

# 16 Week Half-Marathon Training Plan

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Cross Train 30-60min	10min warm-up Intervals x 12: 1min fast / 90s easy	Rest / Stretch	5-10min warm-up 3k @10k pace 2k @10k pace +15s	Cross Train 30-60min	Rest	Run 7k
2	Cross Train 30-60min	10min warm-up 30s hill/1min RI x 10 10min easy	Rest / Stretch	5-10min warm-up 5k @10k pace 30s fast / 30s easy x 5	Cross Train 30-60min	Rest	Run 9k
3	Cross Train 30-60min	10min warm-up 1min fast / 1min easy x 10 10min @10k pace +15s	Rest / Stretch	5min warm-up 1k easy / 2k @10k pace 1k easy / 2k @10k Pace 1k easy	Cross Train 30-60min	Rest	Run 12k
4 (rest wk)	Mobility Circuit	Easy Run 6k or less	Rest / Stretch	Mobility Circuit	Rest / Stretch	Rest	Easy Run 5k
5	Cross Train 30-60min	10min warm-up 1min hill/1min RI x 5 3k @10k pace 1min hill/1min RI x 5	Rest / Stretch	5-10min warm-up 5k run @10k pace 5min cool down	Cross Train 30-60min	Rest	Run 7k
6	Cross Train 30-60min	10min warm-up 30s fast / 1min easy x 3 1min fast / 2min easy x 3 2min fast / 3min easy x 3	Rest / Stretch	5-10min warm-up 2k @10k pace +15s 2k @10k pace +10s 2k @10k pace	Cross Train 30-60min	Rest	Run 10k
7	Cross Train 30-60min	5min warm-up 30s hill / 30s RI x 5 4k @10k pace 30s hill / 30s RI x 2	Rest / Stretch	5-10min warm-up 4k @10k pace 2k @5k pace	Cross Train 30-60min	Rest	Run 12k
8 (rest wk)	Mobility Circuit	Easy Run 5k or less	Rest / Stretch	Rest	Mobility Circuit	Rest	Easy Run 8k
9	Cross Train 30-60min	10min warm-up 1min fast / 90s easy x 10 1min fast / 1min easy x 5 1min fast / 30s easy x 2	Rest / Stretch	10min warm-up 6k @10k pace +10s 2k @10k pace	Cross Train 30-60min	Rest	Run 14k
10	Cross Train 30-60min	10min warm-up 30s hill / 30s RI x 10 10min easy	Rest / Stretch	5k @10k pace	Cross Train 30-60min	Rest	Run 16k
11	Cross Train 30-60min	10min warm-up 1min fast / 1min easy x 10 10min @10k pace +15s	Rest / Stretch	2k easy / 3k @10k pace 2k easy / 3k @10k pace 1k easy	Cross Train 30-60min	Rest	Run 18k
12 (rest wk)	Mobility Circuit	Easy Run 4k or less	Rest / Stretch	Rest	Mobility Circuit	Rest	Easy Run 10k
13	Cross Train 30-60min	10min warm-up 1min hill / 1min RI x 5 3k @10k pace 1min hill / 1min RI x 5	Rest / Stretch	5min warm-up 2k @5k pace 5k @10k pace	Cross Train 30-60min	Rest	Run 16k
14	Cross Train 30-60min	10min warm-up 1min fast / 90s easy x 10 1min fast / 1min easy x 5 1min fast / 30s easy x 2	Rest / Stretch	5-10min warm-up 6k @10k pace	Cross Train 30-60min	Rest	Run 18k
15	Cross Train 30-60min	5min warm-up 30s hill / 30s RI x 5 4k @10k pace 30s hill / 30s RI x 2	Rest / Stretch	5min warm-up 2k easy / 3k @pace 2k easy / 3k @pace 2k easy	Cross Train 30-60min	Rest	Run 14k
16	Mobility Circuit	10min warm-up 1min fast / 90s easy x 6 10min easy	Rest / Stretch	Easy Run 5k	Rest & Recover	<b>RACE DAY!</b>	

Half Marathon **Target Finish Time** In minutes:  $[(10k \text{ time in seconds} \times 2) + (10k \text{ time in seconds} \times 0.1)] \times 1.06 / 60$

Find your half marathon **Race Pace** In minutes per kilometre: Target Finish Time (above) / 21

RI = Rest Interval    Cool Down = 5min easy run/walk at end of every run