

Training Program - Half Marathon Basic

Designed for those who have been running a minimum of two years and doing at least 30 miles a week.

By Andy Palmer, Ph.D.

January 1, 2006

This is a first-time Half Marathon program. Before you start using this program, you should have been running a minimum of two years and doing at least 30 miles a week.

The first 12 weeks of this program are a **buildup phase**. The second 12 weeks introduces **speedwork and tempo work** to prepare you for racing the half marathon. In the second phase, the program incorporates occasional off days, a speed workout (WO) every Tuesday, an anaerobic threshold (AT) workout most weeks except before a race, and three races prior to the goal race. More detailed information on these workouts appears below.

All workouts are in miles, unless otherwise noted.

	Mon	Tues*	Wed	Thurs**	Fri	Sat	Sun
Week 1	4	6	off	6	4	10	off
Week 2	4	7	off	7	4	12	off
Week 3	5	8	off	8	5	12	off
Week 4	5	10	off	10	5	13	off
Week 5	4	6	off	6	4	10	off
Week 6	5	10	5	10	5	14	off
Week 7	5	10	5	10	5	15	off
Week 8	5	12	5	12	5	15	off
Week 9	4	6	off	6	4	10	off
Week 10	5	12	5	12	5	15	off
Week 11	5	12	5	12	5	17	off
Week 12	4	6	off	6	4	10	off
Week 13	6	WO1	off	AT1	6	15	off
Week 14	6	WO2	off	AT2	6	18	off
Week 15	6	WO3	off	6	4	race 5K	off
Week 16	6	12	off	AT3	6	15	off
Week 17	6	WO4	off	10	6	AT4	off
Week 18	6	WO5	off	6	4	race 10K	off
Week 19	6	12	off	AT5	6	17	off
Week 20	6	WO6	off	AT6	6	16	off
Week 21	6	WO7	off	10	off	AT7	off

Week 22	6	WO8	off	6	4	race 5K	off
Week 23	6	10	off	WO9	off	AT8	10
Week 24	off	WO10	off	6	off	3	Half Marathon

Mileage days and long runs should be under 70%, truly conversational pace unless otherwise noted.

Strides should be done three times per week. 6-8 x 100 yards.

Don't worry if you are not meeting your goals in the races before your goal race. You are going to be tired from the speedwork and AT workouts, especially if you haven't done a lot of this type of workout before. Give your body time to adapt and concentrate on your goal. You'll note that as you get closer to your goal race, you will increase your number of rest days.

Do the [workouts](#) (details appear below) at the effort that is prescribed; going harder is not necessarily better.

If this program is too easy for you, see **The Good Old Half Marathon** by Roy Benson. If that program is still too easy, get a coach and personalize the program. Good long term coach athlete relationships are the primary ingredient for successful running.

***Tuesday Speed Workouts (and one Thursday):**

Warm up at least 15-20 minutes. Most of it should be easy but as the body warms up the pace can be increased so that when it is time to do the repetitions the body is ready. Jog 10-20 minutes after the completion of the repetitions to cool down.

WO1 = 8 x 400 @ 85-90% with 200 jog recovery.

WO2 = 4 x 800 @ 85-95% with 400 jog recovery.

WO3, 5 & 8 = 15 x 200 @ 85% with 200 jog recovery.

WO4 = 4 x 1200 @ 85-95% with 400 jog recovery.

WO6 & 9 = 15 x 300 @ 85-95% with 100 jog recovery.

WO7 = 3 x mile @ 85-95% with 400 jog recovery.

WO10 = 3 x 200 @ 85-90% with 200 jog recovery (400 jog after last one) followed by 3 x 800 @ 85% with 400 jog recovery.

****Thursday Anaerobic Threshold Workouts:**

AT workouts should be at approximately 77-85% of maximum heart rate. The newer you are to the sport and the less mileage you do the closer to the low end you should be.

AT1 = 3 x mile @ 77-85% with 2 to 3 minutes jog recovery.

AT2 = 2 x 1 and 1/2 miles @ 77-85% with 2 to 3 minutes jog recovery.

AT3, 5, & 9 = 5 x 800 @ 77-85% with 2 to 3 minutes jog recovery.

AT4 & 7 = 12 mile run: Miles 1 to 6 at under 70%, miles 7 to 10 at

Half Marathon goal pace. Miles 11 and 12 are cool down miles.

AT6 = 20 x 400 @ 77 to 85% with one minute jog rest. Be careful with this as the temptation will be to do them like a quarter workout while the goal is to run slightly faster than usual AT pace without going over the high end. This is made possible through the use of shorter repetitions.

AT8 = 3 x mile at Half Marathon goal pace with 2 to 3 minutes jog recovery.

Copyright ©2007 [Running Times Magazine](#). All rights reserved.