



CONSERVATIVE 10-WEEK HALF MARATHON TRAINING PLAN

| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------|--------------------|---------------------|---------------------|--------------------|--------------------|--------------------|---------------------|
| 1 | 3 miles - Flex Run | 3 miles - Fartlek | Off | 3 miles - AYF | 3 miles - Reg Run | Off | 5 miles - Long Run |
| 2 | 3 miles - Flex Run | 3 miles - Fartlek | Off | 3 miles - Reg Run | 3 miles - AYF | Off | 6 miles - Long Run |
| 3 | 3 miles - Flex Run | 4 miles - Tempo Run | Off | 3 miles - Reg Run | 3 miles - Reg Run | Off | 7 miles - Long Run |
| 4 | 3 miles - Flex Run | 4 miles - Intervals | Off | 3 miles - Reg Run | 3 miles - Easy Run | Off | 8 miles - Long Run |
| 5 | 3 miles - Flex Run | 5 miles - Intervals | Off | 4 miles - Easy Run | 3 miles - Reg Run | Off | 7 miles - Long Run |
| 6 | 3 miles - Flex Run | 5 miles - Tempo Run | Off | 4 miles - Reg Run | 4 miles - Easy Run | Off | 9 miles - Long Run |
| 7 | 4 miles - Flex Run | 5 miles - Reg Run | Off | 5 miles - Reg Run | 4 miles - Reg Run | Off | 10 miles - Long Run |
| 8 | 3 miles - Flex Run | 5 miles - Fartlek | Off | 4 miles - Reg Run | 4 miles - AYF | Off | 9 miles - Long Run |
| 9 | 5 miles - Flex Run | 5 miles - Tempo Run | Off | 5 miles - Reg Run | 4 miles - Reg Run | Off | 6 miles - Long Run |
| 10 | Off | 3 miles - Reg Run | 3 miles - Tempo Run | 3 miles - Reg Run | 3 miles - Flex Run | 3 miles - Flex Run | 13.1 - RACE |

RUNNING TERMS

FLEX DAY: The best day of the week to substitute your run with a crosstraining session or a day off.

REGULAR RUN (Reg Run): A run performed at a comfortable, not-too-hard pace.

EASY RUN: A recovery run during which you focus on running slowly.

AS YOU FEEL (AYF): For these runs, leave your watch and your cares behind. Run for the fun of it, not because you're training. Run as fast—or as slow—as you like.

FARTLEK: Swedish for “speed play.” Fartlek workouts involve running at different speeds for varying periods--good preparation for “shifting gears” in a race.

INTERVALS: Running short (usually between 200 and 1600 meters), fast repeats with recovery jogs in between. Interval training builds speed and endurance.

TEMPO RUN: A training run (usually 20 to 30 minutes) at a pace slightly slower than 10K race pace.

LONG RUN: The most important workout of the week for distance runners. Long runs build both strength and confidence.

OFF: Don't run, don't swim, don't get on your bike. Rest and recover!