

## HALF MARATHON PLAN

PERFORM THESE WORKOUTS AND RUN YOUR BEST RACE YET

By Ian Torrence

An example of a trail half marathon plan with workouts for each training phase. To eliminate the guess work I suggest using the McMillan Running Pace Calculator to determine workout paces: [ [www.mcmillanrunning.com](http://www.mcmillanrunning.com) ]

Goal: Trail Half Marathon

Base Training		
DAY	WORKOUT	PURPOSE
Monday	OFF	Recovery Day
Tuesday	<ul style="list-style-type: none"> <li>• 15- to 30-minute warm-up</li> <li>• Stride workout: 8 to 10 times 20 seconds with 1-minute recovery jog between</li> <li>• 15- to 30-minute cool-down</li> </ul>	Build neuromuscular economy—leg turnover and lactic-acid tolerance
Wednesday	OFF OR 40- to 60-minute easy run OR 40 to 60 minutes cross training	Recovery day OR build endurance
Thursday	<ul style="list-style-type: none"> <li>• 15- to 25-minute warm-up</li> <li>• 2 miles at steady-state pace</li> <li>• 15- to 25-minute cool-down</li> </ul>	Build stamina—lactate-threshold speed
Friday	OFF OR 40- to 60-minute easy run OR 40 to 60 minutes cross training	Recovery day OR build endurance
Saturday	50- to 60-minute easy run	Build endurance
Sunday	Long, steady run: 75 to 90 minutes	Build endurance and stamina

To understand the training phases and principles and formulate your year-long training program, see "The Ultimate Season" in Trail Runner, April 2013, Issue 87.

Pre-Race Specific Training		
DAY	WORKOUT	PURPOSE
Monday	OFF	Recovery day
Tuesday	50- to 60-minute DUSA progression run	Build endurance and stamina
Wednesday	OFF OR 40- to 60-minute easy run OR 40 to 60 minutes cross training	Recovery day OR build endurance
Thursday	<p>CHOOSE YOUR WORKOUT:</p> <ul style="list-style-type: none"> <li>• 15- to 25-minute warm-up</li> <li>• Hill repeats: 8 to 10 times on a moderately sloped hill (6-10% grade) lasting 60 to 90 seconds with the jog back down the hill as recovery</li> <li>• 15- to 25-minute cool-down</li> </ul>	Build leg strength, VO <sub>2</sub> max and lactic-acid tolerance
Friday	<ul style="list-style-type: none"> <li>• 15- to 30-minute warm-up</li> <li>• Fartlek workout: 6 to 7 times 2 minutes (@ 8-10K effort) with 1-minute recovery jog</li> <li>• 15- to 30-minute cool-down</li> </ul>	Build speed—Aerobic capacity (VO <sub>2</sub> max)
Saturday	50- to 60-minute easy run	Build endurance
Sunday	Long, steady run: 90 to 105 minutes on race-specific terrain	Build endurance and stamina

Race-Specific Stamina Training		
DAY	WORKOUT	PURPOSE
Monday	OFF	Recovery day
Tuesday	<ul style="list-style-type: none"> <li>• 15- to 30-minute warm-up</li> <li>• Tempo run: 3 to 4 miles</li> <li>• 15- to 30-minute cool-down</li> </ul>	Build stamina—lactate threshold
Wednesday	40- to 60-minute recovery run	Recovery day
Thursday	<ul style="list-style-type: none"> <li>• 15- to 25-minute warm-up</li> <li>• Hill repeats: 6 to 8 times on a moderately sloped hill (6-10% grade) lasting 60 to 90 seconds with the jog back down the hill as recovery</li> <li>• 15- to 25-minute cool-down</li> </ul>	Build leg strength, VO <sub>2</sub> max and lactic-acid tolerance
Friday	OFF OR 40- to 60-minute easy run OR 40 to 60 minutes cross training	Recovery day OR build endurance
Saturday	50- to 60-minute easy run	Build endurance
Sunday	Long, steady run: 105 to 120 minutes on race-specific terrain	Build endurance and stamina

Race-Specific Speed Training		
DAY	WORKOUT	PURPOSE
Monday	OFF	Recovery day
Tuesday	<ul style="list-style-type: none"> <li>• 15- to 30-minute warm-up</li> <li>• Stride workout: 10 to 12 times 20 seconds with 1-minute recovery jog between</li> <li>• 15- to 30-minute cool-down</li> </ul>	Build neuromuscular economy—leg turnover and lactic-acid tolerance
Wednesday	40- to 60-minute easy run	Build endurance
Thursday	<ul style="list-style-type: none"> <li>• 15- to 25-minute warm-up</li> <li>• Speed intervals: 4 to 6 x 1 mile with half-mile recovery jogs between</li> <li>• 15- to 25-minute cool-down</li> </ul>	Build speed—Aerobic capacity (VO <sub>2</sub> max)
Friday	OFF OR 40- to 60-minute recovery run	Recovery day
Saturday	50- to 60-minute easy run	Build endurance
Sunday	Fast-finish long run: 105 to 120 minutes total with the last 15 to 25 minutes at goal half-marathon effort on race-specific terrain	Build endurance, leg resistance to fatigue, practice race pace, dial in equipment and nutritional routine

Peak Training		
DAY	WORKOUT	PURPOSE
Monday	OFF	Recovery day
Tuesday	<ul style="list-style-type: none"> <li>• 15- to 30-minute warm-up</li> <li>• Cruise-interval workout: 4 to 5 times 1K with 90-second recovery jogs between</li> <li>• 15- to 30-minute cool-down</li> </ul>	Build stamina—lactate-threshold speed
Wednesday	OFF OR 30- to 40-minute easy run	Recovery day OR build endurance
Thursday	<ul style="list-style-type: none"> <li>• 5- to 25-minute warm-up</li> <li>• Fartlek workout: 8 to 10 times 1 minute (@ 5K effort) with 1-minute recovery jog</li> <li>• 10- to 20-minute cool-down</li> </ul>	Build speed—Aerobic capacity (VO <sub>2</sub> max)
Friday	OFF OR 30- to 40-minute easy run	Recovery day OR build endurance
Saturday	30- to 40-minute easy run	Build endurance
Sunday	Race Day: Half Marathon	Have a great race!