

12-Week Training Plan - Trail Half Marathon

Weeks 1-4

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Miles
1	X-training* or Active Recovery	Hill Repeats* 6x30sec @ 5k Effort	4 Miles Easy	4 Miles with Strides	X-training*	5 Miles Easy, Last 15 min @ Race Goal Pace	3-5 Miles Tempo	18
2	X-training or Active Recovery	Fartlek* 5x1min @ 5K Effort	5 Miles Easy	5 Miles with Strides	X-training	6 Miles Negative Splits	6 Miles Tempo	22
3	3 Miles Easy	Hill Repeats 3x2min @ 5k Effort 1x30sec @ Sprint Effort	5 Miles Easy	5 Miles with Strides	X-training	6 Miles Easy, Middle 2 @ Race Goal Pace	6 Miles Tempo	25
4	X-training or Active Recovery	Fartlek 5x1 @ 5k Effort	3 Miles Easy	5 Miles with Strides	X-training	6 Miles Negative Splits	7 Miles Tempo	20

Weeks 5-8

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Miles
5	X-training or Active Recovery	Hill Repeats 12x30sec @ 5k Effort	5 Miles Easy	6 Miles with Strides	X-training	6 Miles Easy, Middle 2 @ Race Goal Pace	8 Miles Tempo	25
6	3 Miles Easy	Track 2x200m 2x400m 2x800m	5 Miles Easy	6 Miles with Strides	X-training	8 Miles Negative Splits	9 Miles Tempo	28
7	X-training or Active Recovery	Fartlek 10x1 @ 5k Effort	5 Miles Easy	7 Miles with Strides	X-training	6 Miles Easy, Middle 2 @ Race Goal Pace	10 Miles Tempo	33
8	X-training or Active Recovery	Track 4x200m 4x800m	5 Miles Easy	7 Miles with Strides	X-training	6 Miles Negative Splits	12 Miles Easy, Middle 6 @ Race Goal Pace	30

Weeks 9-12

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Miles
9	5 Miles Easy	Hill Repeats 12x30sec @ 5k Effort	5 Miles Easy	5 Miles with Strides	X-training	8 Miles Easy, Middle 4 @ Race Goal Pace	12 Miles Easy, Middle 8 @ Race Goal Pace	35
10	3 Miles Easy	Track 2x200m 2x400m 2x800m 2x1000m	5 Miles Easy	5 Miles with Strides	X-training	8 Miles Negative Splits	10 Miles Tempo	31
11	X-training or Active Recovery	Fartlek 10x1 @ 5k Effort	5 Miles Easy	5 Miles with Strides	X-training	6 Miles Tempo	8 Miles Easy, Middle 4 @ Race Goal Pace	24
12	Rest day	5 Miles Easy, with 6x30sec Fartlek	5 Miles Easy	3 Miles Easy, or Active Recovery	3 Miles Easy, with 3x30sec Fartlek	Rest day	Race Day! Warmup 3x30sec Fartlek Stretch	29.1

Glossary

ACTIVE RECOVERY vs REST DAY:

Active recovery is preferred to all-out "do-nothing" rest days, though the latter do have their place if you're exhausted. Active recovery simply means stretching, an easy walk, yoga, massage, or other light activity that gently elevates your heart rate.

EASY:

Resist the urge to run fast on these 30 to 60-minute runs. The pace of these runs should be about 1.5 to 2 minutes per mile slower than your goal race pace.

FARTLEK:

Fartlek training alternates fast intervals with easy runs. It's almost like a track workout, but not done on the track. The intervals should be done at 5k pace with easy running in between. The word "fartlek" is Swedish for "speed play."

HILL REPEATS:

These short efforts are done at 5k effort. Make sure you are warmed up with at least a 15- to 20-minute easy run followed by some light stretching. Run uphill with short quick strides, making sure to keep your eyes about 10-20 feet ahead of you. Your spine should be erect and you should not hunch over, though you may have a slight bend at the hips. Try to shorten your arm swing, which will assist in keeping your stride short and light. Jog back downhill letting your heart rate drop, and then repeat.

NEGATIVE SPLIT:

These runs are designed for you to get a feel for running faster at the end of a race. They progress in pace, meaning you'll start steady and pick up the intensity each mile. Make sure to increase only so much that you can hold the pace. Your last mile should be slightly faster than your half-marathon goal pace.

STRIDES:

These are used to improve running form. When you perform them, think of long, fluid strides with quick turnover. Do three to four of these 10-second runs at a quick but fluid pace. You may mix them into your workout or do them after a warm-up or as a cool-down.

TEMPO:

Tempo runs are done at a "comfortably hard" pace. They are, in fact, the foundation run that the great Kenyan runners use for training. The key is for the workout to feel difficult but manageable. Make sure you begin your tempo runs with a 15-minute easy run and end with a 15-minute cool-down run.

TRACK:

Track intervals are different than fartlek in that they use a defined distance versus a time. Keep track of your efforts and note improvement. Intervals should be done at a pace faster than your 5k, but one that you can repeat for all your efforts.

X-TRAINING:

Cross training is an opportunity to take a break from running without taking a rest day. Cross training activities are up to you and can include yoga, swimming, cycling, or even an Ultimate Frisbee game.

Rather than hitting the heavy weights in the gym, in the 12 weeks preceding your half marathon, focus on a few simple do-anywhere exercises to make you a stronger runner. Some examples include:

- 1) Body-weight squats
- 2) Single-leg squats
- 3) Core work