

# HALF MARATHON RUN PLAN

**This 17-week plan includes 3 days of training per week. You got it!**

**Interval sets:** Number of times you repeat the activity.

**Easy effort:** Comfortable pace, you could chat. **Moderate effort:** You are working hard, it's difficult to chat.

**Hard effort:** Not 100% effort; but push yourself. You may need a break to slow down.

**Distance days:** Day 3 is an easy effort day. The goal is to complete the distance without time pressure.

Week	Day 1 Intervals	Day 2 Moderate effort	Day 3 Distance
31 - Jul	2 mile run	2 mile run	2 mile run
7 - Aug	2 mile run	2 mile run	2 mile run
14 - Aug	2 mile run	2 mile run	3 mile run
21 - Aug	10 min warm-up 10 sets: 1 min hard / 1 min easy 5 min cool down	2 mile run	3 mile run
28 - Aug	10 min warm-up 10 sets: 1 min hard / 1 min easy 5 min cool down	3 mile run	4 mile run
4 - Sep	10 min warm-up 10 sets: 1 min hard / 1 min easy 5 min cool down	3 mile run	4 mile run
11 - Sep	10 min warm-up 8 sets: 2 min hard / 1 min easy 5 min cool down	3 mile run	5 mile run
18 - Sep	10 min warm-up 8 sets: 2 min hard / 1 min easy 5 min cool down	3 mile run	5 mile run

25 - Sep	10 min warm-up 8 sets: 2 min hard / 1 min easy 5 min cool down	3 mile run	6 mile run
2 - Oct	10 min warm-up 6 sets: 3 min hard / 1 min easy 5 min cool down	3 mile run	6 mile run
9 - Oct	10 min warm-up 6 sets: 3 min hard / 1 min easy 5 min cool down	4 mile run	7 mile run
16 - Oct	10 min warm-up 6 sets: 4 min hard / 2 min easy 5 min cool down	4 mile run	8 mile run
23 - Oct	10 min warm-up 6 sets: 4 min hard / 2 min easy 5 min cool down	4 mile run	9 mile run
30 - Oct	10 min warm-up 6 sets: 4 min hard / 2 min easy 5 min cool down	4 mile run	10 mile run
6 - Nov	10 min warm-up 6 sets: 5 min hard / 2 min easy 5 min cool down	4 mile run	11 mile run
13 - Nov	10 min warm-up 6 sets: 5 min hard / 2 min easy 5 min cool down	4 mile run	12 mile run
20 - Nov	3 mile run	3 mile run	<b>Race day! 13.1 mile run</b>