



THE **RUN** EXPERIENCE

HALF MARATHON ROAD MAP

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------------------------------|-------------------------|---------------|---------------------------|---|---|--|---------------------|
| HALF MARATHON TRAINING PROGRAM | CORE WORK & RESTORATION | EASY + DRILLS | SINGLE ARM & LEG STRENGTH | HILL INTERVALS | REST NUTRITION MOBILITY | LONG RUN | FUN RUN |
| MONTH 1 | | | | | | | |
| WEEK 1 | 45 MIN | 20-40+ MIN | 45 MIN | 30-50+ MIN, 5-7 X 60" INTERVALS | RECOVERY + MOBILITY CHALLENGE | 5-7+ MILES (OPTIONAL RUN:WALK) | 20-60+ MIN |
| WEEK 2 | 45 MIN | 22-42+ MIN | 45 MIN | 30-50+ MIN, 6-8 X 60" INTERVALS | RECOVERY + MOBILITY CHALLENGE | 6-8+ MILES (OPTIONAL RUN:WALK) | 20-60+ MIN |
| WEEK 3 | 45 MIN | 24-44+ MIN | 45 MIN | 35-55+ MIN, 7-9 X 60" INTERVALS | RECOVERY + MOBILITY CHALLENGE | 7-9+ MILES (OPTIONAL RUN:WALK) | 20-60+ MIN |
| WEEK 4 | 45 MIN | 25-45+ MIN | 45 MIN | 20-40+ MIN, 5-6 X 60" INTERVALS | RECOVERY + MOBILITY CHALLENGE | 5-6+ MILES (OPTIONAL RUN:WALK) | 20-60+ MIN |
| MONTH 2 | | | | | | | |
| WEEK 5 | 45 MIN | 27-47+ MIN | 45 MIN | TEMPO TEST 30' | RECOVERY, SLEEP + MOBILITY CHALLENGE | 8-10+ MILES (OPTIONAL RUN:WALK) | 25-65+ MIN, TRAILS! |
| WEEK 6 | 45 MIN | 30-50+ MIN | 45 MIN | 35-55+ MIN, 5 X 5 TEMPO. | RECOVERY, SLEEP + MOBILITY CHALLENGE | 10-12+ MILES (OPTIONAL RUN:WALK) | 25-65+ MIN, TRAILS! |
| WEEK 7 | 45 MIN | 33-53+ MIN | 45 MIN | 35-55+ MIN, 5 X 6 TEMPO. | RECOVERY, SLEEP + MOBILITY CHALLENGE | 7-9+ MILES (OPTIONAL RUN:WALK) | 25-65+ MIN, TRAILS! |
| WEEK 8 | 45 MIN | 27-47+ MIN | 45 MIN | 20-40+ MIN, 5 X 1 MIN RACE PACE INTERVALS | RECOVERY, SLEEP + MOBILITY CHALLENGE OR 20-30 MINUTE SHAKE OUT RUN IF RACING TOMORROW | RACE 13.1 OR 20-30 MINUTE SHAKE OUT RUN IF RACING TOMORROW | RACE 13.1 |