

# Free Half Marathon Training Plan

## Pace and Distance (Level 1)

For more information on how to use this plan visit: [humanpowerperformance.com](http://humanpowerperformance.com)



	<b>M</b>	<b>T</b>	<b>W</b>	<b>T</b>	<b>F</b>	<b>S</b>	<b>S</b>
<b>Week 1</b>	Easy Run 3k All in zone 1		Tempo Run 6k 2k zone 1 2k zone 4 2k zone 1			Long Run 9k 2k zone 1 5k zone 2 2k zone 1	
<b>Week 2</b>	Easy Run 4k All in zone 1		Tempo Interval Run 7k 2k zone 1 2x (1k zone 5a .5k zone 3) 2k zone 1		Easy Run 4k All in zone 1		Long Run 11k 2k zone 1 3k zone 2 1k zone 3 3k zone 2 2k zone 1
<b>Week 3</b>	Easy Run 5k All in zone 1		Tempo Run 8k 2k zone 1 4k zone 4 2k zone 1		Easy Run 5k All in zone 1		Long Run 13k 2k zone 1 3.5k zone 2 2k zone 3 3.5k zone 2 2k zone 1
<b>Week 4</b>	Easy Run 6k All in zone 1		Easy Run 6k All in zone 1			Long Run 10k 2k zone 1 6k zone 2 2k zone 1	

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<b>Week 5</b>	Easy Run 5k All in zone 1		Tempo Interval Run 8.5k 2k zone 1 3x (1k zone 5a .5k zone 3) 2k zone 1			Long Run 14k 2k zone 1 5x (1k zone 2 1k zone 3) 2k zone 1	
<b>Week 6</b>	Easy Run 5k All in zone 1		Tempo Run 9k 2k zone 1 5k zone 4 2k zone 1		Easy Run 5k All in zone 1		Long Run 16k 2k zone 1 5k zone 2 2k zone 3 5k zone 2 2k zone 1
<b>Week 7</b>	Easy Run 5k All in zone 1		Tempo Interval Run 10k 2k zone 1 4x (1k zone 5a .5k zone 3) 2k zone 1		Hill Repeats Run 6K 2k zone 1 2k hill repeats 2k zone 1		Long Run 18k 4.5k zone 1 3.5k zone 2 2k zone 3 3.5k zone 2 4.5k zone 1
<b>Week 8</b>	Easy Run 4k All in zone 1		Interval Run 7k 2k zone 1 3x (.5k zone 5b .5k zone 1) 2k zone 1			Long Run 19k 2k zone 1 15k zone 2 2k zone 1	

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<b>Week 9</b>	Easy Run 5k All in zone 1		Tempo Run 10k 2k zone 1 6k zone 4 2k zone 1		Hill Repeats Run 7K 2k zone 1 3k hill repeats 2k zone 1		Long Run 20k 2k zone 1 2x (3k zone 2 1k zone 1 1k zone 3 1k zone 2 1k zone 1 1k zone 3) 2k zone 1
<b>Week 10</b>	Easy Run 6k All in zone 1		Interval Run 8k 2k zone 1 4x (.5k zone 5b .5k zone 1) 2k zone 1		Hill Repeats Run 8K 2k zone 1 4k hill repeats 2k zone 1		Long Run 15k 2k zone 1 5k zone 2 1k zone 1 5k zone 3 2k zone 1
<b>Week 11</b>	Easy Run 5k All in zone 1		Interval Run 9k 2k zone 1 5x (.5k zone 5b .5k zone 1) 2k zone 1		Tempo Run 11k 2k zone 1 7k zone 4 2k zone 1		Long Run 10k 2k zone 1 6k zone 3 2k zone 1
<b>Week 12</b>		Easy Run 5k All in zone 1		Easy Run 5k All in zone 1		Race Day!	