling course, first & last mile as a warm up & cool down. Shorten your stride but maintain running cadence on hills. Run relaxed!
- **LONG RUN**
  - Middle part of run at projected race effort, first & last miles as an easy warm up/cool down. Continue to practice your hydration & nutrition plan on your long runs.
- **PACED RUN**
  - Find a flat or gently rolling course, or a track, first & last mile as warm up & cool down. Maintain cadence and run relaxed!
- **TRACK RUN**
  - Either on a track or flat course, run first & last mile as an easy paced warm up & cool down. Include Yasso 800’s — include a set of 6-8x800 hitting your goal race pace. Run relaxed & cool down sufficiently between each 800.

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**DISCLAIMER**

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**Mon** | **Tues** | **Wed** | **Thur** | **Fri** | **Sat** | **Sun** | **Time & Mileage**
---|---|---|---|---|---|---|---
7 | REST* | EASY PACED RUN 45 minutes | STRENGTH TRAINING AND/OR CROSS TRAINING | HILL RUN** 50 minutes | REST* | EASY PACED RUN 45 minutes | LONG RUN*** 12 miles | 4 hrs 20 min 26 MILES
8 | REST* | EASY PACED RUN 35 minutes | STRENGTH TRAINING AND/OR CROSS TRAINING | TRACK RUN**** 40 minutes | REST* | EASY PACED RUN 35 minutes | LONG RUN*** 8 miles | 3 hrs 10 min 19 MILES
9 | REST* | EASY PACED RUN 30 minutes | STRENGTH TRAINING AND/OR CROSS TRAINING | HILL RUN** 35 minutes | REST* | EASY PACED RUN 30 minutes | LONG RUN*** 6 miles | 2 hrs 35 min 15.5 MILES
10 | REST* | EASY PACED RUN 30 minutes | STRENGTH TRAINING AND/OR CROSS TRAINING | EASY PACED RUN Include 6x30 seconds at goal race pace with 1-minute off. 30 minutes | REST* | EASY PACED RUN Easy paced run with two or three x1 minute pickups at goal race pace/effort with very easy paced running in between. 15 minutes. | RACE DAY! 1.25 hrs 7.5 MILES + RACE

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